

Growth through Health Research:

The NIHR as an engine for growth



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Why is this report important?

- What is NIHR?
- What has it done?
- Why is it important to engage/work with industry?
- Whistle stop tour of the Report focusing on mental health and physical wellbeing & CLAHRC activities.
- The Challenge for Northwest London CLAHRC Social Movement?
- What can we/I do?

NIHR

- The National Institute for Health Research is funded through the Department of Health to improve the **health** and **wealth** of the nation through **research**
- *“Since the creation of NIHR in 2006, our aim has been to create an integrated health research system in the NHS ”*
Prof Dame Sally Davies CMO
- NIHR £1 billion annually supporting people, research facilities and systems for health research
- The NHS is a unique environment to conduct world leading research in.



George Freeman MP

Parliamentary Under Secretary of State for Life Sciences

“Through partnerships with the life sciences industry, charities, academia and the NHS, the NIHR underpins the NHS as a test bed for new treatments ... getting them to patients faster. The NIHR drives growth by this partnership working, by developing the research leaders...required for cutting-edge research, by providing evidence to maintain a healthy [NHS] workforce and by enabling better use of NHS resources”



“The NIHR’s integrated health research system is a key element of our international competitiveness, improving both the health and wealth of the nation”

NIHR Translational Research Infrastructure

The NIHR translational research infrastructure gives industry access to world-class facilities and the opportunity to work in collaboration with expert investigators.

£120 MILLION ANNUAL INVESTMENT FROM INDUSTRY

The NIHR translational research infrastructure has quadrupled its annual investment by industry over the last five years from £33 million per year in 2009/10 to £120 million per year in 2013/14

500% INCREASE

The number of industry studies supported by the NIHR translational research infrastructure has increased by over five-fold from 514 to 2640 studies in 2013/14

£33.9 MILLION THROUGH THE EXPLOITATION OF IP

The NIHR translational research infrastructure generated £33.9m from exploiting intellectual property, including the launch of six spin out companies in 2013/14.

585 STRATEGIC PARTNERSHIPS WITH INDUSTRY

The NIHR translational research infrastructure had 347 existing strategic partnerships and developed 238 new strategic partnerships with industry during 2013/14


500 PROJECTS with UK SME's

In 2013/14 the NIHR translational research infrastructure worked with SME's during 2013/14 to support more than 500 research projects

A highly skilled research workforce

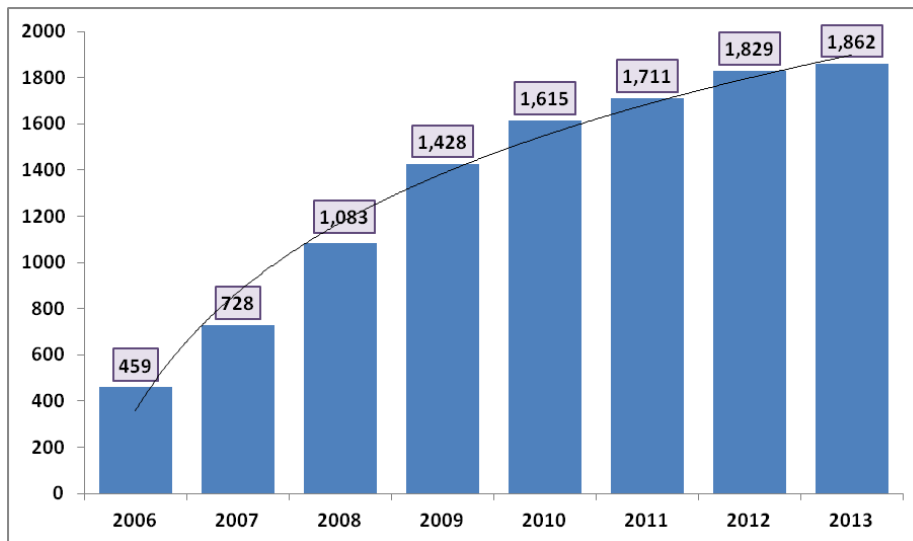


The NIHR funds and supports the people who lead and undertake research, training the next generation of health researchers.

- Attract, develop and retain the best researchers to conduct research
 - Focus the talents of these trainees on health and social care research that meets the current and future needs of patients and the public
 - Support the development of future leaders across all professions and disciplines
 - Build and support a skilled workforce that increases the nation's human capital.
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A highly skilled research workforce

NUMBER OF TRAINEES IN THE NIHR NATIONAL TRAINING PROGRAMMES



OVER 31,000 FACULTY MEMBERS

This includes more than **10,000 funded researchers**, **15,000 clinical research nurses** and support staff and approximately **5,000 trainees** supported by NIHR research training awards or based within the NIHR infrastructure

> £500M INVESTED IN TRAINING

Since its establishment the NIHR has invested over £500 million into research training programmes designed to produce a highly skilled workforce

25000 RESEARCH STAFF TRAINING IN GCP

The NIHR CRN provides Good Clinical Practise training to ensure staff are skilled in delivering clinical research in the NHS. During 2013/14, over 22,500 research staff working within the NHS enrolled on the CRN GCP training programme.

NIHR Research Methods Programme



- Applied health research relies on a range of methods including **medical statistics, health economics, clinical trial design, operational research and modelling.**
- Currently there is a shortage of people with the necessary training and expertise in key areas of research. These disciplines are of critical importance to the pharmaceutical industry as they inform experimental design, the analysis of drug trials, and the commercialisation of medical products.
- To address the shortage of qualified staff, the NIHR (2009) launched the **Research Methods Programme** to build capacity in applied health research methodology. The programme provides training and support for individuals to become specialist methodologists in areas relevant to the life sciences industry and other sectors.

Supporting the efficient use of NHS resources



The NIHR research helps the NHS make best use of resources:

- It enables people in the NHS to make **evidence-based** decisions about the **effectiveness** and **cost effectiveness of treatments**.
- It provides the evidence about **new ways of delivering treatments and services more efficiently**
- It helps the NHS to determine where treatments are **ineffective** and should be **withdrawn**.
- The NIHR helps NHS decision makers to make informed choices about how to best deploy resources.
- All of the above is the “CLAHRC space”

Diabetes risk assessment a cost effective self-assessment tool



Approximately two million adults have type 2 diabetes, costing the NHS £9 billion a year. Early intervention technology and lifestyle changes to prevent this disease could reduce this cost, potentially reducing the indirect cost to the UK economy of an estimated £13 billion.

The **NIHR CLAHRC East Midlands** in partnership with **Diabetes UK** has developed the **Diabetes Self-Assessment Risk Score** - a simple test that helps people assess their risk of having or developing type 2 diabetes

The test takes into account ethnic diversity, family history as well as overall general health. Results so far:

- **One in 20** people who take the test and receive a high risk score, go onto be diagnosed with diabetes by their GP.
- An estimated **40,000** people have been diagnosed as a result of taking this test.
- The test is now widely available on the Diabetes UK, Tesco, Boots, NHS Choices and BUPA websites and is commonly used in pharmacies.

Enabling a healthier workforce and population



A healthy workforce is important for a healthy economy. According to the 2014 Office for National Statistics Report: Sickness Absence in the Labour Market, **131 million days were lost to sickness (15 million mental health)** in 2013.

The NIHR supports research that particularly affect the workforce such as mental health, obesity and other long-term conditions.

This research includes:

- Evidence to help **prevention of illness**
- Research to **improve treatment and management of conditions**
- Evidence for **health promotion** in areas such as weight loss

Enabling a healthier workforce and population focus on: Mental Health

In 2013, **15 million days** were lost by the UK workforce due to **mental health**. In the same year, **the annual cost to the NHS of treating depression totalled £230 million**.

The NIHR supports research in this area which, if implemented, will help lead to better treatments and services for patients and contribute to improving mental health for individuals affected.

130 RESEARCH PROJECTS FUNDED

Across NIHR's research programmes there were over 130 projects that support mental health for the working age population during 2013/14.

122 STUDIES OPEN TO RECRUITMENT

In 2013/14, the NIHR CRN had 122 mental health studies open to recruitment

847 STUDIES

During 2013/14, the NIHR translational research infrastructure supported 847 studies in mental health

Research to help patients with depression get back to work



NICE Guidelines for Depression (2004) recommend a stepped care approach for the treatment of depression, including low intensity Cognitive Behaviour Therapy (CBT) based psychological interventions. However, in 2004, there was limited evidence about the cost effectiveness of such interventions.

A team of NIHR-funded researchers from the Institute of Psychiatry, **assessed the clinical and cost effectiveness of one-day CBT based self-confidence workshops in reducing depression.**

The results showed that:

- Those who had attended the workshop had substantially reduced depression scores.
- They were less likely to be absent from work in the 12 weeks following the workshop, compared to those in the control group.
- The hospital costs of those who had attended the workshops also decreased significantly over time, as fewer people required in-patient stays. This study provided evidence to roll out this approach

Our challenge



- Demonstrate how our research and improvement projects are cost effective.
 - Take the research evidence that other parts of the NIHR produce and put it in to practices as quickly possible, improving clinical outcomes, patients experience and value
 - Work with industry partners who want to work with us for the long-term, who are focused in improving care for patients and our communities
 - What can we learn from industry and what can they learn from us?
 - How can we support our industry partners working in the UK who provide jobs and tax revenues in this country to be more effective?
 - Draw down investment from industry in terms of financial resources and expertise into CLAHRC research and improvement projects, so we can make more of a difference
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