

NIHR RDS for the East Midlands

Take Five

2010

First of all we'd like to wish you a Happy New Year and all the very best for 2010. Hello and welcome to the January 2010 edition of 'Take Five', a regular email update, groaning with training events, research funding and the latest health news, and websites in neat little sets of five.

Please do feel free to forward this update to colleagues in your workplace.

Upcoming Training Events

For more details about course run by the RDS for the East Midlands and information about how to book a place on one of these courses please see the website

<http://www.rds-eastmidlands.org.uk/events/training-programme.html>

Five courses the NIHR RDS for the East Midlands are currently offering:

- Health Economics 1 Day
Derby 4th March 2010
- Public Involvement in Research Design 2 Hour Workshop
Leicester 1st February 2010
- *Good practice in Systematic Review Design* 1 Day
Nottingham 23rd March 2010
- e-Learningcourse: Scoping the Literature for your Research Project
online 1st - 5th March 2010
- e-Learningcourse: Searching the Qualitative Research Literature
online 15th - 19th March 2010

Current Awareness

1. Diabetes risk and smoking cessation

Research published in the Annals of Internal Medicine considered the hypothesis that smoking cessation increases diabetes risk in the short term, possibly owing to cessation-related weight gain. The researchers studied 10,892 middle-aged adults who initially did not have diabetes in 1987 to 1989, however, during 9 years of follow-up, 1254 adults developed type 2 diabetes. The study concluded that for smokers at risk of diabetes, smoking cessation should be coupled with strategies for diabetes prevention and early detection. Annals of Internal Medicine abstract:

<http://www.annals.org/content/152/1/10.abstract?aimhp>

BBC News report: <http://news.bbc.co.uk/1/hi/health/8439440.stm>

2. Proposals to dispense more generic medicines

Proposals that would allow the dispensing of generic medicines instead of branded medicines in primary care, resulting in long term savings for the NHS, have been announced by the Department of Health. The consultation includes options for: keeping the current situation, allowing branded products to be substituted with generic equivalents but having a list of products exempt from the scheme, or allowing branded products to be substituted with generic equivalents but only applying this to a selected group of products. The 12 week consultation will close on 30 March 2010.

DH: http://www.dh.gov.uk/en/News/Recentstories/DH_110714

DH press release:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=410123&SubjectId=36>

3. GPs access to depression treatment 'is too narrow'

Three quarters of GPs have prescribed anti-depressants even though they think another treatment would have been more effective, a survey has found. The Mental Health Foundation says meditation halves the risk of repeated depression and should be more readily available, but access is very limited. The Department of Health in England said access had improved. Depression affects one in 10 people a year, with more than half of those experiencing more than one episode. The Mental Health Foundation says mindfulness-based cognitive therapy (MBCT) halves the risk of further bouts of depression. A course of MBCT treatment, which typically lasts for eight weeks, combines meditation with cognitive behaviour therapy and yoga.

It is designed to help the patient develop a healthier, more accepting relationship with their thoughts and feelings. BBC News report:

<http://news.bbc.co.uk/1/hi/health/8436111.stm>

4. New campaign to give families a healthier Start4Life

The Department of Health has launched a new campaign to give families a healthier Start4Life. Over three hundred of the 1,500 babies likely to be born this New Year's day could be overweight or obese by the time they start school unless action is taken. The Start4Life campaign aims to support pregnant women and parents of babies to give their baby a healthier start in life. The campaign is part of Change4Life, the mass movement which launched a year ago and which is helping families 'eat well, move more and live longer'. Start4Life centres around six 'building blocks', based on the latest infant health research, to help parents know what's right for their baby.

DH Link http://www.dh.gov.uk/en/News/Recentstories/DH_110639

DH Press Release

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=410068&SubjectId=36>

5. English drinkers knock back double shots at home

The following press release has been published by the Department of Health 'English drinkers knock back double shots at home'. Figures revealed by the Know Your Limits campaign show that people drinking spirits at home in England are giving themselves more than double (128% extra) what they would get in a pub if they ordered a single shot. If the average English drinker knocked back eight spirits drinks over a week at home, they would be drinking nearly half a litre (456ml) of vodka, gin or whisky, compared to 200ml if they'd ordered the same number of single measures in a pub or bar. These extra sips equate to 17 units instead of 7.5 units over a week - which can make all the difference for people who might wrongly think they are drinking within the NHS recommended limits of 2-3 units a day for women and 3-4 units a day for men.

DH press release

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=410023&SubjectId=36>

DH http://www.dh.gov.uk/en/News/Recentstories/DH_110619

BBC News report <http://news.bbc.co.uk/1/hi/health/8434905.stm>

Funding Opportunities (Projects and Programmes)

1. [Leukaemia Research Programme Grants](#)



Programme grants are intended to cover all the direct costs attributable to the research proposal apart from premises costs and the costs of established technical or academic staff, cost of services or any other overheads.

Amount of funding available: > £100K

Closing date: 05 March 2010

Duration: > 3 year

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=190>

2. [British Contact Lens Association \(BCLA\)](#)

[Dallos Award](#)

An award of £5,000. Seventy per cent (£3,500) will be paid to the successful applicant(s) on winning the award. The balance will be presented at the annual conference of the BCLA at which the report on the project is presented.

Amount of funding available: < £5K

Closing date: 01 November 2010

Duration: 6 mths - 1 year

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=3464>

3. [Heart Research UK](#)

[Translational Research Project Grants](#)

The maximum grant awarded is £150,000.

Amount of funding available: > £100K

Closing date: 01 July 2010

Duration: 1 year - 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=7921>

4. [NERC - \(Natural Environment Research Council\)](#)

[Partnership Research Grants](#)

Grants are for a minimum of £25,000 for Directly Incurred costs and usually provide funding for up to three years. NERC will pay the standard proportion of full economic costing.

Amount of funding available: £10K - £50K

Closing date: 01 July 2010

Duration: 1 year - 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=8575>

5. [NERC - \(Natural Environment Research Council\)](#)

[Standard Research Grants](#)

Grants are for a minimum of £25,000 for directly incurred costs (total of costs under this heading).

Amount of funding available: £10K - £50K

Closing date: 01 July 2010

Duration: Unspecified

<http://www.rdfunding.org.uk/queries/ListCharityDetails.asp?CharityID=635>

Funding Opportunities (Fellowships)

1. [University College London](#)

[Ramsay Memorial Fellowships for Postdoctoral Chemical Research](#) The stipend of the Fellowship is usually comparable with the lower part of the Lecturers scale for British universities, with one increment for the second year. The starting point of the stipend will be dependent upon the experience and qualifications of the candidate. A grant, not exceeding £1,000 per annum, may be added to this sum for (non-travel) expenses which can be shown to be essential to the research undertaken. Amount of funding available: > £100K

Closing date: 15 November 2010

Duration: 1 year - 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=3543>

2. [Diabetes UK](#)

[Clinical Training Fellowships](#)

The fellowship is for a period of up to three years and the salary will be paid at appropriate registrar scales. Applicants may also apply for justifiable research costs up to a total of £10,000 per year.

Amount of funding available: > £100K

Closing date: 31 October 2010

Duration: 1 year - 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=2057>

3. [Diabetes UK](#)

[RD Lawrence Research Fellowships](#)

Requests for materials and equipment should not exceed £14,000 per annum. Salary for the applicant may be requested. The salary for a technician or postgraduate research assistant may also be requested. This must be justified fully in the proposal.

Amount of funding available: £10K - £50K

Closing date: 31 October 2010

Duration: > 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=964>

4. [Diabetes UK](#)

[Entry Level Fellowship](#)

Requests should not exceed £10,000. Salary for the applicant may be requested. This will be paid at registrar level or on equivalent university scales.

Amount of funding available: £5K - £10K

Closing date: 31 October 2010

Duration: 6 months - 1 year

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=12478>

5. [European Association of Cardiothoracic Anaesthesiologists \(EACTA\)](#)

[Clinical Fellowship](#)

EACTA has established an educational fellowship funded to the level of 15000 Euros/year. The Clinical Fellowship will be available as one 12 month fellowship grant of €25,000 (approx £10,470), or two 6 month grants of €7,500 (approx £5,230).

Amount of funding available: £10K - £50K

Closing date: 31 October 2010

Duration: 6 months - 1 year

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=9338>

Funding Opportunities (Studentships)

1. [Biochemical Society](#)

[Krebs Memorial Scholarship](#)

The award will cover fees at the home and EU students' rate, and maintenance. Currently the scholarship is worth £18,500 per academic year. Amount of funding

available: £10K - £50K

Closing date: 31 March 2010

Duration: 1 year - 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=1843>

2. [Leukaemia Research](#)

[Gordon Piller PhD Studentships](#)

Each award carries a stipend of £16,228 (London) or £13,910 (outside London) per annum plus fees together with an allowance of £11,564 towards research costs.

Amount of funding available: £50K - £100K

Closing date: 05 March 2010

Duration: Unspecified

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=193>

3. [British Heart Foundation](#)

[MBPhD Studentships](#)

Awards may include: Student stipend at current BHF rates; Tuition fees at standard home student rate (set by the research institution); Research consumables, directly attributable to the project, usually less than £10,000 per year.

Amount of funding available: £50K - £100K

Closing date: Apply Anytime

Duration: 1 year - 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=8090>

4. [Laura Crane Trust](#)

[PhD Studentships](#)

Up to £80,000 available in total.

Amount of funding available: £50K - £100K

Closing date: Apply Anytime

Duration: Unspecified

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=1997>

5. [Nuffield Foundation](#)

[PhD Training Oliver Bird Rheumatism Programme in the Biosciences](#)

A tax-free starting stipend of over £16,000 (plus London allowance where appropriate) with annual increases, UK/EU fees, research expenses and a meeting and travel allowance. Four years in duration.

Amount of funding available: £50K - £100K

Closing date: Apply Anytime Studentships

Duration: > 3 years

<http://www.rdfunding.org.uk/queries/ListGrantDetails.asp?GrantID=242>

Health Websites/Gateways/portals

For further information on new sites see

<http://www.intute.ac.uk/medicine/latest.html>

1. [***Global health watch 2 : an alternative world health report***](#)

<http://www.ghwatch.org/ghw2/ghw2pdf/ghw2.pdf>

Global Health Watch is a full-text electronic book with chapters covering a comprehensive range of topics on world health, which include poverty, access to medicines, mental health, water and sanitation, nutrition, tuberculosis, AIDS, malaria and the politics of global health. Published in 2008, this educational resource for health professionals provides discussions concentrating on some alternative perspectives on world health, the root causes of poor health and global health inequalities. Developed by the co-operative effort of three lobbying organisations, the Peoples Health Movement, Medact and the Global Equity Gauge Alliance who issue reports on the state of global health to raise awareness of health disparities

between developed and developing countries.

Added: 2009-12-30 [More details](#)

2. *Berkeley Systematic Reviews Group*

<http://www.medepi.net/meta/>

A collection of resources offering guidance in reading, writing and conducting systematic reviews and meta-analyses in order to inform evidence-based clinical and public health practices. Developed by the University of California Berkeley Systematic Reviews Group. Links to full-text documents from experts and organisations are available as well as evidence-based checklists, guidance on formulating a review question and a collection of teaching materials.

Added: 2009-12-29 [More details](#)

3. *Brain briefings : alcoholism*

http://www.sfn.org/skins/main/pdf/brss/BRSS_Alcoholism.pdf

Brain Briefings newsletters are produced by the Society for Neuroscience specifically for a lay audience. The aim of these newsletters is to explain how basic neuroscience discoveries lead to clinical applications. This document was published in 2005 and discusses alcoholism and its neurochemical effects and how neuroscience research has led to the development of medications that can influence the brain to reduce cravings.

Added: 2009-12-29 [More details](#)

4. *Cardiovascular health resources*

http://www.health.vic.gov.au/nhpa/card-resc.htm#Best_Practice_Guidelines_for_Car

The cardiovascular health resources section of the Victorian Government Health Information website contains the national strategy for heart, stroke and vascular health in Australia, which is intended as a guide to the National Health Priority Action Council, its members and other health service providers, plus best practice guidelines for cardiac rehabilitation and secondary prevention. The Guidelines cover exercise training, education, counselling and behavioural interventions, as well as organisational issues relating to the delivery and evaluation of health services, based on reviews of the evidence and best practice recommendations.

Added: 2009-12-24 [More details](#)

5. [Reproductive Health Library \(RHL\)](#)

<http://apps.who.int/rhl/en/>

The WHO Reproductive Health Library (RHL) is an electronic review journal published by the Department of Reproductive Health and Research at WHO Headquarters in Geneva. RHL takes the evidence on sexual and reproductive health from Cochrane systematic reviews, adding expert commentaries, to provide practical advice for clinicians and policy-makers, especially in developing countries. Reviews are listed by topic. The site also include videos and other educational materials.

Added: 2009-12-24 [More details](#)

And finally...

Mouse nest found on policeman's desk

The Ananova news website reports: Exterminators called in to deal with a mice infestation at a London police station found a nest on one officer's messy desk. Pest controllers were called to an office in Kennington used by weapons and technology experts at the Metropolitan Police after reports of 'mice everywhere'. They found that a family of mice had set up home in a pile of paperwork on one police worker's messy desk, reports the Daily Telegraph. An internal police report reminds workers of the Met's clear desk policy under which desks should be cleared at the end of each day so cleaners can do their jobs. It states: "Employees came across a number of mice at a police building. "Action was taken to remove the mice from the premises and there have not been any sighting of mice since."

A spokeswoman for the Met said that the 'paperwork home' set up on one desk by mice consisted of 'paperwork that did not relate to operational police matters'. "Some of the desks were so messy it was a wonder anyone could find anything," said one officer. "It got to the stage where mice droppings were found on desks and that's when everyone thought 'it's time to do something about our desks'. "That's when one guy found a mouse nest in his paperwork. It's fair to say he was a little embarrassed."

http://www.ananova.com/news/story/sm_3625936.html?menu=news.quirkies