



WELCOME...

.. to the July edition of the e bulletin, produced by the East Midlands Public Health network.

The format of the e-bulletin is currently under review. However we wanted to take this opportunity to update you on news and developments since the last e bulletin in March.

IMPORTANT NEWS ABOUT THE *emphasis* WEBSITE

As part of our ongoing commitment to the provision of effective Public Health intelligence, we would like to seek **YOUR** views and feedback on the **emphasis** website: www.emphasisnetwork.org.uk

A short Survey will be e mailed directly to you within the next few days. Your feedback is really valuable to us, and will enable us to review and develop the website to ensure that we continue to meet your needs. So, please take a few moments to complete the Survey, which can also be accessed online by following the link <http://www.emphasisnetwork.org.uk/survey.htm>

THANK YOU!

IN THIS EDITION:

[HEALTH CHALLENGE ENGLAND MINISTERIAL ROADSHOW](#)

[FIRST RESULTS OF THE DRINK DEBATE CONSULTATION](#)

[UPDATE ON SMOKEFREE ENGLAND](#)

[*emphasis* ON ARTS AND HEALTH](#)

[NEWS FROM THE FOOD STANDARDS AGENCY](#)

[MENTAL AND SEXUAL HEALTH AND WELLBEING ON THE AGENDA AT EAST MIDLANDS PUBLIC HEALTH CONFERENCE](#)

[EMPHO NEWS](#)

[OTHER NEWS](#)

[EVENTS AND COURSES](#)

HEALTH CHALLENGE ENGLAND MINISTERIAL ROADSHOW

Health Challenge England is intended to build on the success of *Choosing Health* and to link with *Our Health, Our Care, Our Say* and *Small Change, Big Difference*. It sets out how government wants to work in partnership with industry and the voluntary sector to support the changes people need to make to enjoy the best possible health.

Representatives from organisations and groups across the East Midlands attended the Health Challenge England Ministerial Roadshow, which took place in June at Boots Head Office.

Parmjit Dhanda MP launched the event and commented on a 'renewed NHS focus on public health' and followed up in his speech to highlight two main areas where significant contribution to ill health had been made - tobacco and childhood obesity.

The Roadshow featured a key note presentation from Regional Director of Public Health for the East Midlands, Dr David Walker. Consultation on the impending review of the East Midlands Strategy 'Investment For Health' was also launched, with delegates from business, health organisations, local authorities and the voluntary sector being asked to re-affirm their commitment to tackling health inequalities. A full report of the event will be available on the **emphasis** website, <http://www.emphasisnetwork.org.uk> in due course.

[TOP](#)

thedrink**debate**
– it's your shout!



The Drink Debate consultation has now been extended to the 31st December in order to get a truly accurate picture about alcohol and the issues fuelled by its consumption.

'It's your shout - The Drink Debate' has been launched to give people of the region a chance to have their say about how to address the problems caused by excessive drinking.

After 3 months of consultation 5877 replies have been received, 3711 by post and 2166 completed on line. Of those who responded, 42% were male and 58% female.

What is the public shouting?

- Businesses who sell alcohol to underage young people should be heavily penalised - 74%
- There should be more publicity about the harm alcohol can cause - 69%
- Families should introduce ideas about responsible social drinking to children at a young age - 67%
- All containers and bar pumps should carry clear information regarding strength and number of units - 64%
- Schools should do more to teach a healthy approach to alcohol - 63%
- Businesses that sell alcohol to people who are already drunk should be prosecuted - 60%

What would have the greatest impact?

- 25% of respondents felt that businesses who sell alcohol to underage young people should be heavily penalised
- 24% said that families should introduce ideas about responsible social drinking to children at a young age
- 20% felt that there should be more publicity about the harm alcohol can cause.

For further information the Drink Debate can be viewed online:

<http://www.thedrinkdebate.org.uk>

[TOP](#)

Smokefree East Midlands will save lives says health expert



As England became smokefree on Sunday 1st July 2007, an East Midlands' health expert has said that many thousands of lives will be saved each year as a result of the new legislation.

Dr. David Walker, Regional Director of Public Health said, "July 1st 2007 is a landmark day for public health in England. Smoking is one of the most significant public health problems we face with around 25% of the adult population being smokers. Second-hand smoke has tremendous negative health effects on non-smokers particularly young children. More than 7000 people in the East Midlands die from smoking related illnesses each year.

"I appreciate that it takes a tremendous amount of will power and strength for people to stop smoking, that's why the NHS provides smokers with free and confidential advice and support to help them live a healthier and more financially rewarding life.

Dr. Walker added, "The smokefree legislation will ensure a healthier environment, so that everyone can socialise, relax, travel, shop and work free from toxic tobacco smoke. Employers and businesses must be responsible for ensuring that the correct signs are displayed and that people do not smoke on their premises".

To find out more about your nearest NHS stop smoking service please call the **NHS Smoking Helpline** free on 0800 169 0 169.

For more information please visit the Smokefree England website
<http://www.smokefreeengland.co.uk>

Impact of Smokefree evaluation - Monitoring and Compliance

To accompany the legislation of July 1st the Tobacco Collaborative Centre (TCC) has selected certain regions to form part of the National Evaluation. The East Midlands was fortunate to be part of this and the evaluation assessed the impact of the legislation on attitudes, compliance and behaviour, second smoke levels and employee health.

cotinine and carbon monoxide testing and particulate monitoring.

The results will be analysed and the experiment repeated post July 1st. Similar research in Ireland and Scotland has shown positive results and improved outcomes in terms of second hand smoke exposure.

Each region was required to identify several venues for evaluation, ranging from bars, pubs, bingo halls, clubs, betting shops and so on. Researchers then conducted site visits to complete questionnaires for employees/employers, site observations,

Nottinghamshire, Lincolnshire, Nottingham City and Northamptonshire all participated in the evaluation exercise.

ASH TRAY TO ASH TREE – SYMBOL OF CHANGE AT LEICESTER CONFERENCE

Leicestershire sculptor Nita Rao engaged delegates at the Beyond Smokefree Legislation conference held at the National Space Centre (Friday 22 June) by creating an "Ash Tree"- made from foil ash trays.

It was a symbol which focused attention on changing something representing a health risk into a symbol of clean air, growth and change. Delegates were invited to place a smokefree message onto the foil 'leaves' of the tree.

The interactive event, which was chaired by David Taylor, Chair, All Party Parliamentary Group on Smoking and Health and MP for North – West Leicestershire, discussed the development of a Sustainable Tobacco Control Strategy for the East Midlands. It was attended by regional representatives from Health, Environment, PCT, Trading Standards and HM Revenue and Customs and convened by the Directorate of Public Health, East Midlands.

Speakers included Martin Dockrell, of ASH Action on Smoking and Health, Professor John Britton, Head of Epidemiology and Public Health, University of Nottingham; Nick Adkin, Tobacco Policy Lead, department of Health and David Walker, Regional Director of Public Health for the East Midlands.

For further information please contact Janet Wootton, East Midlands Tobacco Control Communications Officer, telephone 0115 9714762

Presentations from the conference can be downloaded from the **emphasis** website,

<http://www.emphasisnetwork.org.uk/events/smokefree.htm>



From left to right: Sculptor Nita Rao; David Taylor MP, Chair, All Party Parliamentary Group on Smoking and Health; David Walker, Regional Director of Public Health for the East Midlands; Roger Williams, East Midlands Tobacco Control Ambassador and Kath Childs, Senior Public Health Manager, Directorate of Public Health, East Midlands. They are shown with the ash tree sculpture

[TOP](#)

ARTS AND HEALTH NEWS

Many of you will have already received a copy of the Directorate of Public Health's first newsletter focussing on Arts and Health work in the Region. The newsletter will be produced bi-monthly and is downloadable from our site - <http://www.emphasisnetwork.org.uk/emphasison/artsandhealth.htm>

The first newsletter included an introduction to this work from Ann Goodwin, Senior Public Health Manager: she says, "I am now convinced that the arts are integral to health improvement", and she talks about how experiences have made her a real advocate for Arts and Health within the Directorate of Public Health.

The newsletter includes Case Studies of current regional activity, from Leicester's Soft Touch Arts and from Gedling Primary Care Trust. It also introduces the East Midlands Arts and Health Forum, managed by Mike White, which provides support, including networking opportunities and mentoring, for all those with an interest in Arts and Health. We will work closely with Mike in supporting his work.

In early July the second newsletter will be issued. It will have a focus on Dance and Health, including contributions from Derby Dance and Louise Katerega (independent Dance Artist), as well as highlighting forthcoming events.

The newsletter is just one part of our work, but this, alongside our website, will enable us to develop a hub for all of those involved in or wanting to find out more about regional Arts and Health work.

In the meantime, we really look forward to hearing from anyone with an interest in this work: emphasisonartsandhealth@googlemail.com

[TOP](#)

FSA NEWS

East Midlands Public health e-bulletin

Allergy Alerts

It has recently been drawn to our attention that whilst Local Authorities routinely receive information on foods that have to be withdrawn or recalled if there is a risk to consumers because the allergy labelling is missing or incorrect, that this information may also be of benefit to other health professionals such as dieticians and their patients. It is now possible to subscribe to an Allergy Alert system by either email or SMS text message.



For the free text alert service, send the text message 'START ALLERGY' to the number 62372. To unsubscribe, text 'STOP ALLERGY' to the same number.

For email alerts visit

<http://www.food.gov.uk/safereating/allergyintol/alerts/>

and you will be directed to the subscription page..

FSA Board recommends mandatory folate fortification



The Board of the Food Standards Agency held their Open Board Meeting in May at the Crowne Plaza in Nottingham. The visit was a great success, thank you to all of you across the region that came to support the East Midlands team and meet the Board.

The Board agreed unanimously that a form of mandatory fortification of food with folic acid should be recommended to UK health ministers as part of a package of measures to help prevent neural defects, which can result in miscarriage, neonatal death or lifelong disability.

The Board asked for further work to consider whether folic acid should be added to either bread or flour and agreed that controls on voluntary fortification of products such as breakfast cereals and spreads were an essential part of its recommendation. It also wants clearer public advice on the taking of supplements to prevent over-consumption by some groups, and recognised the need for additional work to educate the public and, in particular, potentially at-risk groups.

You can add your views to the debate on the Board's folate decision by visiting FSA Chief Scientist Andrew Wadge's blog at <http://www.food.gov.uk/scienceblog>

You can also see the debate as a broadcast or podcast at the following link:

<http://www.food.gov.uk/news/newsarchive/2007/jun/openboardmeets>

Consultation on food competences for young people launched



The FSA has launched a public consultation on the minimum food skills and knowledge that young people should possess, understand and be able to apply by different ages. The framework has been developed with the British Nutrition Foundation and describes food competences for different ages (7-9, 11-12, 14 and 16+) built around the themes of diet and health, consumer awareness, food handling and preparation and food safety. The competences which encompass learning experiences in and out of schools should help those working with specific age groups deliver appropriately pitched food-related activities and identify where gaps in learning opportunities exist.

The Agency is consulting with a wide range of stakeholders within food, nutrition, health and education sectors and is also using its network of 9 schools' councils to capture feedback of primary and secondary-aged young people.

The framework and consultation documents can be viewed at

<http://www.food.gov.uk/new/newsarchive/2007/may/competencies>

First FSA Annual Report of Incidents

The Agency has published its first Annual Report of Incidents, highlighting the need for all food business operators and enforcement authorities to make reporting these incidents a top priority. The report includes case studies showing how the FSA responded to incident reports and how consumer interest was protected, based on that information and is eminently readable.

The Agency is the lead body for handling widespread accidental or deliberate contamination of food and issues advice guided by the best available scientific evidence including to fishermen on food safety requirements following the grounding of the Napoli on the East Devon coast in January 2007.

The Incidents report can be viewed at <http://www.food.gov.uk/news/newsarchive/2007/may/incidentreport>

New research on saturated fat

The FSA has published results of a piece of research looking at consumer understanding and behaviour in relation to saturated fat and energy in their food. This is part of the Agency's work around developing a saturated fat and energy intake programme, a draft of which is currently out to consultation and which aims to reduce saturated fat intakes because levels in the UK diet tend to be too high. This research together with the consultation responses will help the Agency to tailor its consumer awareness and partnership activities to best effect.

The full report can be accessed at <http://www.food.gov.uk/new/newsarchive/2007/may/satfatresearch>

Nutrient profiling review

When the Agency finalised its nutrient profiling model to help Ofcom introduce new restrictions to improve the balance of television advertising to children, it also agreed to review the model after a year of use. The first element of the new restrictions, which include the use of the nutrient profiling model to differentiate between those foods that are high in fat, salt and sugar and those that are not, came into effect on 1st April 2007. The Agency is now considering the appropriate scope for the review, and how best to carry it out.

This will include discussions with a range of interested parties including the Food and Drink Federation, British Retail Consortium, consumer organisations, public health groups and the advertising sector. It is also likely to include both an opportunity to raise issues to be considered in the review and involvement in a formal 12 week consultation on the outcomes of the review. We will endeavour to provide information on the progress of the review through this e-bulletin in the coming months.

FSA Strategic Plan Update

The Agency has published an update to its Strategic Plan setting out in more detail what it hopes to achieve in the next three years accompanied by a new annual Corporate Plan which shows the short term goals and milestones against which the Agency will measure and report its progress. The Agency will also be publishing a table of the original 42 targets and where each will be found in the new Strategic and Corporate Plans.

The Strategic Plan to 2010 and annual Corporate Plan can be found at <http://www.food.gov.uk/aboutus/publications/busreps/strategicplan>

[TOP](#)

Traffic Lights Labelling Project with Small Businesses in the East Midlands



The FSA East Midlands team has been successful in the bid from the action plan implementation fund to develop some work which aims to support the delivery of **Aim 8** of the East Midlands Food and Health Action Plan: **To ensure that all residents within the East Midlands have easy access to affordable healthy food.**

Front of pack labelling enables consumers to make healthier choices 'at a glance'. The work is to support those small manufacturers that do not have the resources and technical expertise to undertake the nutritional analysis required to provide the information on which the traffic lights are based.

Hygiene in the Home Project

The second successful bid to the implementation fund of the food and health action plan around meeting **Objective 7**, 'To ensure that food in the home is safe to eat' is around developing a range of activities targeting vulnerable households to reduce the incidence of Foodborne disease caused by poor food hygiene practices in the home. The activities will be developed using an inclusive approach with a range of partners and will use all available intelligence on foodborne disease rates to identify vulnerable groups and key locations to target. We will also refer to relevant guidance to identify the approaches that are evidence based to achieve raised awareness, increased skills and gain key messages that can be delivered by partner organisations, as well as behaviour change by households within vulnerable communities.

This project will therefore work with the East Midlands Food and Drink Forum to develop an award scheme aimed at small food businesses who would like to undertake the analysis with a view to adopting the scheme for their products.

The scheme will benefit both consumers and local businesses across the region. By getting more products with TLL in local shops- consumers will be able to make healthier choices. In addition small local businesses will be in a better position to market their products both directly to consumers, and also to those retailers who have adopted the scheme.

To find out more about the FSA traffic light scheme click on the following link:
<http://www.eatwell.gov.uk/foodlabels/trafficlights/>



[TOP](#)

Local Salt Campaign Project



Under the umbrella of the FSA's national salt campaign which ran earlier this year, the Agency has teamed up with local partners in Nottingham City, including Nottingham PCT, and Nottingham City Council's health inequalities team to develop a social marketing campaign aimed at specific communities within the city area to increase awareness about salt and drive behaviour change.

The results of this work are due to be collated in Summer 2007, watch this space for developments. If you would like to find out more about the salt campaign and where to get free resources please visit www.salt.gov.uk

[TOP](#)

HEALTH AND WELLBEING AT THE ANNUAL EAST MIDLANDS PUBLIC HEALTH CONFERENCE



400 delegates from organisations representing the NHS, voluntary sector and local authorities around the East Midlands attended the annual Regional Public Health conference which took place at Trent Vineyard in Nottingham on May 16th.

The aim was to share ideas on improving people's health and tackling health inequalities. This year's conference had particular focus on mental and sexual health and wellbeing.

The day was chaired by Dr David Walker, Regional Director of Public Health for the East Midlands. David was joined by Mary Clifton, Director for CSIP East Midlands and Jane Todd, Regional Director for GOEM to open the conference with a presentation reflecting on some of the public health challenges facing the East Midlands and recent health trends.

Commenting on the day's events, Regional Director of Public Health David Walker said: "Throughout the day the conference highlighted issues, raised potential solutions and helped share good practice so that together we can improve public health – for individual well-being but also for the greater good of the region"

Keynote speaker Nic Marks, Head of the Centre for Well-being, New Economics Foundation entertained and informed the audience after a healthy lunch with his presentation 'The power and potential of well-being', whilst comedian and performance poet Rob Gee amused delegates with his humorous insights into public health. This included delivery of a poem which Rob composed on the day especially for conference delegates! Rob's poem is available to view on the **emphasis** website, <http://www.emphasisnetwork.org.uk/events/conference/2007/poems.htm>

Delegates were also able to enjoy a stress-busting therapy session, visit numerous stands hosted by East Midlands organisations, enjoy freshly prepared fruit and a healthy lunch, network with colleagues old and new and participate in breakout sessions. Over lunch there was an opportunity to view a Rope, Movement and Skipping demonstration performed by members of The East Midlands Keep Fit Association.

Speaker presentations from the conference can be found by visiting the **emphasis** website: <http://www.emphasisnetwork.org.uk/events/conference/2007/presentations.htm>

[TOP](#)

EMPHO NEWS

Community Health Profiles

A new set of Health Profiles has been produced for each local authority in England by the Association of Public Health Observatories. Health Profiles 2007 give a snapshot of health in each area. They are designed to support action by Local Government and Primary Care Trusts to tackle health inequalities and improve people's health.
<http://www.communityhealthprofiles.info/>

"Indications of Public Health in the English Regions 7: Mental Health"

This report has been published by the Association of Public Health Observatories. A regional summary showing a comprehensive overview of mental health in the East Midlands has been produced by East Midlands Public Health Observatory (EMPHO). The regional summary accompanies the APHO report and compares the regional position with the rest of England. Regional summary:
<http://www.empho.org.uk/viewResource.aspx?id=9936>

National report:
<http://www.nepho.org.uk/index.php?c=2227>

NEW - Avoidable Injury Theme pages on the EMPHO website

This new resource brings together sources of information on avoidable injury. We intend it to be useful to Local Delivery Plan and Local Area Agreement planning processes and to this end we look to provide references to sources of local data and provide methodologies and templates for local profiling work. Information is included on national, regional and local policies, the prevalence of avoidable injury and need for services, the accident prevention evidence base, indicators/outcome measurement, and details of local interventions and initiatives. Links and reports on each of these topics are provided. Work on this resource is ongoing and the information will be updated as new material becomes available.
<http://www.empho.org.uk/THEMES/injury/injuryintro.aspx>

NEW - Health Inequalities Theme pages on the EMPHO website

This resource signposts key national and regional documentation regarding health inequality policy and action plans, reports on the status of health inequalities in the region, and provides links to evidence in support of health inequality policies and interventions. It also provides links to a number of on-line toolkits allowing health inequalities and the impact of interventions to be measured and explored interactively.

<http://www.empho.org.uk/Themes/Hi/hi1.aspx>

Small Area Data - revised Health Indicators available

EMPHO's "Small Area Data" contains a range of health indicators at either Lower Super Output Area or CAS Ward level, aimed to inform local health inequalities work. A number of these indicators have been recently updated and all the information is available to view and download through the EMPHO website.

To complement the "Small Area" spreadsheets, a summary of the data available has been produced for each of the nine Counties and Unitary Authorities within the East Midlands. These summaries aim to give a broad overview of the indicators available, highlighting some key findings for each area. They also contain other useful information about other sources of small area information for that area.

The summaries and the data are both available now at

http://www.empho.org.uk/Themes/SMALL_AREA_DATA/smallarea.aspx

[TOP](#)

OTHER NEWS

Public Health Workforce Development Workshop

Many thanks to those who attended the Public Health Workforce Development workshop in London on 23rd April 2007.

As promised on the day, we have made the presentations and resource pack available on the healthcare workforce portal:

http://www.healthcareworkforce.nhs.uk/resources/public_health/public_health_workshops_spring_2007.html

For further information please contact Liz Livermore, Senior Project Manager, NHS National Workforce Projects

E mail <mailto:liz.livermore@nwpnhs.org.uk>

Telephone 0161 266 2251

[TOP](#)

EVENTS AND COURSES

Trent RDSU (Nottingham)

<http://www.trentrdsu.org.uk/>

Short Course Programme September 2007 – July 2008

A range of courses for those interested in health or social care research.

These courses are free of charge to researchers employed within the NHS, social care and voluntary organisations. A charge of £35 per half day and £60 per full day will apply to anyone not employed in those sectors (including university staff).

All courses can be booked online via our website www.trentrdsu.org.uk. More details are available on the website or on request. Half day courses are held in the morning, 9.30 – 12.30/13.00, unless otherwise indicated.

Contact:

Karen Taylor, Administrator, Trent Research and Development Support Unit

Tel: 0115 846 6907 or ext. 66907; Fax: 0115 823 0501

Email: karen.taylor@nottingham.ac.uk

Please note that some courses require previous experience/knowledge to attend. Please see the full course outline.

[TOP](#)

Cancellation Policy

Please note that the Nottingham Unit reserves the right to cancel courses if there are an insufficient number of participants. In such an event we will give notice of at least two weeks.

Charges of £35 per half day and £60 per full day will apply to anyone that makes a booking and does not attend the course without providing at least 48 hours notice.

Additional Courses

If the courses in this prospectus do not fulfil your training requirements, we may be able to provide tailor-made training, subject to available resources. Please contact:

Dawn-Marie Walker, Research Capacity Building Co-ordinator, Trent Research and Development Support Unit

Tel: 0115 82 30511; Fax: 0115 82 30501

Email: dawn-marie.walker@nottingham.ac.uk

Details of other services offered by the RDSU are available on our website,

<http://www.trentrdsu.org.uk/>

Title	Dates	Topics to be covered
QUANTITATIVE RESEARCH METHODS		
Basic Statistics - Data management and introduction to SPSS <u>1 half day</u>	19 Nov 2007 am or 14 April 2008 am	By the end of this course you will be able to: <ul style="list-style-type: none"> ▪ Use the statistical package SPSS ▪ Identify different types of data ▪ Code data appropriately for entry into a statistical package ▪ Enter data into SPSS ▪ Check datasets for errors and correct these accordingly
Basic Statistics - Describing and exploring data 1 half day	19 Nov 2007 pm or 14 April 2008 pm	By the end of this course you be able to: <ul style="list-style-type: none"> ▪ Understand frequency distributions ▪ Describe data using numerical summaries ▪ Present data in tables and graphs ▪ Identify the most appropriate methods to summarise and present your data, and use SPSS to produce them
Basic Statistics - Examining and comparing data with confidence intervals and P values 1 half day	20 Nov 2007 am or 15 April 2008 am	<ul style="list-style-type: none"> ▪ Introduction to the concepts of confidence intervals and hypothesis testing ▪ How to interpret confidence intervals and the results of statistical tests ▪ How sample size and power influence the results ▪ How to calculate confidence intervals
Basic Statistics - Analysing continuously measured data 1 half day	20 Nov 2007 pm or 15 April 2008 pm	<ul style="list-style-type: none"> ▪ Look at common tests for continuous data, including t-tests and their non-parametric equivalents ▪ Understanding of what continuous data is ▪ How to compare mean and median differences between two groups ▪ Interpret results of statistical tests and how to check assumptions
Basic Statistics – Analysing categorical data 1 half day	21 Nov 2007 am or 16 April 2008	<ul style="list-style-type: none"> ▪ Look at tests commonly used for the analysis of categorical data ▪ The chi-squared test will initially be introduced ▪ Interpret the results of this statistical test and how to check assumptions ▪ Look at alternative tests which may used if the chi-squared test is not suitable

Title	Dates	Topics to be covered
<p>Basic Statistics - Sample size calculation</p> <p>1 half day</p>	<p>am</p> <p>21 Nov 2007 pm</p> <p>or</p> <p>16 April 2008 pm</p>	<ul style="list-style-type: none"> ▪ This session is aimed at researchers at the planning stage who want to understand the principles underlying sample size calculations ▪ Key concepts such as significance and power will be explained using calculations from the medical research literature ▪ Methods for performing simple calculations ▪ What you need to tell a statistician in order for them to be able to calculate your sample size
<p>Systematic Review and Meta-analysis</p> <p>Can be booked as 1 half day or 1 full day</p>	<p>10 Oct 2007 or 14 May 2008</p>	<p>SYSTEMATIC REVIEW COURSE DESCRIPTION This course which will give you an understanding of what a systematic review is and how you can use them to inform clinical practice. It will also give you the skills to design and conduct an empirical systematic review.</p> <p>LEARNING OBJECTIVES By the end of the course students will be able to:</p> <ul style="list-style-type: none"> ▪ Understand what a systematic review is ▪ Learn the key elements of a systematic review ▪ How to conduct a systematic review <p>META ANALYSIS COURSE DESCRIPTION The session will explain the difference between a systematic review and a meta-analysis, and outline the criteria by which to judge whether these are any good. A worked example will be presented, and the concept of study heterogeneity will then be introduced as a way of justifying the random-effects model. Meta-regression, study quality and publication bias will also be discussed, and there will be a short practical exercise.</p> <p>LEARNING OBJECTIVES By the end of the course students will be able to:</p> <ul style="list-style-type: none"> ▪ Distinguish between a Systematic Review & Meta-analysis ▪ Describe & perform the main steps in a simple meta-analysis ▪ Distinguish fixed & random effects models ▪ Identify when a meta-analysis is inappropriate ▪ Describe how publication bias may be detected <p>Summarise the advantages/disadvantages of a meta-analysis</p>

NOTE

Assumed skills/knowledge

Basic Statistics - Basic computer literacy, familiarity with Windows environment and spreadsheets (e.g. Excel).

No prior knowledge of SPSS is required.

Systematic Review and Meta-analysis – No prior knowledge or skills required.

[TOP](#)

Title	Dates	Topics to be covered
HEALTH ECONOMICS		
Demystifying Health Economics 1 full day	13 Nov 2007	<ul style="list-style-type: none"> ▪ Material covered in this course covers an introduction to the purpose, types and methods of undertaking economic evaluation
QUESTIONNAIRES & SURVEYS		
Questionnaire Design 1 full day	20 May 2008	<p>COURSE DESCRIPTION</p> <p>This is a generic course which will give you the skills to decide whether a questionnaire is an appropriate design for your study, what questions are best to illicit what information, tips on increasing response rates and how to pilot and carry out your finished article.</p> <p>LEARNING OBJECTIVES</p> <p>By the end of the course students will be able to:</p> <ul style="list-style-type: none"> ▪ Critically appraise a questionnaire ▪ When is survey appropriate? ▪ How to increase response rates and why this is important ▪ How to design a research survey ▪ How to use and design rating scales ▪ Validity & reliability of your questionnaire ▪ How to pilot your questionnaire
Introduction to Interviewing Techniques 1 half day	4 June 2008	<ul style="list-style-type: none"> ▪ Principles of questionnaire design. ▪ Types of questions and their use. ▪ Piloting and the response rates. ▪ Managing data from a questionnaire. ▪ Evaluating a questionnaire.

Title	Dates	Topics to be covered
<p><u>Qualitative Research</u></p> <p>2 full days</p>	<p>13 & 14 May 2008</p>	<p>Day 1:</p> <ul style="list-style-type: none"> ▪ Introduce students to the research process ▪ The types of question that can be answered using qualitative methodology. ▪ Look at types of data and methods of data gathering within qualitative research. ▪ Students will have the opportunity to develop and use topic guides for semi-structured interviewing, and to explore the use of observation. <p>Day 2:</p> <ul style="list-style-type: none"> ▪ Organisation and analysis of qualitative data. ▪ How to analyse interview transcripts. ▪ Look at issues of rigour and quality in qualitative research ▪ How to report qualitative research.
<p><u>Focus Groups</u></p> <p>1 half day</p>	<p>3 Oct 2007</p> <p>1.00 – 4.30 University of Nottingham</p> <p>4 March 2008</p> <p>10.00 – 1.30 Lincolnshire Ambulance Service, Training Room</p>	<ul style="list-style-type: none"> ▪ A brief theory of focus groups. ▪ The main issues that face health and social care professionals when using focus groups as a data collection method. ▪ Workshop component to explore some aspects in depth and some experimental learning will be included. ▪ Participants who are planning specific focus groups are encouraged to bring their research questions to the session. ▪ The emphasis will be on the data collection; brief reference only will be given to the analysis.
<p>ETHICS & GOVERNANCE</p>		
<p>Research Ethics and Governance</p> <p>1 half day</p>	<p>13 Feb 2008</p>	<ul style="list-style-type: none"> ▪ This course will provide an overview of the regulatory and governance environment within which all NHS research is undertaken and will then look in detail at the necessary approvals processes: ▪ Ethical approval - the philosophy behind ethical approval, what is a REC and how does it operate, key principles in making a good application. ▪ NHS R&D Approval - why is it necessary, what does it cover and how to navigate the approval process successfully. <p>There will be opportunity for discussion during the session</p>

NOTE

Assumed skills/knowledge

Some research knowledge may be useful but not necessary

[TOP](#)

Title	Dates	Topics to be covered
INFORMATION RESOURCES – All 10.00am – 13.00pm		
Searching for Research IN Cyberspace 1 half day	8 October 2007 & 10 March 2008	COURSE DESCRIPTION The course covers searching the internet and web-based databases for high-quality information resources and research studies. <i>Google Scholar</i> , the <i>Cochrane Library</i> and the <i>National Library for Health</i> are examined, as are the principles of evaluating web-based information resources. LEARNING OBJECTIVES By the end of the course students will be able to: <ul style="list-style-type: none"> ▪ Understand the ways in which the internet can be used for health and social care research ▪ Develop a strategy for searching the web ▪ Identify key web-based resources for health and social care information ▪ Find web-based information both by browsing and searching <p style="text-align: center;">Appraise web-based information sources according to key quality criteria</p>
Literature Searching for your Research Project 1 half day	4 December 2007	COURSE DESCRIPTION The course introduces the main medical and social care databases and demonstrates the importance of formulating a focused search question. The key search techniques, including subject headings, are taught via hand-on exercises. LEARNING OBJECTIVES By the end of the course students will be able to: <ul style="list-style-type: none"> ▪ Develop a search question ▪ Construct a search strategy ▪ Choose an appropriate database/s ▪ Search using a variety of techniques ▪ Limit their search to increase relevance of results
Further Literature Searching your Research Project 1 half day	14 January 2008	COURSE DESCRIPTION The course covers advanced use of subject headings and subheadings and introduces the concept of methodologic filters. It offers generous time for ‘hands-on’ practical work supervised by the trainer, allowing students to ‘learn by doing’. LEARNING OBJECTIVES By the end of the course students will be able to: <ul style="list-style-type: none"> ▪ Develop a search strategy which makes best use of subject headings and free-text terms ▪ Apply subheadings in a variety of ways to refine their search ▪ Identify key study designs that meet their requirements ▪ Use simple filters to extract these study designs from the literature ▪ Save their search strategy for future use
Information for Social Care	16 April 2008	
Critically Appraising Research	26 Feb 2008 & 9 June 2008	

Title	Dates	Topics to be covered
Literature Searching for Qualitative Research	12 May 2008	<p>COURSE DESCRIPTION</p> <p>The course looks at the key study designs and terminology in the qualitative literature and demonstrates how to search qualitative literature in the major databases by using techniques such as methodologic filters.</p> <p>LEARNING OBJECTIVES</p> <p>By the end of the course students will be able to:</p> <ul style="list-style-type: none"> ▪ Identify the key electronic information sources for qualitative literature ▪ List the key study designs used for qualitative research and the terminology used in these studies ▪ Search for qualitative research using these terms by developing simple 'filters' ▪ Search for secondary qualitative research using the Campbell Collaboration's database C2-RIPE

NOTE

Assumed skills/knowledge

Please note that participants **MUST** be confident in using Microsoft Windows.

Title	Dates	Topics to be covered
OTHER		
Writing for Publication 1 half day	16 April 2008 University of Nottingham	<ul style="list-style-type: none"> ▪ Consider how papers get published in journals in health ▪ How they are structured ▪ Issues of scientific integrity related to authorship ▪ The course is not designed to teach practical writing but will include practical writing exercises
Introduction to Research Methods 2 full days	11 & 12 June 2008	<p>COURSE DESCRIPTION</p> <p>You will learn about both qualitative and quantitative methodologies including systematic reviews, health economics and sampling.</p> <p>LEARNING OBJECTIVES</p> <p>By the end of the course students will be able to:</p> <ul style="list-style-type: none"> ▪ Know the difference between qualitative and quantitative and which design is best for them ▪ What is a systematic review ▪ Why health economics is important <p>Sampling and understanding sample size</p>
Introduction to the Research Process 1 full day	7 November 2007 10.00 – 3.30 University of Nottingham 12 March 2008 10.00 – 3.30 Lincolnshire Ambulance	<ul style="list-style-type: none"> ▪ What is research? ▪ The research process – an overview ▪ Defining the research question ▪ Introduction to methodology ▪ Access and permission to conduct a study ▪ The research proposal ▪ Introducing project management ▪ Support for Research – organisational and other ▪ Reviewing the research process

Title	Dates	Topics to be covered
	Service, Training Room	
Writing Successful Funding Applications	28 April 2008 University of Nottingham	▪
Getting Informed Consent from Participants	TBC 2008 University of Nottingham	▪
Understanding RCTs	9 June 2008 University of Nottingham	<p>COURSE DESCRIPTION The session will describe the background to RCTs, focusing on principles rather than specific methods and practical details.</p> <p>LEARNING OBJECTIVES By the end of the course students will be able to:</p> <ul style="list-style-type: none"> ▪ Explain the need for a control group ▪ Justify the process of randomization and outline different methods for randomization ▪ Describe the purpose and limitations of blinding ▪ Summarize the main trial configurations used ▪ Distinguish between a trial objective, outcome variable and effect parameter ▪ Explain the difference between pragmatic and explanatory trials ▪ Distinguish trials for superiority vs. trials for equivalence/non-inferiority ▪ Describe the factors affecting trial validity

NOTE

Assumed skills/knowledge

Writing for Publication - It would be most suitable for people who can see their research project completing in the near future but who have limited experience of scientific publication.

Introduction to Research Methods/Process - No prior knowledge or skills required.

[TOP](#)