

ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in Brief

-It is 2 years since restarting participant recruitment after the pandemic-related pause, so follow-up interviews are gearing up again after a quiet period.

-The ODDESSI Lived Experience Advisory Panel met on the 8th of July and reviewed the trial's progress, advised on some upcoming focus groups (see overleaf), and linked with the APOD study (visit anthropology-opedialogue.org to find out more).

-Some of the ODDESSI research team took on the challenge to walk 50km in June. UCL's Shaeda Nourmand won gold by walking an incredible 80km!

ODDESSI Shout Outs

-Well done to our KMPT researcher Sarah Noordally, who had almost no actions to complete following a recent visit where the Sponsor monitored and checked her work- exceptional.

-Welcome to Emily Cornford who has joined the research team in Devon.

-A big thank you to Jo Fiakkas-Stewart and the KMPT Open Dialogue team for their work collecting recordings of clinical/network meetings.

-Congratulations to Marta Chmielowska on passing her PhD upgrade.

-We are sad to say goodbye to James Sinclair, but wish him the best of luck in his new role at CareCity.



ODDESSI Presentation in Devon

On 26th July, as part of DPT's ongoing series "Everything you wanted to know about Research (but were too afraid to ask)", I gave a presentation about my experiences of working on ODDESSI, having been part of the team for some 2 and half years.

I was joined by both Kat Clarke, ODDESSI trial manager, and Dr Tom Cant, Consultant Psychiatrist, POD facilitator and ODDESSI Principal Investigator for Devon. Between the three of us, it felt like a real collaborative effort, and I hope we captured and demonstrated both the size and the sheer amount of work that goes into running such a trial.

I spoke of my sense of privilege to work on ODDESSI, working alongside the lovely bunch of researchers across all the sites, as well as how stimulating and rewarding it is to get to meet and chat with a range of participants. I also spoke of my sense of the "value" of research for participants- my hopes are that participants get a space to be heard and validated, and that as researchers we can signpost our participants as necessary to various resources.

The trial's wheels continue to turn- with the study still in follow up for another year it was good to use the presentation as a moment to reflect and look upon all the hard work so many have put into ODDESSI- here's to another year!

Daniel Scott, DPT Research Practitioner

Shared Decision Making in Mental Healthcare

Alongside the ODDESSI trial, my PhD is aiming to understand the role of shared decision making in the treatment of mental illness. My main objective is to introduce **for the first time** a measure of shared decision making in mental health that will be developed with, and for, people with mental illness.

As part of this, I am currently organising and carrying out focus groups with clinicians, researchers, patients, and members of their social networks, to learn about their views on shared decision making and how it can be measured in mental health.

The new measure will aim to capture some of the experience of shared decision making for people with mental illness. This is important in mental health, and has often only been looked at for physical health care. We need to focus on what patients themselves need in relation to shared decision making in mental health.

Marta Chmielowska, UCL PhD student and NELFT Research Assistant



Co-production illustrated using building blocks and modelling clay: an activity that was part of a training day attended by some of our researchers.



Central and North West London NHS Foundation Trust

Open Dialogue - Labels are for jars!

14 June 2022

CNWL is investing in Open Dialogue and we will shortly be asking staff to apply for 130 staff training places. Dr Gareth Jarvis, Medical Director of Jameson Division, is the clinical lead on this project and blogs about it regularly.

In a the February 2022 edition of the ODDESSI newsletter we spoke about the transformations happening within community mental health teams across the country, and how the principles of Open Dialogue were being used to inform the transformation in North East London NHS Foundation Trust (NELFT; ODDESSI site and sponsor).

Further afield, in Central and North West London (NHS Foundation Trust; CNWL), the principles of Open Dialogue are also being used to inform the community transformation, where 130 places for Open Dialogue training have been opened up for staff!

Led by Dr Gareth Jarvis (Medical Director, Jameson Division), CNWL are hoping to adopt Open Dialogue into their way of working. Dr Jarvis also releases a regular blog on dialogical practice, which details information and his learning of the Open Dialogue approach over the years. For anyone interested in reading these blogs, they can be found here:

<https://www.cnwl.nhs.uk/news/gareth-jarvis-dialogical-practice-issue-9?sort=title&dir=asc>

Georgie Parker, UCL Research Assistant

Would you like more updates or to get in touch?

- Search for ODDESSI at www.ucl.ac.uk
- Email us at oddesi@ucl.ac.uk
- Find us on Twitter at [@ODDESSI_UCL](https://twitter.com/ODDESSI_UCL)