



ARC KSS Individual Development Awardees - showcase lightning talks

www.arc-kss.nihr.ac.uk



@arc_kss

#arckssresearchweek2023





From Springboard award to a Predoctoral Clinical Academic Fellowship (PCAF)

Jia Hui Gan

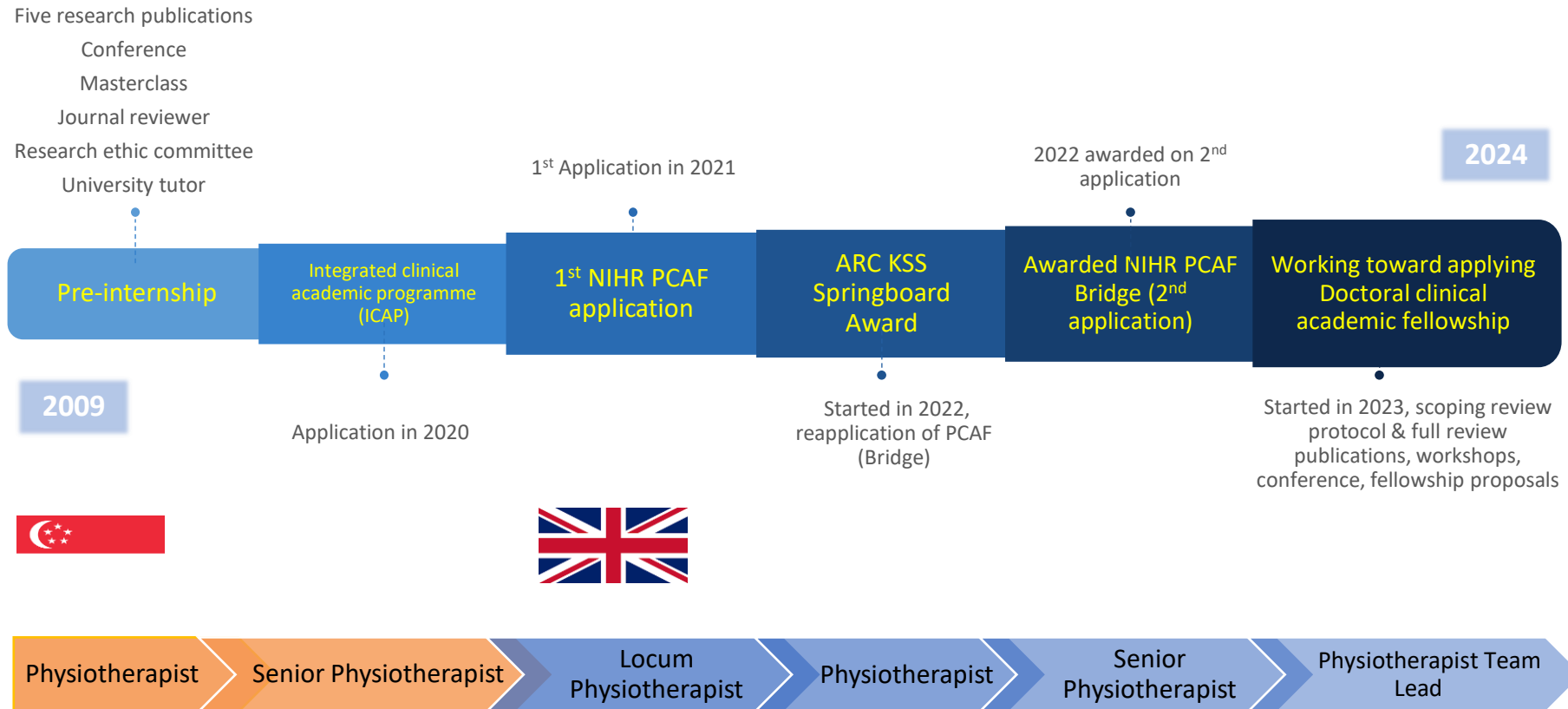
NIHR/HEE Predoctoral Clinical Academic Fellow (Bridge)
Honorary Research Fellow, St George's, University of London
Physiotherapist Team Lead, Royal Surrey NHS Foundation Trust

(*on clinical sabbatical)

Bank Highly Specialised Physiotherapist, St George's University Hospitals
NHS Foundation Trust

*Disclaimer: the views expressed on the presentation have no relation to those of any academic, NHS, NIHR or other institution with which the people are affiliated.

My clinical academic pathway



My Research Team

Supervisory Team



Associate Prof Dimitra Nikoletou



Prof Lindsay Bearne



Mr Alex Trompeter

Collaborators



Dr Jon Room



Mr Greg Booth



Mr Sam Walters



Dr Ralph Manders

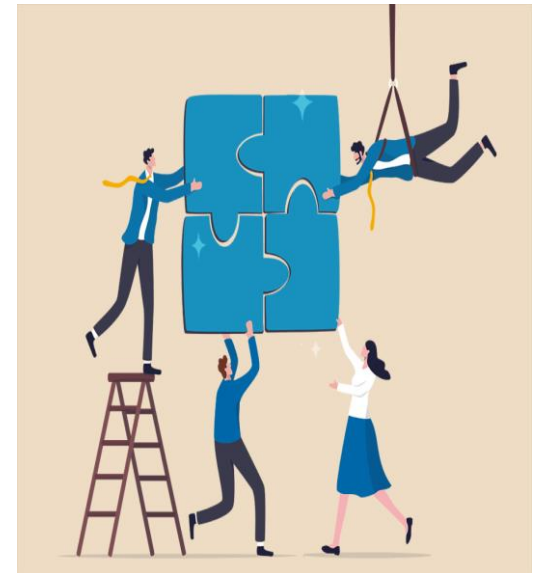


Dr David Stephensen

After NIHR Individual development awards

“Early weight bearing (EWB) in humeral fractures”

- The feasibility, acceptability, safety and effects of EWB in humeral fractures – a scoping review.
- Development of my patients' advisory group & clinicians' advisory group.
- Qualitative interview with people with humeral fractures and their carers about EWB.
- Mixed method study to explore clinician's experiences and views on the application of EWB on humeral fractures rehabilitation.
- Co-design of an intervention EWB in humeral fractures
- Test the feasibility of completing a randomized controlled trial to investigate the effect of an EWB intervention for humeral fracture

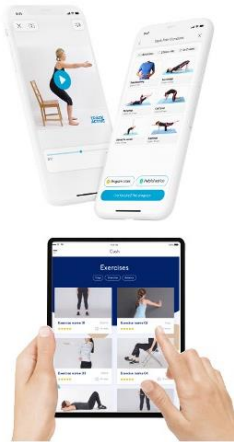


Hospital-to-Home Study Digitally enabled rehabilitation post hip fracture

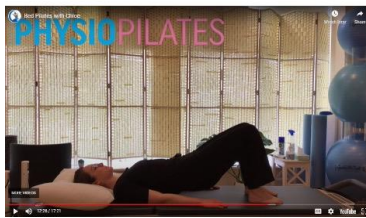
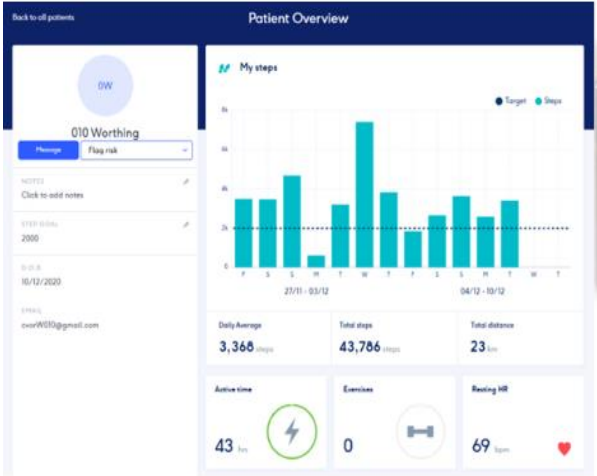
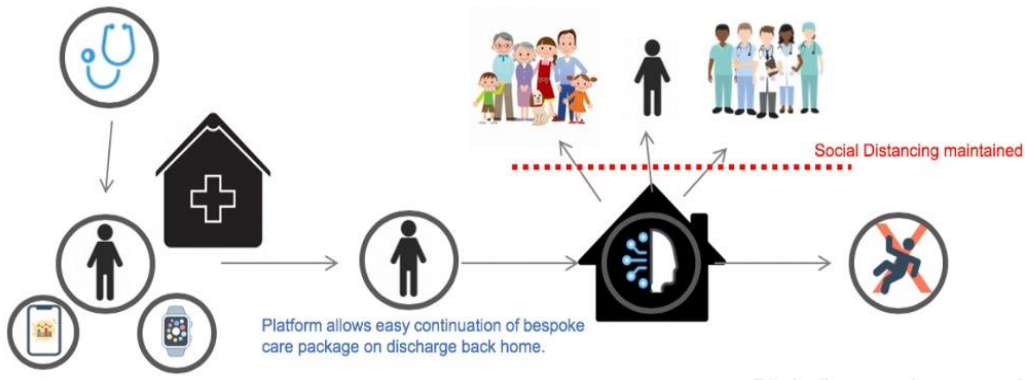
Dr Luke Hodgson

ARC KSS IDA 2020/21

Intensive Care Consultant, University Hospitals Sussex



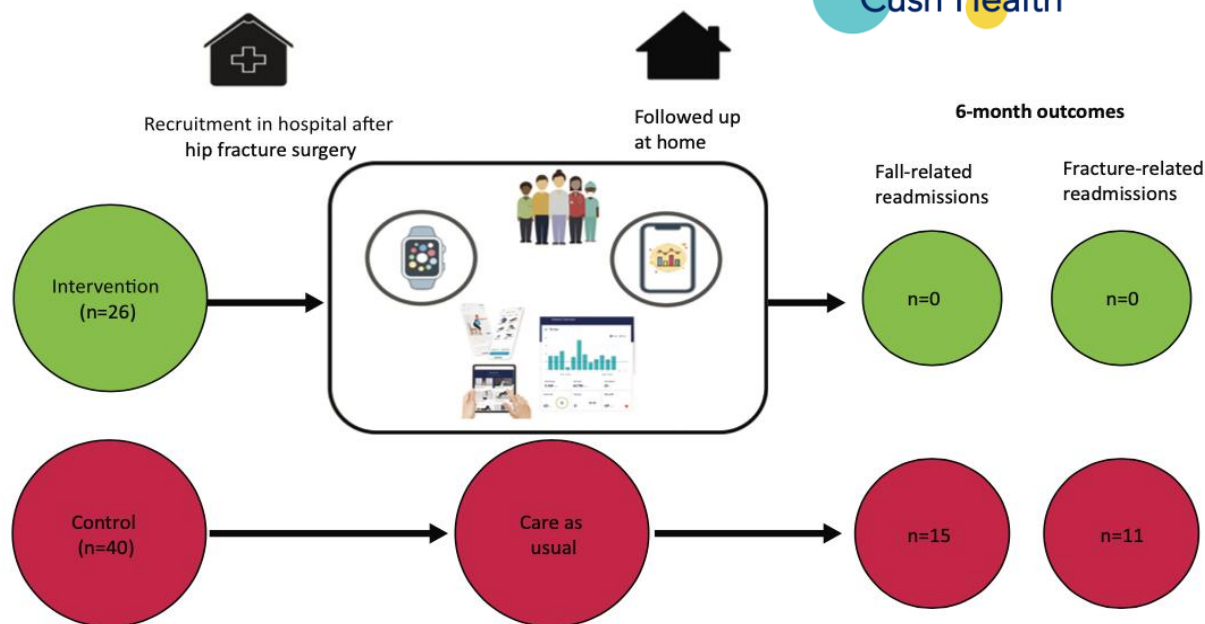
Hospital-2-Home Pathway



DIGITALTECHNOLOGY The Hospital to Home study (H2H):
smartwatch technology-enabled rehabilitation following hip
fracture in older adults, a feasibility non-randomised trial

Authors: Kalon Hewage,^A Samuel Fosker,^B Todd Leckie,^C Richard Venn,^D Anna-Carolina Gonçalves,^E
Christina Koulouglioti^F and Luke E Hodgson^G

Intervention vs controls:
2 day ↓LOS,
↓ falls,
↓ fractures &
↓ readmissions

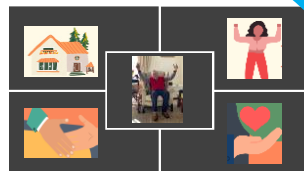


Medically fit for discharge ward pilot Feb/Mar '23

Next steps...

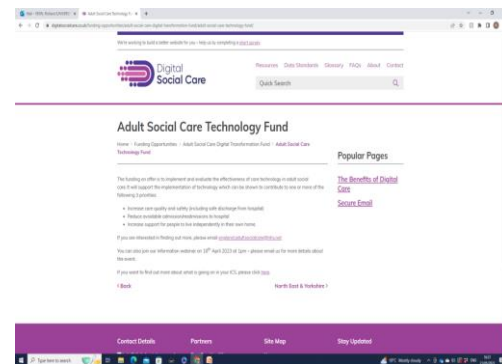


NHS
University
Hospitals Sussex
NHS Foundation Trust



West Sussex
Brighton & Hove
ageUK

Cush Health





Peer Emotional Labour (PEL)

What worked well: What was learnt: Next Steps

Dr Sam Robertson

Mon 19th June 2023

An Exploration of the Experience of Peer Workers in SPFT, with Particular Focus on Emotional Labour, with the Aim of Developing a Good Practice Guide for Peer Working. Peer Emotional Labour (PEL).

Research Protocol 29/03/2022 Version 5 IRAS Project ID 313635 REC Ref 22/LO/0344



Sussex Partnership
NHS Foundation Trust

Why?

- Relatively recent and increasingly important part of NHS workforce.
- Increasingly complex roles.
- All share a requirement for lived experience.
- Emotional Labour impact is not fully understood.
- Anecdotal evidence - peer workers may experience a significantly higher emotional impact.


How?

- Stage 1: 5 Focus Groups
- Reflexive thematic analysis
- Stage 2: Workshop. Use the workshop to develop key recommendations which will be the focus of the Good Practice Guide.



Sussex Partnership
NHS Foundation Trust

PEL: What worked well?

- 
- ✓ Recruitment
 - ✓ Huge goodwill from peers
 - ✓ Already making a difference in practice
 - ✓ Using term emotional labour
 - ✓ Better understanding of the process of doing 'insider' research
 - ✓ Developing peer researcher capacity

What was learnt?

- Benefits to well-being
- Nuanced
- Acknowledging the individual – One Size does not fit all

BUT

- Being 'othered'
- Peer burden
- "Luck of the draw"
- Freedom to speak
- 'Closed circuit'
- Peer working – being flexible in a rigid system
- Peer Researcher burden

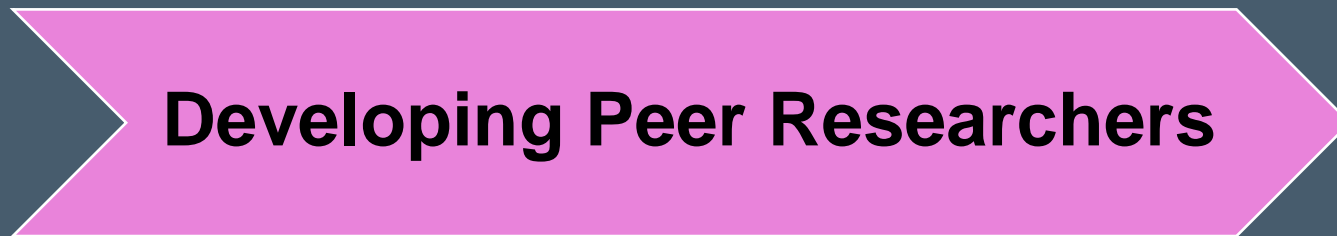
Recommendations:

1. Training needs
2. Support needs
3. Organisational Change



Sussex Partnership
NHS Foundation Trust

PEL2 Plans



Sussex Partnership
NHS Foundation Trust