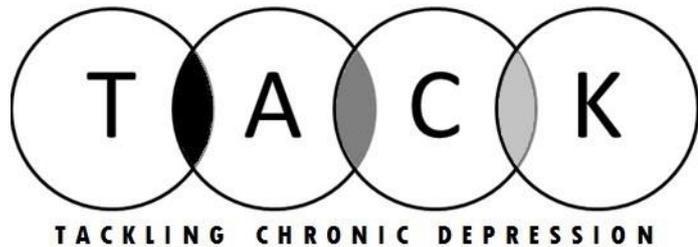


August 2017



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Thank you for all the positive feedback about the first TACK research newsletter. August has been a month focused on recruitment, using both pre-established and newly cultivated networks to try and identify ELFT staff to be involved in the exploratory phase of Work Package 2. Work has also begun on the systematic review (Work Package 1).

Systematic Review

The starting point of any research project is to gather together pre-existing evidence to understand what is known already, and what the gaps in knowledge are. This often takes the form of a “systematic review”.

Work Package 1 of the TACK programme of research is a systematic review of the “strategies to improve recruitment and retention into chronic depression trials.” A protocol for this review has been written and work has begun on the search for relevant literature.

Website

Thank you to all the LEAP expert members who have fed back on the look and usability of the TACK website.

It is still in development, but hopefully should be ready to launch next month with an updated logo for the Programme.



Site visit to Sheffield

Vicky and Phil completed their first site visit to Sheffield on the 10th August. This was an opportunity to meet the local Principal Investigator (PI) Shonagh Scott, and the Research Development Manager Michelle Horspool.

Sheffield Health & Social Care NHS Foundation Trust will be one of four sites involved in the Randomised Controlled Trial (RCT), which is due to start in Spring 2019.

We introduced the DIALOG+ intervention to the research team and had a thorough discussion about the practicalities of doing the trial within that Trust.

QUICK STATS

No. of clinicians recruited	4
No. of service users recruited	0

Recruitment from IAPT

Improving Access to Psychological Therapies (IAPT) provide evidence based psychological therapies to people with anxiety disorders and depression in England. From the beginning, we identified these services as being a possible place to trial DIALOG+ (and see how feasible it is within primary care services).

Philip has been in discussion with IAPT leads from Newham and Luton to try and identify practitioners who could possibly deliver DIALOG+ to people with chronic depression as part of Work Package 2.

Philip & Megan also met with Compass Wellbeing CIC on 23rd August, who hold the IAPT contract for Tower Hamlets CCG.



IAPT & Digital Technologies

NHS England and NICE are currently seeking new digital technologies that could be adopted by IAPT to expand their services. DIALOG+ may be a good addition to the treatments available through IAPT and we hope to submit the app for consideration.

Solution-focused Clinic in ELFT

The team recently met with Carlos Andre dos Santos, a community psychiatric nurse for ELFT who has a personal passion for solution-focused therapy. He is currently setting up a solution-focused Clinic within the Trust to help service users who are transitioning from Care Programme Approach (CPA) to outpatient care, or those transitioning from outpatient to primary care services. This will be an ideal setting to test the DIALOG+ app on people with chronic depression. The Clinic will start next month and 2 care coordinators have already been identified to deliver the intervention.

IMPORTANT FUTURE DATES:

- 7th September- Site Visit to Oxford Health Trust
- 8th September- LEAP Research Training Day
- 18th September- 1st service user workshop & Focus Group
- 10th October – Site Visit to 2gether (Gloucester)
- 9th November- PMG 2nd Meeting

