



## A Call for Applications

### Scoping Research: An exploratory study of the lived rehabilitation care experiences of young adult patients aged 18 to 40 years, post cerebral vascular accident (CVA).

#### 1. Introduction

The RCN Foundation is an independent charity (1134606 – England and Wales, SC043663 – Scotland) and a company limited by guarantee (7026001). It was set up in 2010 and aims to support and strengthen nursing to improve the health and well-being of the public. The Foundation delivers its purpose by

- **Supporting** individual members of the nursing team (nurses, midwives and health care support workers) by providing grants for hardship and education purposes
- **Investing** in the nursing profession to improve patient care by funding research and clinical projects in our priority areas of care homes, children and young people's mental health, and learning disability nursing
- **Championing** nursing by raising the profile of the profession and public understanding of its contribution to improving the nation's health

In 2018, the RCN Foundation was the recipient of a grant to support the development of an advanced practice education programme in a specialism aimed at nurses. This programme will focus on the specialism of neurological rehabilitation. The scheme will support nurses to become specialists in neuro rehabilitation and care for young stroke patients aged 18 to 40, including within the NHS, independent non-NHS sector, and Health and Social Care throughout the UK.

The RCN Foundation is partnering with the brain injury rehabilitation charity SameYou in the development of this innovative programme, which will be rolled out from 2020.

This programme of work will be delivered in a phased way. The initial phase, prior to the development of the education programme itself, comprises a series of exercises aimed at gathering evidence to underpin the next phase of programme development.

As part of this process, the RCN Foundation is commissioning a scoping project to explore and analyse the available evidence on the experiences of stroke rehabilitation care of patients aged 18 to 40. This scoping project will help to establish an evidence base for the proposed education programme. This work should identify potential areas of service development based on exploration of patient experiences of their rehabilitation practice, service delivery and care.

#### 2. Funding call

The RCN Foundation is calling for applicants to undertake a scoping project that will explore the available evidence on patient experiences of neurological rehabilitation to support the mental, physical and cognitive needs of patients aged 18 to 40 years old from across the UK who have experienced a stroke. The scoping research will establish an evidence base



for the development of our educational programme in physical, cognitive and intellectual disability.

This includes, but is not limited to, primary and secondary care, health and social care provisions, the NHS, independent, and charity service delivery. Patient experiences should be considered and analysed to review areas of good and poor practice.

Interventions should cover all ages within the 18 to 40 year age range. The research should also reflect activity across the four countries of the UK.

The scoping research should identify areas of good care delivery and possible gaps in the provision of neurological rehabilitation services to patients with physical/cognitive/intellectual disability. It should also look at rehabilitation interventions that focus on the mental, physical and cognitive health and wellbeing needs of patients.

- It will address a number of questions including:
- What are patient experiences of stroke rehabilitation care in acute and health and social care settings?
- Where in the UK is this care taking place?
- In which settings (example: private, NHS, charity care settings)?
- What is the focus of the rehabilitation?
- What are the considered outcomes and impact over the lifespan?

The scoping research must cover lived experiences of the care delivered in all four countries of the UK and include consultation with patients and relatives. It should cover all settings including care provided by the NHS, the independent sector and charities. Applicants should demonstrate experience in gathering patient feedback.

The funding available for this scoping research is up to the value of £50,000. The scoping research should be undertaken within a six month period from the point at which the award is made. The funding available may cover direct research-related salaries, research expenses within reason and dissemination costs. The funding will not cover indirect costs such as university overheads, capital costs or purchase of non-specialist equipment.

Once appointed, the successful applicant will be required to submit a report mid-way through the project and final report with a presentation of findings once the project has been completed.

### **3. Context for the Call – Why Cognitive Disability?**

The RCN Foundation is committed to developing a bespoke education programme for the development of specialist nurses and therapists in neurological rehabilitation. Given the nature of patient experiences post CVA, the programme will also encompass cognitive and intellectual disability with the aim of addressing some of the core symptoms experienced by stroke patients. It has been recognised that patient experiences are individual and that neurological rehabilitation services across the UK vary widely.



The 2018 NHS Plan 2018 identified that more than 1.2 million people within the UK have had a stroke. It was reported that within Scotland there were 4,500 deaths a year due to cerebrovascular disease (Scottish government, 2014). The Welsh Government (2017) stated there are 7,400 patients having experienced a stroke per annum with a now estimated 66,000 survivors living in Wales. The Northern Irish government (2019) has identified a need to address services and launched a consultation service review.

Stroke is the fourth single leading cause of death within the UK, and the largest cause of complex disability (NHS, 2018). Stroke rates have fallen by around 40%, with the deaths of patients who received hospital care halved over the past two decades. However, demographics indicate that within the under 40-69 age group incidences have risen to 38% of all strokes (Public Health England, 2018). The Stroke Association (2018) reported that approximately 25% of strokes occur in adults under 65 years of age and although 40-50% of strokes in younger adults are haemorrhagic, a third have no identifiable cause.

Without future action, and with a growing population and longer life expectancy, these figures are expected to increase dramatically within the next 15 years. It is estimated that there will be 50% more people living with stroke associated disability by 2035 (NHS, 2018). The implications of such statistics for health and social care, and indeed on society as a whole, are significant. It is therefore imperative that this is taken into consideration when planning the development of health care.

Within the UK, the development of Advanced Practice Nurses within the field of cognitive and intellectual disability would support leadership, innovation, research and clinical development within the care pathway. This would enable the patient and family to progress through rehabilitation to discover their future physical, mental and cognitive requirements maximising their recovery journey.

### Sources

NHS England (2018) The Long Term Plan <https://www.longtermplan.nhs.uk/>

Scottish Government (2014) The Stroke Improvement Plan  
<https://www.gov.scot/publications/stroke-improvement-plan/pages/3/>

The Welsh Government (2017) 2017-2020 The Stroke Delivery Plan  
<https://gov.wales/sites/default/files/publications/2018-12/stroke-delivery-plan-2017-to-2020.pdf>

Department of Health Northern Ireland (2019) Reshaping healthcare a consultation  
<https://www.health-ni.gov.uk/sites/default/files/consultations/health/rscs-consultation-document.pdf>

Public Health England (2018) Briefing document: first incidence of stroke 2007-2016  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/678444/Stroke\\_incidence\\_briefing\\_document\\_2018.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/678444/Stroke_incidence_briefing_document_2018.pdf)



The Stroke Association (2018) State of the Nation  
[https://www.stroke.org.uk/system/files/sotn\\_2018.pdf](https://www.stroke.org.uk/system/files/sotn_2018.pdf)

#### **4. Outline for the proposal**

Please complete an application form addressing the headings below.

##### **Section A: Application details**

Please complete the details of the research lead and the organisation that you are applying from. Please give a description of the organisation and list the team. In addition please list any partner organisations involved in the research.

The ideal application will demonstrate:

- Considerable experience of carrying out evidence-based research around issues in nursing
- Experience of producing influential reports at a policy or programme design level
- Excellent written and verbal communication skills
- Experience of providing written reports and presenting findings to both nursing professionals and non-specialists
- Understanding the equalities issues around rehabilitation care for all communities across the four countries of the UK

##### **Section B: Project Details**

This section will introduce the questions and issues central to the research and should identify the aims and objectives and what methods or means you plan to use. Please also include here any ethical approvals that may be required.

Please describe the main outputs and outcomes of the research and how these meet the RCN Foundation's priorities.

Please describe how the research will be evaluated.

We are seeking projects that will be undertaken during a maximum of six months. Please provide an outline of the timescales of the project. This should include the key phases, deadlines and milestones of the project, as well as any other relevant information.

Please outline how you propose to disseminate the outcomes of the project, identifying the key activities, and the audiences at whom the outcomes will be targeted.

##### **Section C: Project Costs and Resources**

The maximum budget for this call is £50,000. Please provide a detailed breakdown of costs using the format within the application form.

##### **Next Steps**

If you would like to apply for this call, please email [grants@rcnfoundation.org.uk](mailto:grants@rcnfoundation.org.uk) for an application form.



The closing date for applications is 5 pm on 15 September 2019.

Interviews will be held during October and applicants will be informed of the decisions in November.

Applications received after the closing date will not be considered.

Completed applications should be submitted by email to: [grants@rcnfoundation.org.uk](mailto:grants@rcnfoundation.org.uk)

Should you have any questions about this funding call please contact Nicky Ashby on [nichola.ashby@rcn.or.uk](mailto:nichola.ashby@rcn.or.uk)

Thank you for your interest.