



The VALID research team goes global



Staff changes: London

In London we said farewell to Sinead Hynes, wishing her well in her new research post in Vancouver. We welcomed two new team members: Nadia Crellin joined in October and is managing research processes. Jane Burgess, a dementia specialist occupational therapist will start in January. She will deliver the occupational therapy programme in London and support other occupational therapists to do so.



Well done to the Hull based research team

The team in Humber NHS Foundation Trust recruited the highest number of participants to the first phase of the programme: 56% of the total number overall.

They are the first site to start the third phase of the study. Three occupational therapists Christina, Helen, and Rachel participated in update training in September and are now delivering the programme.



Sheffield to be second pilot site

Occupational Therapists Helen Hall, Catherine Kerr and Sarah White have all received update training and are commencing delivery of the programme in Sheffield. Researcher Becky Field has been attending Sheffield memory clinic to invite people with dementia and their supporters to take part in the study.



For more information about the study please see the website: www.ucl.ac.uk/valid or contact us:

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What have we done since our last newsletter?

The first two phases of the study are now complete. This involved developing the UK version of the occupational therapy programme from the translated Dutch manual by:

- Asking dementia practitioners for their views of the programme and what should be changed for it to be used in the UK.
- Asking people with dementia and their supporters for their views of the programme and what should be changed.
- Training 44 occupational therapists to deliver the programme to a total of 130 people with dementia and their supporters and then asking them to describe their experiences. This information was used to identify further changes to the manual.
- We also conducted a national on-line survey of UK occupational therapy practice to identify how such a programme might be delivered in this country.

This work has been presented at several events and we are also preparing written accounts. We are keen to keep health and social care professionals, people with dementia and their supporters, academics and the general public all informed of our progress.

The summer has been spent preparing for the next study phase, which involves testing research methods for our future randomised controlled trial, planned for 2015/2016. As this study is about delivering a programme of occupational therapy we also have to ensure that all aspects are feasible in practice

We have recently registered with 'Join Dementia Research' which is being led by the UK National Institute for Health Research. This allows people to register their interest in taking part in dementia research, see:
<https://www.joindementiaresearch.nihr.ac.uk>



What next?

The third phase of the study involves research called a pilot randomised controlled trial which started in mid-September. This is:

- Testing study procedures including getting opinions about the questionnaires that we want people to complete which give information to the researchers about their health and wellbeing.
- Finalising how the occupational therapy programme will be delivered, including how the occupational therapists will be supported to provide it.

For this phase we want to recruit 50 people with dementia along with their supporter (a family member, friend or neighbour). They will be visited by a researcher who will ask them both questions about their health and well-being. They will then have a 50:50 chance of either receiving the occupational therapy or continuing with their usual use of health and social care and voluntary organisation services. Some of those who get selected to receive the 10 hour programme of occupational therapy will be asked for their views of their experiences so that we can finalise everything for the last phase which will involve a lot more people in different locations across the country.

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