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FRESH - Facilitating Return to work through Early Specialist Health-based interventions

## FRESH: Facilitating Return to work through Early Specialist Health-based interventions

March 2014 NEWSLETTER

<https://www.nottingham.ac.uk/go/fresh>

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**What is Fresh?** Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether a method of supporting people who've had a Traumatic Brain Injury (TBI) to return to work that was developed and works well in Nottingham can be delivered in three other NHS trauma centres (Preston, London and Leeds). We want to know if it's possible to train therapists in other centres to deliver it and whether patients are willing to be randomised to receive it and whether we can measure the effects and cost effectiveness of this support compared to usual NHS rehabilitation.

**Study progress** Recruitment is now underway in all three centres with a total of 15 participants. The first Leeds participant was recruited rapidly after a site re-launch to accommodate three new team members and swiftly followed by a further 3 in one week! Wow – well Done Leeds. London is storming ahead and achieving the original estimated recruitment target of three participants per month. Well done London! Sharing their top tips at the Recruitment Workshop on 13 March - the keys to success are in screening from the point of admission and being able to talk confidently about the intervention to potential participants.

**Identifying primary Outcomes of Importance** - Focus Groups with TBI survivors and service providers took place in Nottingham in February. Interestingly TBI service users felt that insight, knowledge about the effects of TBI, employer education and confidence were important outcomes of any work focussed intervention.

**Re-Introducing Leeds!** Research Assistant Lyndsey Howard joined the Leeds team on 1<sup>st</sup> March. In addition, after months of uncertainty I am delighted to say we also have research network input at last!! Welcome Linetty Makawa from the Stroke Research Network who will support Lyndsey in recruitment. We have already seen a dramatic increase in recruitment and look forward to many more with their combined effort in the coming months. Welcome also to Suzanne Henshall new Fresh Therapist in Leeds from 1st April and goodbye to Nicola Shiletto who goes on maternity at the end of the month. We wish them both every success.

### Training

**Therapist Training:** On April 4th FRESH therapists and mentors will meet again for reFRESHer training! Julie Phillips and Jain Holmes went to Leeds to train new Leeds Fresh Therapist Suzanne Henshall on March 31st.

**Recruitment Workshop:** On March 13th we held a very successful Recruitment Workshop, sharing knowledge across the three sites and exploring in detail how to boost recruitment. The process was clarified, difficulties acknowledged and useful phrases shared. Feedback was overwhelmingly positive and recruitment has increased as a result. **Thanks to all who took part!**

### Recruitment:- the 5-step process identified:

1. Identify the potential pool of patients
2. Track potential people
3. Identify the best time to approach patients about the study
4. Work out what to say when recruiting them
5. Work out what to say to any queries

"I wonder if I can come have a chat with you to see how you are getting on after your accident/injury" – *gaining permission to have an initial conversation* "I'm from the xxx team/project/unit and I wondered if I could have a chat to see how you're doing?" – *gaining permission to have an initial conversation* "You'll get our usual care or usual care plus something different" – *describing the study* "we need everyone's views whether they need any different help or not. Both are equally important" - *describing the study* "we're concerned about the general lack of support given to people when they leave hospital..." - *reasons for the study.*



National Institute for Health Research

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