

# #Red4Research 2024

Supporting research and all the people making research happen



Our values: **Kindness** | **Respect** | **Trust** | **Honesty**



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**My role is to find relevant research projects that staff and patients in CityCare can take part in. I set up projects and either complete the research work myself or support CityCare colleagues to carry out the research. I also support the Learning Through CARE programme.**

**Research projects include testing out new catheters, trialling new rehabilitation programmes for people with delirium, preventing falls at night, identifying deaf infants, investigating outcomes for patients with osteoarthritis of the thumb, and preventing falls in care homes.**

**I am fascinated by research because projects can be ordered and structured, but also require creativity and problem-solving skills. It is the foundation of new knowledge and treatments to continually improve patient care.**

**Healthcare organisations taking part in research studies have a better standard of care for their patients, because staff are more aware of evidence-based practice. Taking part in research is often good for a patient's self-esteem, providing them with a more positive focus on challenging health conditions, and providing them an opportunity to 'give back', which a lot of people appreciate.**

**Taking part in research isn't as scary as people might think. There are degrees to which staff can take part, such as giving out information, collecting data, providing an experimental treatment/device, or leading the research project (with support from the CARE team).**

**It gives colleagues new skills and broader knowledge, which they can take back to their patients.**