

Making a difference

Research into policy and practice

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DECIPHER

Development and Evaluation of Complex
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Big picture

- Impact
 - Translation
 - REF
-
- High on research funders',
Universities' agendas

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Big picture

- ‘Impact’ – research excellence
- ‘Translation’ - high IF epidemiology journals
- REF - RAE
- NIHR

- This is different !
 - Opportunities for PH Intervention research / researchers

You!

- Make a difference
- Have an impact on health
 - Particularly POPULATION health
 - Health inequalities

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igniting our potential

**UKCRC Public Health Research
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NIHR Public Health Research programme



Welcome to the Public Health Research programme

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Research to improve the health of the public and reduce inequalities in health

The NIHR Public Health Research (PHR) programme evaluates public health interventions, providing new knowledge on the benefits, costs, acceptability and wider impacts of non-NHS interventions intended to improve the health of the public and reduce inequalities in health. The scope of the programme is multi-disciplinary and broad, covering a range of interventions that improve public health.

[Suggest a Research Topic](#)

Latest News

- Effectiveness of an Australian school CBT programme
- PHR first commissioned funding stream
- PHR Research Funding Board vacancies
- Children Learning About Second-hand Smoke (CLASS) trial

Quick Links

- [Join Mailing List](#)
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Barriers to high quality intervention research (c.2004/5)

- Clinical NHS research:
 - Trial recruitment
 - Ethics, regulation and governance
 - Infrastructure – staff and CRFs

What are the main barriers to high quality intervention research in public health?

- Pair up with a partner
- Someone you have not spoken to before
- Introduce yourself (2 mins)
- List 3 key barriers (5 mins)
- Screw up and chuck in the bin!

- Health improvement and health inequality priorities for action – strategies galore
- Practice largely determined locally
 - often with little reference to evidence
- Need to increase quality, volume and relevance of research evidence
- Need to increase impact/use of evidence

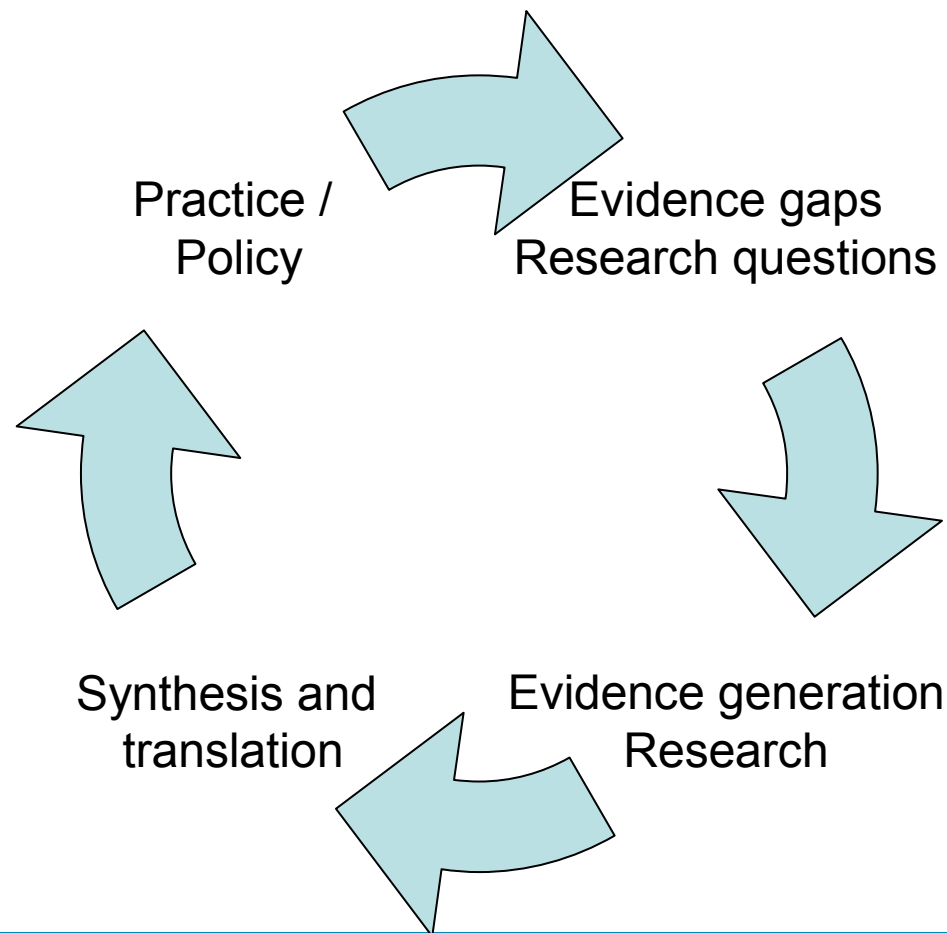
Knowledge exchange – generation and translation

- Clinical research
 - Clinical teams
 - Clinicians and clinical researchers co-located
 - Usually the same people!
 - Evidence generation and use integral to training
- Public health
 - Separation of research community from policy/practice (RAE, funding, ivory tower, NHS)
 - Weak intervention research
 - Policy and practice influenced by many factors
 - Access, use, impact of research evidence limited
 - Evaluation threatening
 - Weak evaluation – 5% rule

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Knowledge Exchange Cycle



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Knowledge translation / broker

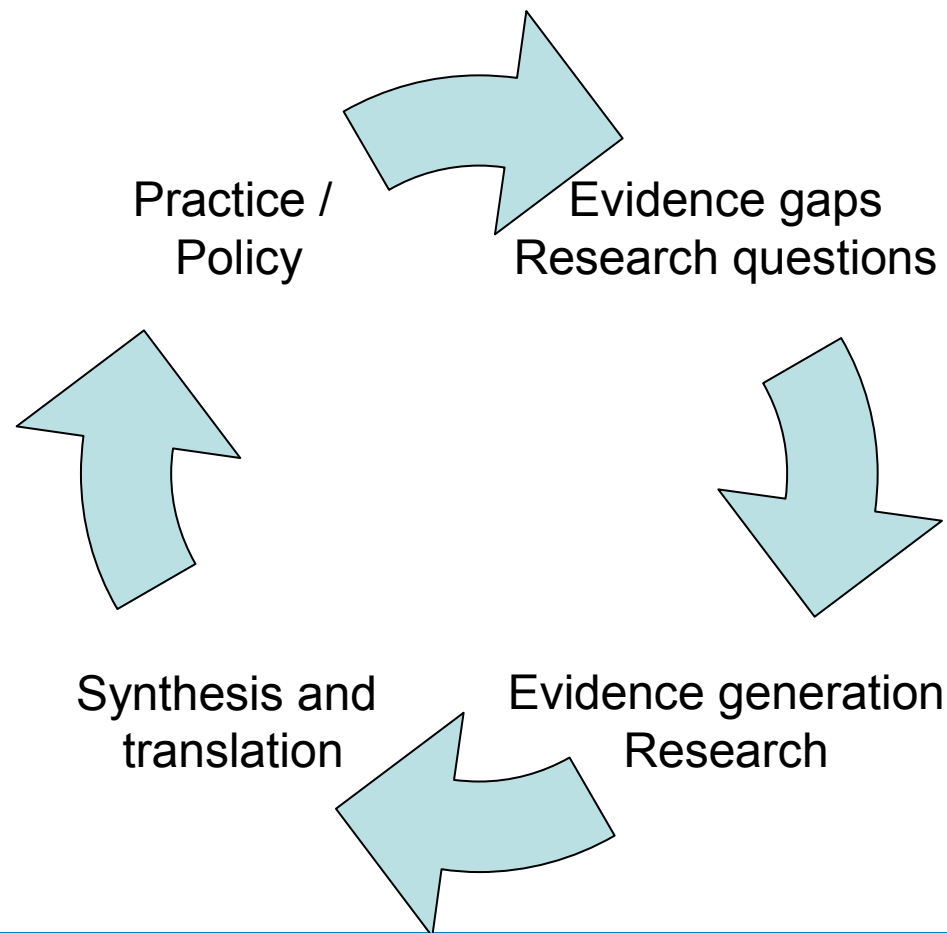
- Improve access to evidence
 - Evidence summaries, guidance
 - Targeted, tailored
- Improve skills in evidence appraisal
- Increase individual and organisational use of evidence
- Increase influence of evidence on decisions

Dobbins et al 2009

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Knowledge Exchange Cycle



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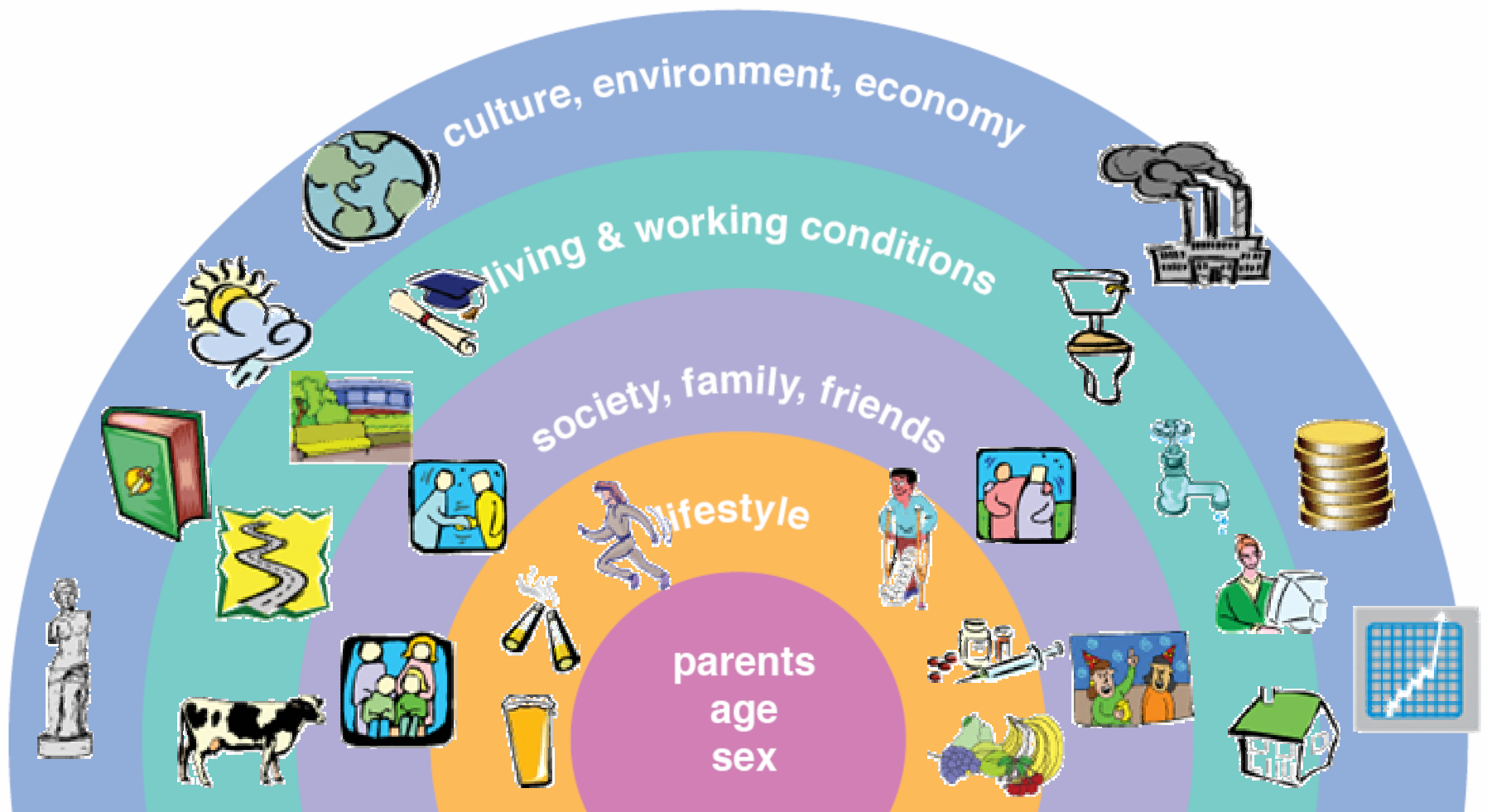
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Levels of change	Approach and target
Intrapersonal	Individual characteristics that influence behaviour such as attitudes and beliefs
Interpersonal	Interpersonal and group influences such as social networks and social support
Organisational	Rules, regulations, policies and ethos that may promote or endanger health
Community	Shared identities, experiences and resources for health
Environment/Policy	Policies, advocacy, environments and structures that impact on health

SOCIO-ECOLOGICAL FRAMEWORK (McLeroy et al 1989)

Transdisciplinary Science

- *Multidisciplinarity*
 - refers to a process in which researchers in different disciplines work relatively independently, each from his or her own disciplinary perspective with limited direct interaction and cross-fertilization.
- *Transdisciplinarity (Abrams, 2006)*
 - is a process by which collaborators work jointly on a problem from the very outset, using a shared conceptual framework that draws together discipline specific theories, models, methods, and measures into a new synthesis.
- *Transdisciplinary Action Research (Stokols, 2006)*
 - Engages policy, practice and public partners through cycle of problem identification, development, research, implementation

PHIRN

Public
Health
Improvement
Research
Network

PHIRN



PUBLIC HEALTH IMPROVEMENT RESEARCH NETWORK
RHWYDWAITH YMCHWIL I WELLA IECHYD Y CYHOEDD

- Weaknesses
 - Limited dialogue between or within research, policy and practice communities, no structures
 - Little investment in high quality primary research
 - Opportunities to rigorously evaluate innovations in services not taken
 - Preponderance of low budget, poor quality, ungeneraliseable local evaluation



AIM:

To increase the quantity and quality of public health improvement research in Wales that is relevant to policy and practice

- Break down divide between ‘academic’ intervention research and ‘local’ evaluation activity

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PUBLIC HEALTH IMPROVEMENT RESEARCH NETWORK
RHWYDWAITH YMCHWIL I WELLA IECHYD Y CYHOEDD

A network of academics, policy makers and practitioners

The network facilitates a continuous process of:

- identification and exploration of research priorities
- identification of teams with academic, policy and practitioner representation to take forward priority research projects
- exchange of new evidence, policy developments, practitioner innovation

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PUBLIC HEALTH IMPROVEMENT RESEARCH NETWORK
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- exchange of innovative methodological approaches
- identification of innovations in policy and practice at an early stage in planning, maximizing the opportunities for ‘natural experiments’
- development of high quality research project protocols
- execution of funded research protocols

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PHIRN Activities

- **Health Challenge Wales Evidence for Policy Seminar Series**
- All Wales Public Health Scientific Conference
- PHIRN Website
 - Membership
 - Database of members, **fortnightly email (473 members)**
- Electronic discussion group(s)
- **RDG project management and support**
- Strategic engagement with key PH organisations

PHIRN



PUBLIC HEALTH IMPROVEMENT RESEARCH NETWORK
RHWYDWAITH YMCHWIL I WELLA IECHYD Y CYHOEDD

Research Development Groups

- Small groups to identify and drive forward collaborative projects
- Multidisciplinary and multisectoral
- Protocol development, including commissioning briefs
- Funding applications
- Organically formed, active
 - 97 set up, 80 bids, 43 funded (£15.2M)



HCW seminar series – examples of RDG development

Feasibility study for a licensed premises intervention to reduce alcohol misuse and violent injury

- Background – Seminar attendance, meeting with auditors, previous police collaboration
- Network collaboration - Violence and Society Research Group and CISHE Cardiff University, South Wales Police, Auditors, Local Government
- Type of study - RCT feasibility study
- Funder: Medical Research Council research platform funding call

The role of parents in preventing alcohol misuse: An Evaluation of the Kids, Adults Together Family Forum programme (KATFF)

- Background – Seminar attendance, local innovation highlighted early, on going discussion linking research and policy timetables
- Network collaboration – CISHE, Cardiff University, Gwent Police
- Type of study– Theoretical exploration, acceptability and cultural appropriateness
- Funder: Alcohol Education Research Council



DECIPHer policy and practice engagement plans

Effective

- Building up a relationship
- Demonstrable benefit to both parties
- Overlap in agendas
- Working together
- Projects, placements, secondments, exchanges
- Action learning sets
- Communication
- Systems

Ineffective

- Meetings
- Meetings
- and more meetings

- Disengaged from projects
- Added on to do the translation bit

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Key messages

- Engage public, policy, practice
 - As early as possible
 - Ideally in a long term partnership
- Multilevel / socio-ecological / systems perspective
 - Both intervention theory
 -and implementation theory

- Pragmatic effectiveness studies with integrated process evaluation
 - what works, for whom and under what circumstances
 - ****EXTERNAL VALIDITY****
 - Recommendations for policy / practice (Glasgow 2003, 2008)

Free Breakfasts in Primary Schools

- Welsh Assembly Government educational pilot initiative to provide the opportunity of free healthy breakfasts for all children in primary schools throughout Wales
- Top 10 Manifesto commitment. Part of a broader policy agenda on food and well-being



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Aims of the Scheme

- **To reduce breakfast skipping**
- **To improve diet and nutrition**
- **To improve concentration and behaviour**
- **To assist learning and attainment**



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Free School Breakfast Initiative Trial

- Schools could opt to have FSB, to NOT have FSB, or to be randomised
- 111 schools, half intervention, half control (12 month waitlist)
- Variable models of staffing and delivery
- Trial powered to identify overall mean effect on dietary and behavioural outcomes
- Process evaluation to monitor variation in delivery and identify strengths and weaknesses

Strengthening Families Programme

- Family intervention for 10-14 year olds with emerging substance use risk behaviour
- Pilot of SFP in Cardiff, small process evaluation
- WAG substance misuse policy
- WAG fund rollout in 3 areas 2009-2012
- MRC NPRI funding (£2M) for rollout in 3 further areas, randomised trial with 2-year outcomes and process and economic evaluation

Other examples...

- Handwashing in schools trial (Rona Campbell, with HPA)
- National Exercise Referral Scheme trial (Simon Murphy, with WAG)
- Lunchtime supervisors promoting repeated taste exposure to fruit and veg (Susan Moore, with WAG)

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