



NO LIFE HALF LIVED

Research Strategy
2018 - 2021

Chest
Heart &
Stroke
Scotland



Chest Heart & Stroke Scotland Research Strategy 2018-2021

Introduction

Everyone has the right to live life to the full. After a diagnosis of a chest or heart condition or a stroke, many people experience fear and isolation and struggle with the impact on their lives. But Chest Heart & Stroke Scotland won't stand for that. The care and support we give every day ensures that the life people lead is as fulfilling as it can be.

Research plays a vital role in that work and the evidence it provides is key to preventing these illnesses, and to improving the acute treatment, rehabilitation, and long-term support of those affected, including families and other carers.

In this Research Strategy, we lay out what our priorities for Scottish-led medical research are for the next three years, and how, through the generous support of our donors, we are investing in a healthier Scotland.

We aim to invest up to £1.5m in research over the next 3 years.

Our Current Research

Over the last 5 years, we have spent £1.8m on research and currently have 14 major projects active. Recent examples include:

Can Bacterial Load Define Chest Infections in Bronchiectasis (Dr. Manjit Sidhu, University of Edinburgh) – exploring whether monitoring amounts of bacteria can help decide whether antibiotics are needed to help treat bronchiectasis, a long-term chest condition caused by damaged airways.

POSITIF Post Stroke Intervention Trial in Fatigue. A Randomised Multicentre Trial of a Brief Cognitive-behavioural Intervention plus Information versus Information Alone for the Treatment of Post-Stroke Fatigue. (Prof. Gillian Mead, Edinburgh Royal Infirmary) – testing whether nurse-delivered ‘talking therapy’ can reduce feelings of tiredness in stroke survivors.

Randomised Control Trial of a Smart Phone Based Event Recorder for Patients Presenting to the Emergency Department with Palpitations and Pre-syncope (Dr. Matt Reed, Edinburgh Royal Infirmary) – using a smart phone event recorder to enable better, and earlier, diagnosis of abnormal heart rhythms.

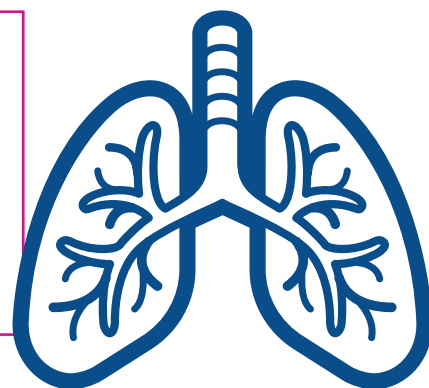
Our Approach: What we Value in Research

- **Respecting Lived Experience:** It is important to us that the research we fund matters to the people in Scotland who live with our conditions. We recognise that their experience of living with the conditions every day gives them a unique and powerful set of expertise.
- **Building Relationships:** We want to work with high quality researchers who (1) share our vision of a Scotland where fewer people have chest, heart and stroke illnesses, and those that do receive the very best possible care and support and (2) are willing to join with us to achieve this.
- **Demonstrating Impact:** We are only able to fund research because of the generous donations given to us by donors and fundraisers. We need to be able to explain how the money we spend on research makes a difference to health and wellbeing in Scotland.

Our Priorities: What Research We Will Fund

Below, we have laid out the project types that we will prioritise in 2018-2021. In line with our charitable objectives, our funding will continue to only be available to studies that primarily cover chest conditions, heart conditions and stroke.

- 1. Chest Conditions:** we are proud of our history of funding research into heart conditions and stroke. While we still accept applications for these conditions, we want to ensure that chest conditions, and the hundreds of thousands of people living in Scotland with them, receive high profile and that funding from charitable sources remains available for them. We will therefore prioritise high quality applications in this area.



- 2. Patient & Carer Experiences and Long-Term Outcomes:** what matters to the people living with our conditions and their families and carers, matters to us. We are therefore keen to encourage research that focuses on condition and symptom management, and on what can be done to ensure that patients and carers can live the fullest lives possible.



- 3. Scottish-Led Research:** for many years, we have been committed to ensuring that Scotland remains a world-leader in the production of quality, life-changing medical research that is centred on the Scottish population. We continue that commitment in this strategy, by retaining our policy of normally only funding research carried out in Scottish institutions by researchers living and working in Scotland.



Our Award Types: How We Will Fund Research

We have chosen to adopt three key strands of funding for 2018-2021. These are designed to help build a strong future of medical research in Scotland by investing in careers, building on existing successes, and exploring future possibilities. The three strands form part of programme of funding for the duration of this strategy, and may not therefore all be available in every year.

To continue to invest in the future clinical leaders of Scotland:

1. Fellowships: Up to £150k for up to 3 years.

Designed to develop the careers of individuals who show the ability to make a considerable contribution, now and in the future, to the health of Scotland through research. Applications will be via an application form and follow-up interview.



To promote innovation and development in Scottish healthcare:



2. Project Grants: Up to £25k for up to 2 years

These awards enable researchers and healthcare professionals to develop, test, and investigate solutions to Scotland's health challenges and improve the lives of patients and carers. Applications will be via application form.

3. Research Development Grants: Up to £5k for up to 1 year

Scoping, project development and small tests of changes are the focus for these grants. Ideally, they will provide the opportunity to explore and investigate the possibilities and feasibility of larger future projects. Applications will be via an application form.



Engaging People in Research Development

In line with our organisational goal to move towards being user-led, the next three years will see us aim to change how people living with our conditions engage with the research we fund.

We will investigate ways to involve our service users and the wider chest, heart and stroke community at different stages of research development, and increasingly use their vital experience and knowledge of our conditions to shape what research we fund and how we contextualise it. By pairing rigorous scientific assessment with valuable lived experience, we hope to generate research projects that have the potential to claim both academic excellence and genuine understanding.

Communicating about Research

We want to see the research we fund gain the publicity and profile it deserves. For that reason, we will be driving forward a new approach to how we communicate research to clinical and medical audiences, the chest, heart and stroke community, and the wider public.

We recognise that research is one of the key reasons that people donate to us and we will therefore be exploring new ways of communicating our research activities to our donors and identifying how to develop and strengthen these links between fundraising and research.

This will involve working closely in partnership with the researchers we fund to ensure that what is said is accurate, understandable, and delivered in a way that resonates with our audiences. This may include events, publications, and dedicated campaigns.

For more information about our research activities,
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Our Scottish-led medical research programme relies heavily on voluntary donations. If you believe no life should be half lived, please donate online at www.chss.org.uk/donate or call our Donations Team on **0131 225 4800**.

Thank you!