

Welcome to the first edition of The REAL Study's newsletter. The study has been funded by the National Institute for Health Research and is hosted by Camden and Islington NHS Foundation Trust. The Mental Health Research Network also supports the study and the research team is based at University College London. As well as these organisations we would like to send out a BIG THANK YOU for all the support you have given us this year to get the study up and running.



Real Study Steering Group Committee Meeting

Study Update...

The study has the ambitious aim of including all inpatient (or equivalent community based) rehabilitation units in England. This means that R&D approval and honorary contracts are required for the researchers in a total of 60 NHS Trusts. We also plan to recruit from units in the independent sector where this is the usual local rehabilitation care pathway and we will also include a small sample of low secure units in Phase 1. Avon and Wiltshire Partnership NHS Trust were the first to complete R&D approval for the study in July this year. Since then we have gained R&D approval in a further 39 Trusts and our researchers so far have been granted honorary contracts in 34 of these. Currently five other Trusts are in the process of completing R&D approvals and/or organizing honorary contracts.

We commenced recruitment at the end of July 09 in our local Camden

and Islington NHS Foundation Trust. To date we have completed Phase 1 recruitment in 8 Trusts, and partially completed in 5 others, making a total of 22 units visited with over 140 patients recruited. We have meetings booked into our diaries to visit 4 other Trusts over the coming weeks. If you haven't heard from us yet, please be patient, we certainly haven't forgotten you, as you can see our researchers have a lot of ground to cover!

Calling all rehabilitation practitioners in the 5 boroughs, Milton Keynes, or Suffolk Trust areas. If anyone holds a substantive contract at a unit within these Trusts and would like to volunteer to be a local collaborator for the REAL study, then please contact our Project Manager Melanie.

With thanks to:


National Institute for
Health Research

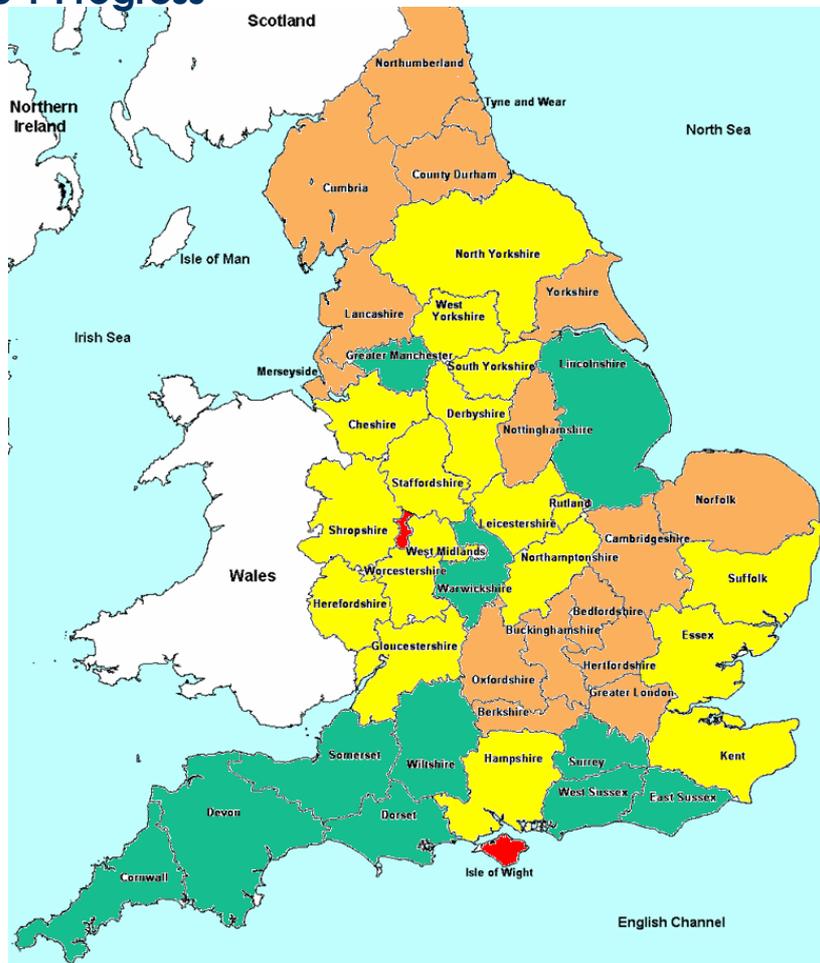
Camden and Islington 
NHS Foundation Trust


Mental Health
Research Network

Further information
regarding the REAL study
can now be found on our
website:

www.ucl.ac.uk/REAL-Study

Phase 1 Progress



- Recruitment complete / partially complete
- Approvals Complete
- Approvals in Process
- Declined Participation

Contact Us

Project Manager
Melanie Lean

Tel: 0207 794 0500 x33694
Fax: 0207 830 2808
m.lean@medsch.ucl.ac.uk

Researchers

Nick Green
Tel: 020 7794 0500 ext 34785
Mobile: 07843 622 500
n.green@medsch.ucl.ac.uk

Isobel Harrison
Tel: 020 7794 0500 ext 34785
i.harrison@medsch.ucl.ac.uk

via post:

The REAL Study
Department of Mental Health
Sciences
University College London
Royal Free Hospital
London NW3 2PF

As a REAL Study site, what can I expect?

For those sites that haven't yet been visited by a member of our research team, this piece should provide some information on what to expect during Phase 1 of the study. The project has been designed in the knowledge that clinicians are very busy people and we aim to make the process as simple as possible for you. Prior to a visit to a unit, one of our researchers, Nick or Isobel, will be in touch with the unit manager to organise a good time to meet. In order to make the best use of their valuable time we will send a proforma beforehand to capture important information regarding the unit and we ask that unit managers have this form completed prior to our visit if at all possible.

Our first meeting aims to provide an introduction to the study and to answer manager's questions. It also provides the opportunity for our researchers to talk to other staff about the study and they then arrange to attend a community meeting to discuss the study with service users.

During this Phase the unit manager is interviewed by the researcher (this takes about 90 minutes) about various aspects of the care that the unit provides and up to ten service users are interviewed to gain information about their quality of life, autonomy and experiences of care (this takes 20-30 minutes). In a small sub-group of units we will invite a few staff and service users to take part in a longer interview about their experiences and views about rehabilitation. Service users are paid £10 for their participation in all interviews. Phase 1 recruitment is usually completed within a week or so of the researcher's first visit.

Season's greetings!

Finally we would like to wish you and your service users an enjoyable and peaceful festive season and we look forward to working with you all in the New Year!

