On 1st October 2014 HSC Innovations, in conjunction with the Northern Health and Social Care Trust (NHSCT), the Office for Research Ethics Committees Northern Ireland (ORECNI) and the HSC R&D Division, delivered a seminar on ‘Getting Started in Research’ for members of staff in the Northern Trust...

Mary McDonald, Research Administrator; Dr Des Rooney, Director of Research and Development; Dr Siobhan McGrath, Head of ORECNI; Frances Johnston, R&D Manager; Dr David Brownlee, Innovation Advisor, HSC Innovations; and Dr Janice Bailie, Assistant Director, HSC R&D Division.
Dr Des Rooney, Director for Research and Development, NHSCT welcomed the attendees and outlined the importance of research, development and innovation within the trust. The attendees represented a wide range of clinical areas and were able to learn about the research and development process, funding opportunities, ethics, and innovation support available to them for developing their idea/s to provide a solution to improve patient care.

Dr Janice Bailie, Assistant Director, HSC R&D Division, outlined how to get started in research as well as describing the range of funding opportunities available to support R&D.

Dr Siobhan McGrath, ORECNI, covered in detail the role of the ethics process, and Mary McDonald, R&D Manager, NHSCT, covered the practical step by step support and guidance available from the NHSCT R&D office – for developing your idea, in particular the support available from the pre-application stage, i.e. sponsorship, funding, design of the project protocol, submission of an application for research governance approval through to the stages of management of the project and final stage of project closure and dissemination of results.

Dr Jackie Jamison, Consultant Biomedical Scientist, NHSCT, highlighted some molecular pathology research underway in the trust, as well as describing the importance of doing research for the following reasons: improves the department; improves service to users; good for future developments; improves staff skills set; and improves experience.
Dr David Brownlee from HSC Innovations presented a detailed overview on how HSC Innovations provides support for developing ideas to improve patient care. This included the areas of what is intellectual property, the value of intellectual property that arises from research and clinical practice and the policy relating to it. He provided a number of examples where products have been developed as a result of ideas and solutions for a clinical need.

Feedback from the attendees indicated that they particularly found the following to be useful:

- contacts and facilities for support at each stage of the research, development and innovation process;
- guidance for ethics and application process including the integrated research application process;
- resources available to support researchers and clinicians wishing to get involved in R&D;
- where to go to if you have an idea that may be developed into a commercial healthcare product;
- encouragement to develop new or existing ideas; and
- practical examples and success stories.

Dr Rooney said he hoped the seminar would encourage staff to become more involved in research and clinical trials and progress their innovative ideas which could be further developed for the benefit of patients, clients, and staff and overall improve the quality of service provided throughout the trust. Already as a result of the workshop there has been an increased number of enquires to HSC Innovations and to the trust R&D Office, which is very encouraging.

Forthcoming Board Meeting

The next meeting of the BSO Board will take place on

**THURSDAY 26th FEBRUARY 2015 at 2.00pm in the BSO HQ, ADDRESS.**

If you would like any further information or details of the agenda, please contact Amanda Mills in the Chief Executive’s Office.

Tel: (028) 9053 5580
Email: Amanda.Mills@hscni.net
BSO’s Charity Dinner Dance!!!

In Aid of

Date: Friday 2 October 2015
Venue: Malone Lodge Hotel, Eglantine Ave
Dress: Smart
Ticket Price: £38

Hosted by Stephen Clements, CityBeat Breakfast Show

Dale Thomas, Hypnotist  Dancing to The Bizz

Please contact Social Committee members!
On Thursday 13th and Friday 14th November 2014, the Allied Health Professional (AHP) Unit, HSC Clinical Education Centre, delivered a highly successful “Memory Rehabilitation for People with Dementia” programme. The two day programme was attended by 29 Occupational Therapists (Band 5 – 8a) from across NI who work in the field of Dementia. The programme was delivered by Mary McGrath, who is an Advanced Specialist Occupational Therapist in the area of dementia care in BHSCT who works in the Memory Clinic in Belfast City Hospital. Mary was the Chief Investigator on a randomised controlled single-blinded trial into the effectiveness of Memory Rehabilitation in early-stage dementia (Ulster University) and was awarded an MPhil for her clinical research.

Mary’s high level of experience, knowledge and expertise in the area of dementia contributed hugely towards the programme’s success and was noted extensively in the evaluations completed by the attendees.

This programme aimed to enable those Occupational Therapists who attended to deliver effective memory retraining interventions specific to those people with early stages of dementia. A wide range of topics were covered over this two day programme with content being delivered through various methods including lectures, group work and practical work. The subject areas covered throughout the programme included: normal memory, different forms of dementia, memory rehabilitation, methods of implementing strategies in clinical practice and occupational therapists as dementia negotiators in addition to various case histories.

The participants stated that the content of the programme was very relevant to their job role and that they intended to use the skills and knowledge developed from this programme in their own practice and service delivery.

100% of those to complete evaluations described the programme as either “very good” or “excellent” and stated that they would recommend the programme to other professionals.

The AHP Unit continues to work closely with service and tutors to design, deliver and evaluate education and training programmes that are critical to patient safety, reform and modernisation. The regional approach ensures equity and accessibility to training regardless of HSC Trust, improving consistency in patient care.
Equality, Diversity and Human Rights Conference

The Business Benefits of Equality, Diversity and Human Rights

Friday 27th February
9.00 – 14.00
Crumlin Road Gaol

The Equality Unit in the Business Services Organisation and its regional partners invite you to attend an Equality and Human Rights Conference. This is a sharing learning event, primarily for staff working in the regional Health and Social Care organisations.

The conference will focus on the business benefits of Equality, Diversity and Human Rights based approaches to health and social care.

SPEAKERS INCLUDE:

EQUALITY
Deirdre Coyle
Social Care, Health & Social Care Board
Kathy Maguire
Council for the Homeless (CHNI)
Amanda Stewart
CHNI Speak Up Youth Representative

HUMAN RIGHTS
Alyson Kilpatrick BL
Independent Human Rights Adviser to the Northern Ireland Policing Board

DIVERSITY
Diane Keith
Director of Diversity and Inclusion, Lloyds Banking Group

There will also be a range of workshops that participants can attend.
This is a free event with lunch. Places are limited, so please RSVP early.

RSVP by 6th February 2015 to equality.unit@hscni.net or 02895363961
In December Siobhan Rice and Joy Holywood both graduated from UUJ with their masters in Human Resource Management.

A photograph of one of PaLS Gransha staff, Agnes Kerlin, making an attempt to get from her home in Park, Co Derry to her place of work at PaLS Gransha in Derry. Unfortunately she did not make it to work that day. She always tells her colleagues how she is snowed under when at work, now she is snowed in when not at work.
Courses at the Leadership Centre

See details of all of our courses and apply @ www.leadership.hscni.net

Places are still available on the following:

Mobilising Transformation through Personal Resilience on the 9/02/15

Managing Difficult Situations on the 11 & 12/02/15

Redesigning Roles on the 12/02/15
With further wintery weather forecasts the Public Health Agency (PHA) is advising everyone to look after themselves and their neighbours during the cold snap.

Vulnerable and elderly people can find it difficult to get out to the shops or to keep their house adequately heated during the cold weather. The PHA is encouraging everyone to look out for those who may be more vulnerable during severe weather and check that they are ok.

The following advice can help you or a neighbour keep warm at home:

- the best way to keep warm is by wearing multi-layers of clothing and to wear a hat and gloves, even indoors;
- heat your main living room to around 18-21°C (64-70°F) and the rest of the house to at least 16°C (61°F);
- heat all the rooms you use in the day;
- if you can’t heat all your rooms, make sure that you keep your living room warm throughout the day;
- It is important to make sure your heating is safe and that your house is properly ventilated, to reduce the risk of carbon monoxide poisoning.

If you have electric setting for your heating:

- set the timer on your heating to come on before you get up and switch off when you go to bed;
- in very cold weather set the heating to come on earlier, rather than turn the thermostat up, so you won’t be cold while you wait for your home to heat up.

If you use an electric blanket:

- never use an electric blanket and hot water bottle together as you could electrocute yourself; and
- if you have an electric blanket, check what type it is – some are designed only to warm the bed before you get in and should not be used throughout the night.

You can help keep warm by:

- wearing plenty of thin layers, rather than one thick one;
- putting on a coat, hat, scarf, gloves and warm shoes or boots when you go outside;
- wearing clothes made of wool, cotton, or fleecy synthetic fibers;
- wearing bed socks and thermal underwear at night.

Eat Well – Food is a source of energy which helps to keep your body warm. Try and make sure you have hot meals and drinks regularly throughout the day.

Who to contact if you need further help

If you are worried about a relative or an elderly neighbour, contact your local council. There is also help and support from the charity age NI. Its website has information on how to stay warm in winter which contains useful contact numbers and advice. [http://www.ageuk.org.uk/northern-ireland/](http://www.ageuk.org.uk/northern-ireland/)

As in previous years, the PHA has been working with partners in local councils and the community and voluntary sector to provide access to Keep Warm packs for those who are most vulnerable. This year an additional 3,000 such packs have been made available which aim to provide particular support to older people, young families and homeless people.

Severe weather warnings

The Met Office’s severe weather warning page provides up-to-date information about weather that is likely to cause disruption. [http://www.metoffice.gov.uk/public/weather/warnings/#?tab=map](http://www.metoffice.gov.uk/public/weather/warnings/#?tab=map)

If you are considering embarking on a journey during bad weather, you should consult the Met Office for travel conditions. If you must drive during severe weather, make sure you are prepared for bad weather conditions.