

## **2019 Activity Report**

### **1. Executive Summary**

This report provides an overview of activities undertaken by the Council for Allied Health Professions Research (CAHPR) in 2019 in support of its mission.

CAHPR delivers activities to build research capacity and capability at local and national levels for all allied health professionals (AHPs) and is committed to raising the profile and impact of AHP research. This is delivered through three components: the Strategy Committee, Professoriate and a network of regional hubs.

2019 marked the fifth year since CAHPR was established. At a central level, CAHPR has raised its profile through sponsoring a CAHPO award in 2019, publishing a framework of research practitioner's competencies, expanding its series of top tips and establishing a network of Research Champions in England, in association with the National Institute of Health Research (NIHR).

CAHPR regional hubs support AHPs locally, identifying activities according to local need and expertise. There are 20 active hubs, with approximately 177 individuals involved in running them. In 2019, hubs reported hosting or engaging in over 40 events, attended by a wide variety of AHPs.

In 2019, CAHPR hubs reported delivering a range of activity resulting in developing engagement with NHS managers, increasing CAHPR's visibility and continuing to expand strategic contacts with HEIs, CRNs and local AHPs. Hubs also provided examples of AHP research career progression arising from CAHPR support. A number of collaborative relationships with CAHPR/NIHR Research Champions resulted in joint events, resources and strengthened links to local NIHR Clinical Research Networks (CRNs).

CAHPR has made considerable progress towards its mission since its establishment. CAHPR's success has brought challenges, with increased demands on its support team and network of committed volunteers. A review of CAHPR, funded by Health Education England, is planned for 2020 to address these challenges and further optimize CAHPR's ability to support growing research capacity and capability amongst the allied health professions.

## 2. Introduction

CAHPR is the representative voice of 13 allied health professions on research matters (table 2 page 13 details the member organizations). The Council's mission is to develop AHP research, strengthen evidence of the professions' value and impact for enhancing service user and community care, and enable the professions to speak with one voice on research issues, thereby raising their profile and increasing their influence.

To deliver its mission, CAHPR has set out five strategic objectives:

- To strengthen CAHPR's profile and capacity for expanded activity through a sustainable model of development and delivery
- To build AHP capacity for research activity, including through collaborations and communities of practice
- To develop the scale, depth and quality of AHP research through skills development and strengthened opportunities for research-oriented career progression
- To strengthen CAHPR's support for AHP research, underpinned by its regional network and delivery of distinctive CAHPR resources
- To increase CAHPR's strategic influence with key stakeholders, including through alignment with national health and care priorities, European and international developments.

The Council comprises a Strategy committee, a Professoriate and a UK-wide regional hub network. The Strategy Committee is the overarching committee of the CAHPR, with responsibility for overseeing the structure's outward-facing activity, its operations and continued development.

CAHPR primarily works through its regional hub network to deliver on these objectives with the provision of opportunities for learning, sharing, networking, collaborations and access to advice and support. Each hub identifies its own activities according to local need and expertise. <https://cahpr.csp.org.uk/about-cahpr>.

CAHPR also has a Professoriate forum which enables AHP professors from across the UK to meet, sharing perspectives and expertise in order to develop AHP research (details in appendix 2). The Professoriate feeds into the work of the Council and identifies priorities for the Strategy Committee.

This report provides an overview of the activities undertaken by CAHPR in 2019 to support its strategic aims. It is divided into three sections, central CAHPR activity, CAHPR hub activity and conclusions.

### **3. Central CAHPR activity**

During 2019, CAHPR promoted AHP research and strengthened its profile through support of two national awards, introduction of further resources and establishment of the CAHPR/ NIHR Research Champions Scheme.

#### **3.1. Chief Allied Health Professions Officer Awards 2019 – Research Impact Award**

In partnership with the National Institute for Health Research (NIHR), CAHPR developed a new category at these high-profile awards in 2019. This award gave an opportunity for greater recognition of AHP research in England and raised CAHPR's profile nationally.

The Research Impact Award focused on the contribution made by AHPs in developing, leading or supporting research in health, social care and public health and the impact that this contribution has made. The awards were open to AHPs, student AHPs and AHP support workers working in publicly funded services in England.

The winner, Rob Goodwin, Physiotherapist also was awarded the AHP of the Year award for his research into first point of contact physiotherapy.

CAHPR and the NIHR will jointly sponsor this award for the second time in 2020.

#### **3.2. CAHPR Public Health Research Awards 2019**

For the fifth year CAHPR delivered these awards in collaboration with Public Health England (PHE). In 2019, the awards were also supported by AHPs4PH, an online community of Allied Health Professionals who share an interest in improving the health of the public. Each of the two winners received expenses and the opportunity to display their research at the PHE conference in September 2019.

#### **3.3. CAHPR Research Practitioner's Framework**

During 2019 CAHPR published a new resource, the Research Practitioner Framework. The Research Practitioner's Framework has been designed to support practitioners, managers, educators and leaders to review and plan practitioner roles, activity and support systems, to enable the development of research confidence, skills and engagement for all AHPs within a range of practice settings.

The CAHPR Research Practitioner's Framework describes the knowledge and skills an AHP needs to perform applied research within a range of practice settings and at different levels of competency, from basic competency to advanced and research leadership levels. This resource provides a practical framework to support making 'core business' to clinical practice whilst also forging pathways and career progression for AHPs to become leaders in the field

of applied health research.

The framework was developed through a collaboration with National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care Yorkshire & Humber (NIHR CLAHRC YH). It was developed using a blend of expert knowledge through consultation within the wider CAPHR network and the systematic integration of existing research competency frameworks.

The Research Practitioner's Framework is available at:

<https://cahpr.csp.org.uk/content/cahpr-research-practitioner-framework>

### **3.4. CAHPR top tips series**

During 2019, the popular CAHPR top tips series increased to 16 titles. CAHPR's Top Ten Tips series offer brief summary advice on key topics for novice, early career and experienced researchers.

The titles in the series are produced by subject experts in CAHPR's hub network. During 2019 three additional titles were introduced through contributions from guest authors wishing to share their expertise with the wider research community.

The following topics were published in 2019:

- Writing service improvement case studies
- Implementation for impact
- Navigating doctoral studies: overview

A standalone series on Navigating Doctoral Studies will be published in 2020, through an inter-professional collaboration of authors.

The top tips series is available at: <https://cahpr.csp.org.uk/content/cahpr-top-ten-tips>. The majority of titles are available as A6 leaflets and are widely available at events held by CAHPR, its hubs and member organisations.

### **3.5. CAHPR/NIHR AHP Research Champions**

In 2019 this scheme, funded by the NIHR Clinical Research Network (CRN), entered its second year following agreement to extend the scheme. AHP Research Champions were appointed in all [15 local CRN areas](#) during 2018, completing their first year of activity in October 2019.

The initiative was the result of a collaboration between the NIHR and CAHPR with the purpose to create a network of 15 regional champions, situated within clinical practice, in the NHS, that would champion the research work of AHPs and encourage more professionals to be aware of and involved in health and social care research. Champions are able to apply for a small amount of funding to support their activity.

During 2019 the Research Champions have completed a number of activities that achieve the following aims of the scheme:

- They have acted as ‘super-connectors’ utilising their developing network to link interested parties locally and nationally
- They have sought opportunities locally to promote research activity and research careers through the professions in association with CAHPR, the NIHR Advocates and NIHR CRN
- They have promoted research outcomes, benefits and impact to the professions, service users and members of the public
- They have shared information about opportunities for research funding, training, learning and support
- They have supported and provided advice on building research capacity and capability including the development of the pipeline of investigators

Details can be found here

<https://sites.google.com/nih.ac.uk/nihrahpsinresearch/ahp-research-champions>

### **3.6. Conference bursary scheme 2019**

Central support was provided in 2019 to run a UK-wide CAHPR competitive conference bursary scheme on behalf of the CAHPR Hubs. The bursary supported early career researchers throughout the UK in presenting their research at conferences.

The bursary scheme received a high level of interest from a variety of AHPs. 10 winning entries were each awarded £500 to support attendance at an international conference or £250 for a national conference.

#### **4. CAHPR hub network activity**

CAHPR hubs are local networks of research active allied health professionals that work to increase research capacity and capability. Each hub identifies activities according to local need and expertise and may apply for funding from CAHPR centrally to support local activity.

CAHPR hubs are run by groups of academic or clinical allied health professionals on an honorary basis. They are organised into two roles, Hub Leaders and Hub Facilitators. Hub Leaders have overall responsibility for running the hub, whilst Hub Facilitators support specific activities depending on their expertise/interests.

In 2019, there were 23 approved hubs. Three Hubs were on hold due to Hub Leaders standing down in the: Essex, Hertfordshire and West Midlands hubs. In 2019, CAHPR hubs were arranged into 13 regional consortia for funding purposes. Each consortia was able to apply for up to £3,000 of funding to support local CAHPR activity.

The information on hub activity provided is based on evaluation and monitoring forms returned by 11 of the hubs. A review of the evaluation and monitoring process is scheduled in 2020 to facilitate reporting of local CAHPR activity.

Local hub activity and progress against CAHPR priority areas between 1 January and 31 December 2019 is summarized below. The evaluation and monitoring forms for each hub and the raw data collected in this report are held by the CSP.

##### **4.1. Hub Evaluation and Monitoring Results**

Hubs were asked to report on their contribution to CAHPR priority areas and to report on local activity. Examples from different hubs have been used to highlight activities within these key areas; details of individual hub activity is available on request.

###### **4.1.1. Support and influence managers to create a positive research culture for AHPs within their workspace**

CAHPR hubs in 2019 continued to engage NHS managers in the importance of AHP research and engagement with local hub activity continues. For example, in Oxfordshire local managers attended a panel discussion on barriers to AHP research, with the Head of Therapies of a local trust as a panel member. The South Central hub held a research symposium, showcasing success stories from members engaged in clinical academic careers.

Hubs working to establish local research communities report developing relationships by inviting managers to events and through CAHPR representation at events where Trust managers are present.

The North East and Yorkshire hubs have continued their small grants schemes in 2020. The schemes are reported to have enabled local AHPs to negotiate time for research activity with managers.

In England, two hubs reported increased engagement through direct participation of the CAHPR/NIHR Research Champions. Within the London hub, one of the Research Champions was able to prioritise this objective to influence local managers to create a positive research culture.

Northern Ireland and the North of Scotland hubs reported that managers or those in AHP leadership positions were engaged as facilitators within the hubs, providing links for local AHPs to access CAHPR support.

#### **4.1.2. Develop and share strategic links**

In 2019, hubs continued to expand strategic contacts, working with higher education institutions, NHS trusts and reaching out to connect with AHPs interested in research.

Seven hubs reported closer working with local CRNs. In Yorkshire, the hub consortium held a Vision 2021 meeting, with the theme of strengthening links between AHPs and the NIHR specialty network leads in order to raise awareness amongst other academics about AHP research capabilities.

The Yorkshire and Humber consortia CAHPR hubs now have a well-established relationship with NIHR CLAHRC Yorkshire and Humber. This collaboration resulted in joint authorship of [CAHPR's Researcher's Competency Framework](#).

The Oxfordshire hub relationship with the UK Equator Centre at Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Science (NDORMS) has continued into 2019. The hub presented at two events and discounts on training events were provided for CAHPR members.

Three hubs reported direct relationships with local AHP leads. For example, the Cumbria and Lancashire hub were invited to participate in the development of AHP research strategy with the Lancashire Teaching Hospitals Trust.

The North East hub engaged with industry partners to plan a joint event and promote the importance of engaging industry to assist in the development and implementation of useful devices for health.

#### **4.1.3. To ensure that CAHPR has high visibility with all stakeholders (AHP researchers, clinicians and managers)**

CAHPR hubs continue to use social media, website, email circulation lists and face to face contact to ensure visibility of CAHPR.

— Recently launched hubs in East Anglia and the East Midlands increased their contact lists by reached out to local AHPs through promoting CAHPR in

facilitators workplaces and local events.

The North of Scotland hub increased their profile with local AHPs by co-badging all Grampian research events with CAHPR. The Scottish hubs also hosted a joint Scottish symposium in 2019, improving visibility with AHP researchers, clinicians and educators.

In Northern Ireland, CAHPR was represented through hosting a stand at the Advancing Healthcare Awards Northern Ireland.

#### **4.1.4. Working with the CAHPR/NIHR AHP Research Champions (England)**

A number of CAHPR hubs reported developing collaborative relationships with CAHPR/NIHR AHP Research Champions, with the scheme now in its second year. Examples of these include developing joint events, Champions becoming hub facilitators and improved links between the CAHPR hub and local CRN.

The London hub along with CAHPR/NIHR Research Champions held a highly successful research showcase evening, attracting submission of 62 abstracts, mostly from clinicians. This event also engaged members of CAHPR's Professoriate, who acted as judges for this event.

In the South West, the hub and local research champion collaborated to produce a video providing information to clinicians on how to get involved in research.

Champions in the South Central and East Midlands hubs have become fully embedded within the hubs by taking on a facilitator role.

The research champion's scheme has resulted in closer links with partner organisations. The South Central hub and the Wessex Research Champion have formed a group with other Wessex Research Champions (70@70, midwives and health visitors) and the CRN workforce lead. A project planned to host an online hub sign-posting ways to get involved with research.

## **4.2. Local Hub Activities**

Below is a brief summary of local activities undertaken by CAHPR hubs in 2019.

Hubs reported the types of activities they undertook in 2019, which were categorised as follows:

### **4.2.1. Lectures**

Four hubs reported running nine lectures, which were attended by between 11 and 38 people from a variety of allied health professions. Topics included three evening research meetings hosted by the East Anglia hub, with four speakers invited to share their research. Attendees reported positively on the opportunity to hear about others' research and network.



#### **4.2.2. Workshops**

Ten hubs reported running or representing CAHPR at 26 workshops. Workshop topics included writing for publication, service evaluation, translating evidence into practice and introducing NIHR pre-doctoral fellowships.

#### **4.2.3. Conferences**

Nine hubs ran or participated in conferences attended by between 20 and >150 people. Conference topics included Partnerships in Clinical Research and Next Steps in Research. The East Anglia and Oxfordshire hubs both ran one-day research conferences, with opportunities to showcase research and providing research-based CPD to local clinicians.

#### **4.2.4. One to one support**

Details of 1:1 support provided by the hubs is given within Appendix 2, table 3.

## 5. Conclusion

2019 was the fifth year since CAHPR was established and the organisation continues to make positive progress towards its aims. CAHPR central activities to promote and support AHP research have increased during the year. New initiatives and resources have been developed in collaboration with partner organisations and individual subject experts, demonstrating CAHPR's strengthening profile and position as the 'voice' for AHP research matters.

CAHPR hubs have continued to support AHP research capacity and capability in 2019. Many positive examples have been described. In 2019, hubs reported on how support from CAHPR has helped AHP researchers' career development, for example hub bursary and small grant winners have progressed to successfully apply to major studentships. In addition, in 2019 the Research Champions scheme has strengthened links within hubs to CRNs and NHS trusts.

CAHPR's support team and wide network of volunteers have made considerable progress towards its mission since the organisation's establishment, with an increase in collaborative initiatives in 2019. CAHPR's success has however brought challenges, with increased demand on the support team, the non-renewal of the director's contract at the end of the year and much development activity being undertaken on a voluntary basis.

A review of CAHPR, funded by Health Education England, is scheduled in 2020, to address these challenges and to ensure that CAHPR can optimally increase its impact, building research capacity and capability for the allied health professions.

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### Contact details:

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## **Appendix 1**

### **CAHPR members**

- British and Irish Orthoptic Society
- British Association of Art Therapists
- British Association of Drama Therapists
- British Association for Music Therapy
- British Association of Prosthetists and Orthotists
- British Dietetic Association
- College of Paramedics
- College of Podiatry
- Chartered Society of Physiotherapy
- Institute of Osteopathy
- Royal College of Occupational Therapists
- Royal College of Speech & Language Therapists
- Society and College of Radiographers

## Appendix 2

**Table 1 No. of hub leaders and facilitators by profession 2014 – 2019\***

<b>Profession</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Physiotherapists	40	55	75	69	68	67
Occupational therapists	15	21	22	20	26	23
Radiographers	6	6	19	14	22	17
Speech and language therapists	2	12	14	9	18	16
Paramedics	4	8	10	8	6	6
Podiatrists	5	5	7	5	9	9
Dieticians	2	5	7	7	8	9
Orthoptists	1	3	3	3	3	4
Prosthetists	1	0	1	1	2	2
Art therapists	0	0	1	2	1	1
Dramatherapists	0	0	1	1	1	1
Music therapists	0	0	0	0	1	1
Osteopaths**	0	0	0	0	0	0
Other***	21	9	11	13	17	21
<b>Totals</b>	<b>97</b>	<b>124</b>	<b>171</b>	<b>152</b>	<b>182</b>	<b>177</b>

Hub leadership has maintained diversity. The majority of allied health professions are now represented within CAHPR as hub leaders or facilitators.

In 2019 there was a further increase in the number of 'others' engaged in hubs as facilitators, including support staff and non-AHP professionals. Some hubs reported inter-professional collaboration, with psychologists, nursing and medical colleagues reported as working in facilitator roles within CAHPR hubs.

There was a decrease in the number of hub leaders and facilitators reported in 2019, reflecting a lower number of hubs completing evaluation and monitoring forms in 2019. The above figure for 2019 represents a mean of 16 hub leaders and facilitators for each hub reporting.

\*Each year, different numbers of hubs complete evaluation and monitoring reports. These figures should be interpreted with that in mind.

\*\* The Institute of Osteopathy joined CAHPR in 2018.

**Table 2: CAHPR Professoriate membership by profession**

<b>Profession</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Physiotherapists	44	46	38	44
Speech and language therapists	22	19	8	8
Occupational therapists	15	16	14	16
Podiatrists	7	10	7	10
Radiographers	7	8	4	4
Dieticians	7	7	6	7
Music therapists	4	4	1	1
Orthoptists	2	4	2	3
Art therapists	1	1	1	1
Dramatherapists	0	1	1	1
Paramedics	1	1	1	1
Osteopaths	0	0	1	1
Other	0	0	0	1
<b>Grand Total</b>	<b>110</b>	<b>117</b>	<b>84</b>	<b>98</b>

Professoriate membership increased by 17% in 2019, to 98 members. In 2018 all members of the Professoriate were asked to sign up again to the Professoriate via a new GDPR-compliant membership form. Membership has increased again in 2019 following active engagement of new AHP professors by CAHPR members.

The majority of professors have agreed to share contact details with CAHPR hubs and selected partners such as NIHR. A number of CAHPR hubs reported directly working with members of the Professoriate in 2019. For example, the London hub engaged local members of the Professoriate in judging abstracts during their Research Celebration event in December.

**Table 3: One to one support provided by hubs**

<b>Category</b>	<b>Definition</b>	<b>Instances reported</b>
Advice	Answering a specific query	12
Mentoring	Prolonged, structured programme of support	26
Quick Contact	3.5 hours or less	4
Review	Reviewing applications/research	21
Other		6

Nine CAHPR hubs reported that they provided one to one support.

Common topics for support requests were support with writing applications; e.g for NIHR studentships and review of abstracts.

A variety of successful outcomes were reported by hubs: publication of research, acceptance of abstracts for platform presentations and successful applications to NIHR studentships.

Fewer instances of 1:1 support were reported in 2019. One potential reason for this may be that the CAHPR/NIHR Research Champions providing an alternative conduit for research queries from clinicians. However, this may be also reflective of limited capacity in hubs for recording contacts.

## **Appendix 3**

- **CAHPR Public Health Research Awards 2019 winners**

Emma Cribb, Dietician

**Cow's Milk Protein Allergy: A study to explore current practice and knowledge among primary healthcare professionals in Doncaster and Bassetlaw.**

Melissa Domaille, Physiotherapist

**Developing and Refining an Acceptable Nordic Walking Intervention for People with Inflammatory Rheumatic Diseases.**

Short case studies are available on the CAHPR website at the following link:

<https://cahpr.csp.org.uk/content/cahpr-public-health-research-evaluation-awards-2020>

- **Chief Allied Health Professions Officer Awards 2019, Research Impact Award winner**

Rob Goodwin, Physiotherapist

**First point of contact Physiotherapy**

<https://cahpr.csp.org.uk/news/2019-07-18-cahpo-research-impact-award-2019-winner-announced>



## **Appendix 4**

**Table 1: 2019 total spend**

<b>Meeting costs</b>	
Travel expenses	£7,590
Venue	£0
<b>Meetings total costs</b>	<b>£7,590</b>
<b>Capacity Building</b>	
External events	£105
Hub funding	£28,738
Advancing Healthcare Awards sponsorship	£5,000
UK bursary scheme 2019	£3,000
Marketing resources	£7,162
<b>Capacity building total costs</b>	<b>£43,900</b>
<b>Grand total</b>	<b>£51,595</b>

This table shows core costs for CAHPR meetings and capacity building in 2019. CAHPR is funded through a proportionate subscription made by each professional body (i.e. each professional member organisation provides funding to CAHPR based on their own membership figures).

Additional funding is provided by the Chartered Society of Physiotherapy to cover staff and operational costs.

In 2019, CAHPR hubs submitted annual applications for funding. In 2019 the maximum level of funding available per hub was £3,000.

£1,500 Additional funding for the Public Health Research awards was provided by Public Health England.

£19,500 Additional funding for the NIHR CAHPR AHP Research Champions scheme has been provided by NIHR. This scheme is funded to run from 2018 to the end of 2020.