NIHR | Applied Research Collaboration East Midlands

Short Course Training Programme 2024

Online via Microsoft Teams

open to all

Course Title	Date/time	Lead

METHODOLOGICAL SKILLS SESSIONS

Course Title	Date/time	Lead
Introduction to Qualitative Methods	**14th March 2024 1pm-2pm**	**Prof Natalie Armstrong**
Thematic Analysis	**19th March 2024 1pm-2pm**	**Prof Carolyn Tarrant**
Focus Groups	**17th April 2024 1pm-2pm**	**Prof Nicola Mackintosh**
Evaluation Skills	**1st May 2024 12.30pm-1.30pm**	**Prof Justin Waring**
Realist Evaluation and Realist Review	**15th May 2024 1pm-2pm**	**Dr Neil Chadborn**
Introduction to Conducting Trials for NHS Clinicians	**26th June 2024 12pm-1pm**	**Dr Ben Smith**
Simple Statistics, Basic SPSS Skills title change	https://youtu.be/AGdwDgNNWk0	**Dr Claire Gillies** Free Resource

Course Title	Date/time	Lead
ACADEMIC SKILLS		
What is PPI?	**7th May 2024** **1pm-2pm**	**Dr Orii McDermott**
Brief Introduction to Systematic Reviews	**21st May 2024** **1pm-2pm**	**Dr David Nelson, Dr Sam Cooke and Despina Laparidou**
Academic Writing Skills	**6th June 2024** **1pm-2pm**	**Prof Adam Gordon**
Publication Bootcamp	**18th June 2024** **1pm-2pm**	**Dr Alison Cowley**
Applying for Funding	**17th July 2024** **12.30pm to 1.30pm**	**Prof Adam Gordon**
EDI Assessment and Considerations in Research	https://ethnichealthresearch.org.uk/increasing-diversity-in-research/	Free Resource
Academic Writing Skills	Academic Writing for Publication: Information, Exercises and Individual Writing Journeys (nottingham.ac.uk)	Free Resource

Course Title	Date/time	Lead
IMPLEMENTATION AND IMPACT		
Implementing Change (Practical Tips)	11th March 2024 12.30pm-1.30pm	Dr Rob Vickers
Research Impact: What, Who, How and Why?	25th March 2024 1pm-2pm	Dr Julie Bayley
Implementation Session	27th March 2024 1pm-2pm	Dr Kristian Hudson
Theory Session Implementation Research	14th May 2024 1pm-2pm	Prof Stephen Timmons
Operational Implementation	13th June 2024 1.30pm-2.30pm	Dr Emma Rowley
Co-production	3rd July 2024 1pm-2pm	Dr Emma Rowley & Dr Rob Vickers
Spread and Scale Session	16th July 2024 1pm-2pm	Prof Liz Orton

Course Title	Date/time	Lead
	DISSEMINATION SCIENCES	
Communicating Your Research	**9th July 2024** **1pm-2pm**	**Oliver Jelley**
How to Post Strategically	**11th July** **1pm-2pm**	**Oliver Jelley**
Promoting Research and Managing Online Identity/Platforms	**22nd July** **12.30pm-1.30pm**	**Oliver Jelley**

Please register for free via the TicketResource shop

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for more information please contact

ARC-EM-training@nottingham.ac.uk

You will receive an MSTeams link to the registered email 7 days before the session
NB These training sessions are available to everyone and free of charge.

NB Training session descriptions below in date order

Course Title	Date/time	Lead
Lunch and Learn Implementing Change (Practical Tips)	11th March 2024 12.30pm-1.30pm	Dr Rob Vickers

Dr Rob Vickers – *Research Fellow, NIHR ARC-EM*

IMPLEMENTING CHANGE (PRACTICAL TIPS)

Making change happen isn't always straightforward. A range of theories and models have been developed to help implement change. However, these will usually need to be modified or adapted to meet the challenges found in real-world settings. Looking at previous efforts to implement evidence-based innovations can help us learn lessons from success (and failure). The purpose of this session is to help participants think about how they can achieve effective implementation, which can produce meaningful impact.

Objectives

The objectives of the session are to consider strategies for:

- Identifying and documenting the need to implement change.
- Planning for real-world change with impact.
- Co-producing implementation strategies to improve adoption and implementation.
- Effective engagement and communication with stakeholders.
- Overcoming resistance to change (group exercise).
- Monitoring progress and gathering feedback.

Intended Outcomes

The session is designed to help reflect upon:

- Why you want to implement change.
- Where changes need to take place for you to achieve your goals.
- How will people with lived experience influence the change.
- Who are the partners and champions who can help implement change.
- What are some of the barriers and facilitators you should consider when planning change in real-world settings.
- When will you know your implementation strategy has been successful or impactful.

Course Title	Date/time	Lead
Introduction to Qualitative Methods	14th March 2024 1.00pm-2.00pm	Prof Natalie Armstrong

Prof Natalie Armstrong - *Professor of Healthcare Improvement Research and Deputy Head of College of Life Sciences, University of Leicester*

INTRODUCTION TO QUALITATIVE METHODS

By the end of this session, you should be able to:

- outline some basic principles of qualitative research
- be aware of the diversity of methods
- describe some of the different qualitative approaches to study design and data collection
- understand some of the challenges involved in collecting and analysing qualitative data

Course Title	Date/time	Lead
Thematic Analysis	19th March 2024 1.00pm-2.00pm	Prof Carolyn Tarrant

Prof Carolyn Tarrant - *Professor of Health Services Research, University of Leicester*

THEMATIC ANALYSIS

Aims: To provide an introduction and overview of the thematic analysis approach for analysing qualitative data

Description: Thematic analysis is a widely used and accessible approach to analysing all forms of qualitative data. This talk will introduce thematic analysis and compare it to other forms of qualitative analysis. I will discuss the nature of themes, and outline the six key steps in generating themes and writing up thematic analysis findings. I will also consider the importance of reflexivity in thematic analysis.

Course Title	Date/time	Lead
Research impact: what, who, how and what	**25th March 2024 1pm-2pm**	**Dr Julie Bayley**

Dr Julie Bayley - *Director of Research Impact Development at the University of Lincoln (UK) and Director of the Lincoln Impact Literacy Institute (LILI),HCPC Registered Chartered Health Psychologist, Policy Lead for the British Psychology Society Division of Health Psychology and Honorary Clinical Associate Professor at Nottingham University Hospitals*

RESEARCH IMPACT: WHAT, WHO, HOW AND WHY

Impact can be most simply defined as the 'provable benefits of research in the real world', and is an increasingly core part of the research landscape. For research to make a difference in the world – *have impact* – we need to shift beyond dissemination and into more active engagement with society. We also often need to provide coherent plans for impact at the funding stage, and demonstrate (prove) the changes our research has had later in the research lifecycle. Drawing on the principles of impact literacy (Bayley and Phipps, 2017, 2019), this session will cover what impact is (and isn't), how it can be planned in, ways in which is can be generated and how it might be measured.

THEME: IMPLEMENTATION AND IMPACT

Course Title	Date/time	Lead
Lunch and Learn Implementation Session	27th March 2024 1 00-2.00pmTBC	Dr Kristian Hudson

Dr Kristian Hudson - *Implementation Specialist for the NIHR Yorkshire Humber Applied Research Collaboration (YHARC)*

IMPLEMENTING FOR IMPACT: GARNERING A MORE REALISTIC APPROACH TO IMPLEMENTATION RESEARCH IN HEALTHCARE

Despite our best efforts, our research findings have not been great at telling us how to sustain and upscale evidence-based interventions in healthcare. There are always a few factors that prevent long-term sustainment and widescale scale-up. Kiss-of-death variables such as financial constraints, time restrictions, and an increasingly complex healthcare system can all make implementation difficult.

In this session, I will describe some essential implementation research approaches that allow us to deal with complexity and these challenging contextual factors. I will talk about trust and relational implementation. I will use real-world case studies to demonstrate how we can use these ideas and approaches to carry out transformative implementation research that achieves impact. I will also talk about the healthcare system as a whole. Come along and learn how you can transform the implementation research taking place in your organization.

Course Title	Date/time	Lead
Focus Groups	17th April 2024 1.00pm-2.00pm	Prof Nicola Mackintosh

Prof Nicola Mackintosh - *Professor in Social Science applied to Health, University of Leicester*

FOCUS GROUPS

This session will introduce focus groups as a qualitative research method and explain what constitutes good practice in relation to the conduct of focus group studies. We will assess the value of focus groups in terms of collecting data and consider a range of practical, ethical and methodological issues arising when using focus groups in a health or social care context.

Course Title	Date/time	Lead
Real-world Evaluations for Real World Learning (Evaluation Skills)	1st May 2024 12.30pm-1.30pm	Prof Justin Waring

Prof Justin Waring - *Professor of Medical Sociology and Director of the NIHR BRACE Rapid Evaluation Centre, at the University of Birmingham*

REAL-WORLD EVALUATIONS FOR REAL WORLD LEARNING : BLENDING RAPIDITY, RIGOR AND RELEVANCE

Justin's research examines the implementation of strategic change in healthcare systems and the impact of change on the work, culture and identity of healthcare professionals.

Health and care leaders are constantly looking for and experimenting with new ways of organising and delivering care, often in the context of growing demand, staffing shortages and resource constraints. This can result in lots of promising innovations that help improve service organisation and delivery, but questions often remain about how effective and safe these innovations are, and whether other service providers should take them up. In these situations, there is a need for rapid evaluation to provide time-critical evidence and learning. In this session, Justin Waring will introduce the principles of rapid evaluation and explain some of the approaches currently being used by the NIHR Birmingham RAND and Cambridge (BRACE) Evaluation Centre.

Course Title	Date/time	Lead
What is PPI?	**7th May 2024** **1 – 2pm**	**Dr Orii McDermott**

Dr Orii McDermott – *Senior Research Fellow, NIHR ARC-EM, University of Nottingham*

Dr Adele Horobin - *Senior Patient and Public Involvement and Engagement Manager, School of Medicine, University of Nottingham*
and a Public member of the team will assist

WHAT IS PUBLIC PATIENT INVOLVEMENT (PPI)?

Substantial input from patients and public members is regarded as a compulsory element in any NIHR research grant application process. However, many clinicians and researchers do not have an opportunity to learn: a) why meaningful and not tokenistic PPI involvement is crucial for their grant application success, and b) how to start meaningful PPI activities within their time/resource limitations.

This session is aimed at a wide range of clinicians and researchers working in health and social services.

Course Title	Date/time	Lead
Implementation Research Theory	14th May 2024 1pm-2pm	Prof Stephen Timmons

Prof Stephen Timmons - *Professor of Health Services Management, Centre for Health innovation, Leadership and Learning, Nottingham University Business School*

IMPLEMENTATION RESEARCH THEORY

• Discuss the nature of theory in social science and how it differs from theory in (natural) science

• Explain two theories in implementation research, the Consolidated Framework for Implementation Research, and Normalisation Process Theory, how they differ and what they are useful for.

• Talk about how to choose the right theory.

Course Title	Date/time	Lead
Realist Evaluation and Realist Review	**15th May 2024 1 – 2pm**	**Dr Neil Chadborn**

Dr Neil Chadborn - *Senior Research Fellow*

National Institute of Health Research Applied Research Collaboration East Midlands (NIHR ARC EM), University of Nottingham

REALIST EVALUATION AND REALIST REVIEW – exploring the mechanisms which underlie interventions or programmes

Aims:

- Describe how realist evaluation is distinct from other qualitative methods
- How to read a realist evaluation or review paper
- Should you use realist evaluation for your project? And if so, what are the next steps?

Course Title	Date/time	Lead
Brief Introduction to Systematic Reviews	**21st May 2024** **1 – 2pm**	**Dr David Nelson** **Dr Sam Cooke** **Despina Laparidou**

Dr David Nelson - Research Fellow in Rural Health and Care and Macmillan Research Fellow, Lincoln International Institute for Rural Health (LIIRH), University of Lincoln

Dr Sam Cooke - Post-Doctoral Research Associate in Lung Cancer Care, Lincoln International Institute for Rural Health (LIIRH), University of Lincoln

Despina Laparidou – Research Assistant, Community and Health Research Unit, University of Lincoln

BRIEF INTRODUCTION TO SYSTEMATIC REVIEWS

Overview: This one hour session will provide a brief introduction to systematic review methods as well as the different types of systematic review (e.g. rapid review, scoping review, meta-analysis, qualitative, mixed methods/studies). The facilitators will draw on examples from their own experiences working on a range of reviews.

Course Title	Date/time	Lead
Academic Writing Skills	6th June 2024 12.30pm -1.30pm	Prof Adam Gordon

Prof Adam Gordon - *Professor of the Care of Older People - University of Nottingham, President - British Geriatrics Society, NIHR Senior Investigator, Visiting Professor - City University London, Consultant Geriatrician - Derby Teaching Hospitals NHS Foundation Trust*

ACADEMIC WRITING SKILLS

In this session, Prof Gordon will be sharing his experience, expertise and top tips on efficient writing skills and techniques, especially in relation to writing for academic peer reviewed publications and getting published.

Course Title	Date/time	Lead
Operational Implementation	13th June 2024 1.30pm-2.30pm	Dr Emma Rowley

Dr Emma Rowley - *Knowledge Mobilisation Lead, NIHR Applied Research Collaboration East Midlands (ARC EM)*

OPERATIONAL IMPLEMENTATION

In this session, we'll discuss some of the operational aspects of implementation, such as identifying your audience, developing a strong value proposition, and actually knowing what 'thing' is resulting from your work. Informed by implementation science, but probably more akin to product development and marketing, the session will make most sense for individuals / teams who have something (in development or finished) that is implementation ready.

Course Title	Date/time	Lead
Publication Bootcamp	**18th June 2024** **1pm-2pm**	**Dr Alison Cowley**

Dr Alison Cowley - *Associate Chief Allied Health Professional, Research & Innovation, Nottingham University Hospitals NHS Trust, Honorary (Clinical) Assistant Professor, University of Nottingham, School of Medicine*

PUBLICATION BOOTCAMP

Disseminating your findings is an important part of the research process. This session aims to introduce you to a structured approach for writing for publication. The specific learning objectives are:

1. To take the fear out of writing
2. To explore reasons and motivations behind publishing
3. To identify what publishers what
4. To provide a structured approach to writing an article for publication in six weeks

THEME: METHODOLOGICAL SKILLS

Course Title	Date/time	Lead
Introduction to Conducting Trials for NHS Clinicians	26th June 2024 12pm-1pm	Dr Ben Smith

Dr Ben Smith - *AHP/HCS Clinical Academic Lead, University Hospitals of Derby and Burton*

INTRODUCTION TO CONDUCTING TRIALS FOR NHS CLINICIANS

This workshop will give a brief overview of a clinical trial, through the lens of an example. Learn what preparation work is needed before a trial; clinical trial design terminology; regulation, ethics and safety requirements; who and what's involved in a trial; plus top tips and pitfalls to avoid.

THEME: IMPLEMENTATION AND IMPACT

Course Title	Date/time	Lead
Co-production	3rd July 2024 1pm-2pm	Dr Emma Rowley & Dr Rob Vickers

Dr Emma Rowley – *Dr Emma Rowley - Knowledge Mobilisation Lead, NIHR Applied Research Collaboration East Midlands (ARC EM)*

Dr Rob Vickers – *Research Fellow, NIHR ARC-EM*

CO-PRODUCTION

In this session, we'll be talking about what coproduction is (and what it isn't), why we do it, and how we do it. We'll explain the difference between co-production and co-design, and how co-production should be a key part of stakeholder engagement work. Lots of tools and tips will be shared - come along and learn by doing.

THEME: DISSEMINATION SCIENCES

Course Title	Date/time	Lead
Communicating your Research	9th July 2024 1 – 2pm	Oliver Jelley

Oliver Jelley – *NIHR ARC EM Communications Consultant*

COMMUNICATING YOUR RESEARCH

Aims:

- Develop an understanding of the theories needed for succinct and effective communications
- Develop the skills and techniques needed to communicate your research effectively

Description of the session:

To ensure maximum impact, academics need to communicate their research findings clearly and concisely. Become an expert at dissemination and excellent at this key phase in the research cycle.

Course Title	Date/time	Lead
How to Post Strategically	**11ᵗʰ July 2024** **1 – 2pm**	**Oliver Jelley**

Oliver Jelley – *NIHR ARC EM Communications Consultant*

HOW TO POST STRATEGICALLY

Aims:

- Master the basics of 'X' formerly known as Twitter
- Learn about tactics to enhance engagement on the platform

Description of the session:

Using the social media platform to promote your research and demonstrate impact, with handy tips, tricks and all you need know to become a Twitter expert.

Course Title	Date/time	Lead
Spread and Scale	16th July 2024 1 -2pm	Prof Liz Orton

Prof Liz Orton - *Professor of Public Health, Director of Lifespan and Population Health, University of Nottingham*

SPREAD AND SCALE

Aim of the session – To understand how implementation theory can help us influence the spread and adoption of interventions

Description – A falls prevention intervention will be used as an exemplar to describe approaches used to influence the spread and adoption of innovations in public health. The session will focus on how theoretical frameworks can be used to describe the mechanisms that underpin adoption and inform the development of practical resources to support wider spread.

Course Title	Date/time	Lead
Applying for Funding	17th July 2024 12.30pm -1.30pm	Prof Adam Gordon

Prof Adam Gordon - *Professor of the Care of Older People - University of Nottingham, President - British Geriatrics Society, NIHR Senior Investigator, Visiting Professor - City University London, Consultant Geriatrician - Derby Teaching Hospitals NHS Foundation Trust*

APPLYING FOR FUNDING

There is an art to writing successful funding applications. In this session, Prof Gordon will be reflecting on his experience of writing successful grant applications, how he goes about it, what has worked, what hasn't, and what to avoid doing.

Course Title	Date/time	Lead
Promoting Research and Managing Online Identity/Platforms	**22nd July 2024** **1 – 2pm**	**Oliver Jelley**
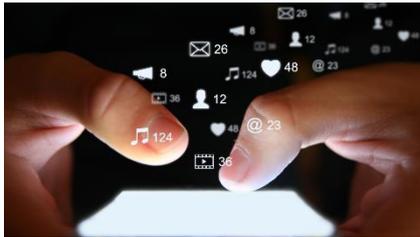
Oliver Jelley – *NIHR ARC EM Communications Consultant*

PROMOTING RESEARCH AND MANAGING ONLINE IDENTITY/PLATFORMS

Aims:

- Learn how to develop a personal brand
- Learn about utilising social media for research
- Find out about online security and privacy
- Discover how to monitor and measure impact

Description of the session:

Improve participants' communications skills in conveying and promoting research findings online.

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