



Florence  
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Foundation

# **The Florence Nightingale Foundation Research Scholarship Scheme: Supporting Clinical Research Internships in Nursing and Midwifery**

**Igniting leaders, fuelling potential.**

The Florence Nightingale Foundation is pleased to announce the launch of our new Research Scholarships. This award scheme has been developed to support a number of research internships which will help build clinical research capacity in Nursing and Midwifery and strengthen the evidence base for professional practice.

Applications for the internships are welcomed from clinical nurses and midwives wishing to enhance their research knowledge and skills and pursue a clinical academic career by undertaking doctoral or post-doctoral level research in one of following practice related areas:

- ♥ The Management of Pain
- ♥ The Management of Long Term Conditions
- ♥ The Management of End of Life Care
- ♥ Enhancing Patient Safety

Successful Scholars will work closely with an established research team under the supervision of a Florence Nightingale Foundation Clinical Professor and with the support of the wider team and relevant collaborators. They will undertake an internship which will provide them with the opportunity to engage in a range of research activities linked to one of the projects described below. During their internship, Scholars will be expected to develop a robust clinical research proposal linked to the selected topic area for future doctoral or post-doctoral study and/or potential research fellowship funding.

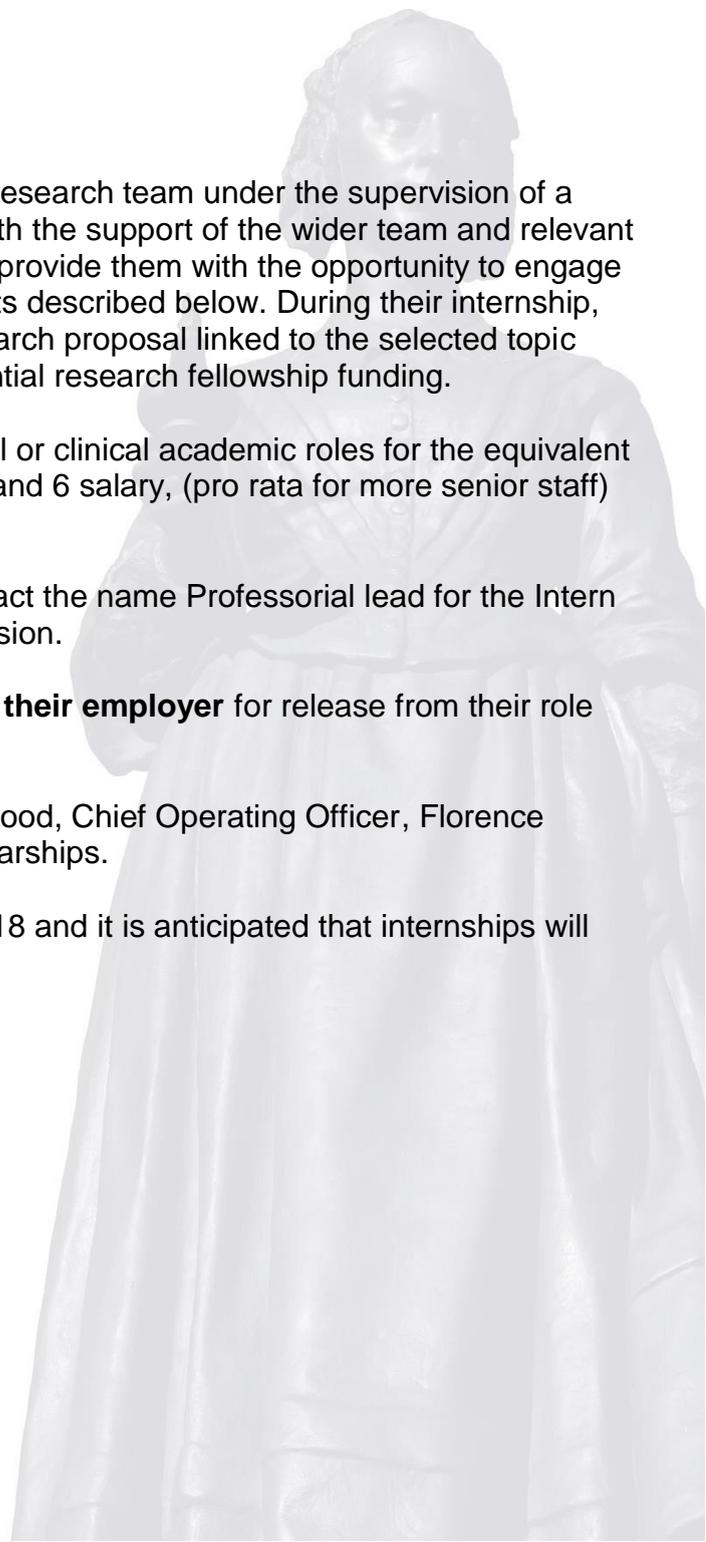
The Internship award will support release from their clinical or clinical academic roles for the equivalent of a minimum of 0.2FTE over 12 months based on NHS band 6 salary, (pro rata for more senior staff) with some potential support for essential travel.

Before submitting their application, applicants should contact the name Professorial lead for the Intern Projects that interest them and arrange an informal discussion.

**They should also gain prior approval in principle from their employer** for release from their role during the internship in the event that they are successful.

Applicants are welcome to contact Professor Greta Westwood, Chief Operating Officer, Florence Nightingale Foundation to discuss any aspect of the Scholarships.

The closing date for online applications is 14<sup>th</sup> October 2018 and it is anticipated that internships will commence in March 2019.



# Theme A: The Management of Pain

## **INTERN PROJECT A1: Identifying effective interventions for reducing complex wound pain.**

Common features of chronic and complex wounds such as leg and pressure ulcers and surgical wounds are that they are painful, malodorous, prone to infection, slow to heal and difficult to manage. Importantly they also significantly adversely affect patients' quality of life. Developing the evidence base for achieving pain relief and minimising pain is critical to improving the quality of care and health outcomes for these patients.

The Scholar working on this project can focus on a range of activities including a systematic review (either qualitative or quantitative) of interventions to manage pain in chronic wounds and a research priority setting exercise for the management of wound pain. They will be guided in systematic review and research protocol development, ethical approvals and research conduct and preparing for peer-reviewed publications. They will join a research team undertaking projects such as a multi-centre Randomised Control Trial (RCT) of postoperative Packing of Perianal Abscess Cavities developing an electronic patient reported pain outcome following breast cancer surgery (NIHR doctoral fellowship) and exploring the role of information giving and information flows for surgical pain. The team lead (MB) is a member of the Cochrane wounds group and an author of qualitative systematic reviews.

Applicants interested in this internship should contact Professor Michelle Briggs:

### **Professor Michelle Briggs PhD RGN**

Florence Nightingale Foundation Clinical Professor of Nursing

Division of Nursing, Midwifery & Social Work, University of Manchester and Manchester University NHS Foundation Trust

Email: [michelle.briggs@manchester.ac.uk](mailto:michelle.briggs@manchester.ac.uk)

## **INTERN PROJECT A2: Improving the identification of and response to post-surgical pain.**

One of the major challenges facing clinicians when delivering effective pain management in hospital is its complexity. Good quality pain management is a complicated clinical process that cannot be adequately addressed by a single pain intensity score. The dynamic nature of pain means that trends and patterns of pain scores provide a better clinical picture of the patient's experience. More than 80% of patients who undergo surgery experience post-operative pain and approximately three quarters of those report this as moderate or severe. Less than half of surgical patients report adequate pain relief.

The Scholar working on this project may select from a range of activities including a qualitative exploration of routinely collected data available for pain management which could cover patient reported outcomes (PROs) such as pain intensity, interference with function, adverse effects, quality of life, satisfaction, quality of recovery, satisfaction with pain relief or the development of chronic pain. Other possible areas of focus include an exploration of the barriers and facilitators of using routine clinical pain data at the point of care or an examination of clinical outcomes such as complications, analgesic consumption, mortality, adverse events data and health economic outcomes such as costs of resource utilisation and interventions related to manpower, equipment, and disposables.

Applicants interested in this Internship should contact Professor Michelle Briggs:

### **Professor Michelle Briggs PhD RGN**

Florence Nightingale Foundation Clinical Professor of Nursing

Division of Nursing, Midwifery & Social Work, University of Manchester and Manchester University NHS Foundation Trust

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## **INTERN PROJECT A3 Developing a nurse led intervention for the identification and management of persistent post fracture pain.**

There is growing evidence to suggest that many people suffer from persistent pain following a range of bony fractures. This pain can be debilitating and intractable, with consequent negative impacts on quality of life and function. The Scholar working on this project will support the development of a robust evidence base to underpin the design of interventions which will support both the identification of and the longer term management of post fracture pain. They may be involved in a range of research activities which will contribute to the design of future research projects. This is likely to include qualitative research methods including observation. The scholar will be supported by an established multidisciplinary clinical research team and will engage in the design of a research protocol, preparing NHS ethical and organisational approval applications, preliminary data collection and analysis and preparation of data for peer reviewed publication. This internship will provide a

unique opportunity to be a member of the team and contribute to the further development of this research programme as well as observing clinical research in practice in an institution which is a national provider of specialist pain rehabilitation.

Applicants interested in this Internship should contact Professor Candy McCabe:

**Professor Candy McCabe**

Florence Nightingale Foundation Clinical Professor of Nursing

University of the West of England, Bristol & Royal United Hospitals NHS Foundation Trust, Royal National Hospital for Rheumatic Diseases

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## Theme B: The Management of Long Term Conditions

### **INTERN PROJECT B1: Exploring the healthcare needs of people living in the community with complex consequences of cancer treatment.**

Increasing numbers of people are living in the community with the long term consequences of modern cancer treatments. These consequences can be complex and have a negative impact on quality of life and independence. There is a need to develop greater understanding of their impact in order to inform the design of effective interventions to meet health care needs and improve health outcomes

The scholar working on this project will be involved in a range of activities, including a systematic literature review (SLR) and a short survey or small scale qualitative data collection. They will be supported in the design of a protocol for the SLR and small subsequent study, writing NHS ethical and organisational approval applications as required, data collection and analysis and the preparation of data for peer-reviewed publication. They will be working as part of a multi-disciplinary clinical research team and have the opportunity to observe clinical research practice within a national centre which provides specialist care for people with complex consequences of cancer treatment.

Applicants interested in this Internship should contact Professor Candy McCabe:

#### **Professor Candy McCabe**

Florence Nightingale Foundation Clinical Professor of Nursing  
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### **INTERN PROJECT B2: Exploring the impact of socio economic status on the management of long term conditions.**

Health inequalities, such as socio-economic deprivation, age and minority group status can make successful management of a chronic condition more difficult to achieve in terms of both quality of life and health outcomes. Current health care policy promotes the transference of long-term condition management into community settings and, in consequence, individuals and their families often bear the brunt of the burden of care. This project will explore the impact of socioeconomic on a range of outcomes, from the perspectives of those living with a long-term condition.

The Scholar working on this project may be involved in a number of activities including reviewing the potential value of using the Macarthur Scale of Subjective Social Status (Miyakawa et al 2012) as a valid measure of socio-economic status / of social inequality in health. They may also engage in qualitative data collection focussing on those with a long term condition and their caregivers who will be interviewed to explore their experiences of condition management. They will be supported by members of an established multidisciplinary clinical research team and contribute to a developing programme of research in this area.

Applicants interested in this Internship should contact Professor Vivien Coates:

#### **Professor Vivien Coates**

Florence Nightingale Foundation Clinical Professor of Nursing  
Ulster University & Western Health & Social Care Trust  
School of Nursing  
Coleraine, N Ireland  
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### **INTERN PROJECT B3: The implications of living with both diabetes and dementia for individuals and their informal carers.**

Diabetes mellitus is a serious condition characterised by high blood glucose levels and changes in lipid metabolism. Type 1 and type 2 diabetes are the most commonly known forms of diabetes, caused by quite different physiological pathways, but both requiring daily self-management in conjunction with defined treatments. All those with diabetes should eat a healthy diet, balanced against their physical activity and, for the majority, their prescribed oral or injectable medication. This

complicated picture is compounded in those who also live with a dementia diagnosis.

The Scholar working on this project work will consider the dual management of these conditions from the perspectives of those with these conditions and their carers involved in their management. The project will focus on adults with type 1 or type 2 diabetes, receiving any treatment and with a substantive diagnosis of diabetes who are living in their own home or residential accommodation. The internship will provide opportunities to engage in a range of research activities including reviewing the literature to scope the implications of living with both diabetes and dementia for individuals and their carers, identifying key research questions. There is also potential for some preliminary data collection and analysis to inform a future research grant application. The Scholar will be supported throughout the internship by an established multidisciplinary team and will contribute to the development of a new research programme strand related to diabetes and dementia.

Applicants interested in this internship should contact Professor Vivien Coates:

**Professor Vivien Coates**

Florence Nightingale Foundation Clinical Professor of Nursing  
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**INTERN PROJECT B4: Developing effective nursing interventions for supporting self-management of heart failure for people with preserved ejection fraction.**

Patients with heart failure with preserved ejection fraction (HFpEF) are a group for whom there is limited evidence to support effective management. In addition, thus far no specific pharmacological treatment has been shown to decrease mortality and morbidity. Current recommendations are to manage co morbid conditions and to manage fluid overload with diuretics. There is emerging evidence that exercise, physical activity and weight loss in overweight/obese patients can improve quality of life and cardio respiratory fitness. Some heart failure specialist nurses are supporting this patient group but there is a lack of robust evidence to guide practice. There is a compelling need to develop and test nursing interventions that could improve outcomes in terms of quality of life, morbidity and mortality especially those that focus on supporting self-management and health behaviours in the management of complex multi morbidities.

The Scholar working on this project will have the opportunity to engage in a range of research activities. These could include undertaking scoping reviews related, for example, to dietary recommendations, physical activity, flexibly diuretic usage. There is also the potential to be involved in data collection and analysis related to a longitudinal cohort study. They will be supported throughout their internship by an internationally recognised multidisciplinary research team.

Applicants interested in this Internship should contact Professor Christi Deaton:

**Professor Christi Deaton PhD, RN, FAHA, FESC, FAAN**

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Cambridge Institute of Public Health  
University of Cambridge School of Clinical Medicine  
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**INTERN PROJECT B5: Investigating the effectiveness of nursing interventions for improving outcomes in patients with multi-morbidity.**

This project is closely linked to Project B4 described above. The Scholar working on this project will have the opportunity to engage in a range of research activities but will focus on developing a systematic review of the effectiveness of nursing interventions and models for managing patients with multi-morbidity. This in turn will inform the design of a future randomised controlled trial to assess impact of interventions on outcomes. During this internship, they will be supported by an experienced multidisciplinary research team and may also be involved in the analysis of qualitative and quantitative data from an ongoing programme of work in patients with HFpEF and multi-morbidities.

Applicants interested in this internship should contact Professor Christi Deaton:

**Professor Christi Deaton PhD, RN, FAHA, FESC, FAAN**

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## Theme C: The Management of End of Life Care

### **INTERN PROJECT C1: Evaluating the effectiveness of nursing interventions for providing care at the end of life in critical care.**

Interventions in end-of-life care in critical care are poorly articulated and understood, and nurses may lead withdrawal of treatment at end of life, and institute end-of-life care. The impact of interventions from an efficacy or the experiential perspective of patients and families have been researched very little, with most existing research focusing on the nurse's experience. There is therefore an urgent need to undertake robust research to enhance the evidence base for practice. The need for emphasis in this area on the processes of end-of-life in critical care was also highlighted in a James Lind Alliance research priority exercise.

The Scholar working on this project will be supported by a well-established multidisciplinary team investigating a range of issues in end of life care. During their internship they will be provided with the opportunity to engage in a variety of research activities. These could include an integrative review to explore evidence of current operational practices in relation to withdrawal of treatment at end of life in critical care, a preliminary exploration of how nurses enhance family-centred care through qualitative interviews with bereaved families or undertaking a feasibility study of nurse-led interventions in end-of-life care in critical care related to, nurse-led timing of withdrawal of life-sustaining treatment.

Applicants interested in this internship should contact Professor Natalie Pattison:

#### **Professor Natalie Pattison**

Florence Nightingale Foundation Clinical Professor of Nursing  
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Email: [n.pattison@herts.ac.uk](mailto:n.pattison@herts.ac.uk)

### **INTERN PROJECT C2: What do families and patients identify as important to support transitions to end of life in acute deterioration and illness?**

For acutely unwell patients at risk of rapid deterioration on the ward, rapid response teams, such as critical care outreach play an important role in treatment escalation decisions. Evidence suggests that there are many areas for improvement in ensuring person-centred decision-making in relation to transition to end of life, when the patients themselves lack capacity. There is therefore a need to investigate how nurses can best support patients and families through these decisions in order to enhance the evidence base for effective intervention and improve quality of care in this important area of nursing practice.

The Scholar working on this project will be supported by an experienced team of researchers and will be given the opportunity to engage in a range of research activities. These may include contributing to a co-production exercise with patients and families to identify supportive care through such transition and a meta-synthesis of qualitative evidence in decision-making during acute patho -physiological deterioration and transitions to end of life.

Applicants interested in this internship should contact Professor Natalie Pattison:

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### **INTERN PROJECT C3: Achieving person centred care in end of life care at home.**

Home is often indicated as the preferred place of care for people and their relatives who are nearing the end of life when they have a life limiting illness. Nurses are key to ensuring that people have a dignified death at home. The Dignity Care Intervention has been developed by the research lead (BJ) and colleagues in the UK, Ireland and Sweden and supports community nurses to identify people's key concerns and provide evidence based care based on these key concerns and needs. A research programme to assess effectiveness of the intervention, enhance implementation and increase collaborative research partnerships is underway.

The Scholar working on this project will be supported by an experienced team of researchers to contribute to the design of research protocols, apply for NHS and organisational ethical approval, collect and analyse data and prepare reports for publication. This project will also involve extensive liaison with patients and public involvement group members. The research lead (BJ) has established a patient and the public involvement panel in palliative and end of life care comprised of people currently living with life limiting illness and their carers which has been selected as an NIHR test bed for Public and Patient Involvement (PPI) work. There may also be opportunities to engage in preliminary data collection and analysis as well as implementation science methodologies and Europe wide co-ordination activities. The project may involve some travel.

Applicants interested in this Internship should contact Professor Bridget Johnston:

**Professor Bridget Johnston**

Florence Nightingale Foundation Clinical Professor of Nursing,  
School of Medicine, Dentistry & Nursing,  
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**INTERN PROJECT C 4: Assessing reliability and validity of an outcome measure of quality and impact of palliative care nurse specialist interventions in the community.**

This project is closely linked to project C3 described above. The research lead (BJ) has developed a patient reported outcome measure (PROM) with colleagues to complement the Dignity Care Intervention. This outcome measure has been designed to assess the quality and impact of specialist nurses in palliative care in the community and there is now a need to undertake a robust evaluation of its reliability and validity.

The scholar working on this project will be supported by an experienced team of researchers to engage in a range of activities related to the testing of reliability and validity which could include contributing to the design of a research protocol, writing NHS ethical and organisational approval applications, data collection and analysis and the preparation of reports for publication. There may also be an opportunity to be involved in a systematic review of the literature. This project will involve liaising with the palliative care and end of life patient and public involvement group established for this area of research which has been selected as an NIHR test bed for PPI work.

Applicants interested in this Internship should contact Professor Bridget Johnston:

**Professor Bridget Johnston**

Florence Nightingale Foundation Clinical Professor of Nursing,  
School of Medicine, Dentistry & Nursing,  
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## Theme D: Enhancing Patient Safety

### **INTERN PROJECT D1: A retrospective analysis of patient safety data and skill mix data from mental health inpatient units:**

Guidance to inform safe and effective staffing levels in mental health services, particularly for those providing inpatient care, is extremely limited. Whilst there are clear indications that there is a link between nursing skill mix, safety and quality of care outcomes, there is a prescient need to gain greater understanding of the potential relationship between staffing levels, skill mix and patient safety in this important field.

The scholar working on this project will have the opportunity to become involved in the quantitative analysis of routinely collected data on patient safety submitted to the National Reporting and Learning System (NRLS) for a sub-sample of the 50 NHS mental health trusts in England over a 12-month period (2017-2018). These data will be compared to information submitted on staffing from each trust to NHS Improvement for the same period. They will be working with an established group of researchers and this internship will provide the opportunity to enhance their functional skills in data analytics, and in the identification of key research questions to inform future research priorities and rigorous research protocols.

Applicants interested in this Internship should contact Professor Fiona Nolan

#### **Professor Fiona Nolan**

Florence Nightingale Clinical Professor of Mental Health Nursing  
School of Health and Social Care  
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Email: [f.nolan@essex.ac.uk](mailto:f.nolan@essex.ac.uk)

### **INTERN PROJECT D2: A mixed methods systematic review of literature related to staffing in mental health settings.**

This project links closely with Project D1 described above. Guidance to inform safe and effective staffing of mental health services, particularly for those providing inpatient care, is extremely limited and there is a prescient need to gain greater understanding of the potential relationship between staffing levels, skill mix and patient safety in this field. Two linked projects are in development which will examine existing evidence and provide the basis for designing robust large scale research project investigate these important issues.

The Scholar working on this project will focus on the construction of a mixed methods systematic review of the literature related to staffing levels in mental health and patient safety. They will be supported to employ methodology developed by the Joanna Briggs Institute and will build on the recently conducted review of reviews by the National Collaborating Centre for Mental Health commissioned by NHS Improvement. The scholar will develop skills in data meta-analysis and synthesis from quantitative and qualitative studies and will work with an international team of nursing academics with expertise in the field.

Applicants interested in this Internship should contact Professor Fiona Nolan:

#### **Professor Fiona Nolan**

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Support us with our mission in continuing Florence's legacy.

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