



RCN Foundation call for applications

The RCN Foundation seeks an individual or organisation to:

- ***identify an efficient and streamlined digital Cognitive Behavioural Therapy (CBT) tool for non-mental-health-trained nurses to use to support children and young people's mental health and emotional wellbeing***
- ***evaluate the impact of the tool on therapeutic relationships.***

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 practice development projects in our priority areas.
- ***Championing*** nursing by raising the profile of the profession and public understanding of its contribution to improving the nation's health.

Our grants are open to any current or former nurse, midwife or health care support worker, and they do not need to be a member of the RCN to receive support from the Foundation.

Background

A key grant-making priority for the RCN Foundation is to support the mental health and emotional well-being of children and young people (CYP) through nursing-led interventions.



In 2019, the Foundation funded a scoping review by Sheffield Hallam University into the evidence-base for early, nursing-led interventions that support the mental health and emotional wellbeing of CYP.

The mixed-method review analysed the evidence-base and surveyed nurses providing early interventions. The aim was to understand more about their role in promoting mental health and emotional wellbeing of CYP across the UK.

A key finding was that nurses had a good awareness of a range of evidence-based interventions, and that Cognitive Behavioural Therapy (CBT) featured heavily as an early intervention. The review recommended CBT as a core, first-line intervention, and found that nurses had an appetite for the development of this approach.

The review also found ring-fenced time for CBT as an intervention to be an issue and as such, a digital approach may address this as an efficient and accessible approach to CBT.

The review did raise a concern that a move to digitally-based CBT model may impact on the essential therapeutic relationship between the nurse and patient. Only one study had analysed the impact of digital CBT interventions on the therapeutic relationship. This demonstrated there was no difference in the therapeutic alliance between a face-to-face and digital intervention.

The need for such a project is supported by evidence from YoungMinds (Coronavirus: Impact on Young People with Mental Health Needs – COVID-19 Summer 2020 survey, 2020) into the impact of COVID-19 on young people with mental health needs. This report highlighted the difficulties this group had experienced with self-isolation, anxiety and fears about the future, three months after the initial COVID-19 lockdown period.

The report cautioned that schools have to adapt to a likely surge in mental health needs of children and young people, by considering how they operate and ensuring timely support is available for those who require it. The participants in the YoungMinds report stated they would benefit from easier to access mental health support from a healthcare professional, so that teachers could focus on teaching.



The Sheffield Hallam review found that nurses working within schools and communities regularly provide this initial support to children and young people, as they are often the first point of contact when a child or young person is experiencing mental health challenges. Thus, the need to equip these nurses with the knowledge, skills and competence to provide the early mental health support for young people is likely to intensify over coming months.

Call for applications

As a result of the findings from Sheffield Hallam's review, the Foundation is launching a call for:

A nurse-led study to identify an efficient and streamlined digital Cognitive Behavioural Therapy (CBT) intervention, which supports therapeutic relationships between the nurse and the child or young person.

The following questions will be addressed:

- 1) What is an efficient and streamlined digitalised CBT tool for non-mental-health nurses to use as an early intervention for children and young people's mental health and emotional wellbeing?
- 2) How can a digitalised tool for CBT influence access to, and time for children and young people to undertake CBT?
- 3) What is the impact of the digitalised CBT tool on the therapeutic relationship between the nurse and the child or young person?

The aims of the research are:

- To identify an efficient and streamlined digital Cognitive Behavioural Therapy (CBT) tool which supports therapeutic relationships between the nurse and the children and young people.
- The output will contribute to the RCN Foundations Toolkit for non-mental-health-trained nurses to implement early interventions to support CYP mental health and emotional wellbeing.



The study will evaluate the impact digital CBT has on the therapeutic relationship between the nurse and the child or young person. It will also analyse whether the approach provides an easily accessible and time efficient approach to the intervention.

The project must reach all four countries of the UK and include consultation with nurses, midwives and healthcare support workers caring for children and young people. The lived experience of CYP and their parents/carers must also be included.

The RCN Foundation is seeking applications from individuals or organisations to work with our trustees and staff over a 12-month period. Funding available is up to the value of £30,000. The project should be undertaken in 2022-2023. The funding available could cover direct research-related salaries, research expenses within reason, and dissemination costs. The funding will not cover indirect costs such as organisational overheads, capital costs or purchase of non-specialist equipment.

Applicants will attend regular virtual meetings with trustees and/or Foundation staff. The successful individual/organisation will be required to submit an interim report mid-way through the project, and a final report. This will present the digitalised CBT tool, and findings on the impact it has on time and accessibility for the intervention and the therapeutic relationship between children and young people and the nurse.

Application

To apply for this funding call, please submit a proposal to:

grants@rcnfoundation.org.uk

The proposal should address the following headings:

Section A: Application details

Please include the details of the project lead and the organisation from which you are applying. Please give a brief 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 equality, diversity and inclusion issues relating to children and young people's mental health and emotional wellbeing across the four countries of the UK
- How the research design will aim to include hard-to-reach groups.

Section B: Project Details

Research design and methods

This section will introduce the aim and objective(s) of the project along with the research questions. It should identify the research design and methods you plan to use to identify the most appropriate evidence-based digitalised CBT tool. It is envisaged that this would be in the form of a web-based App.

Ethical approval

Please indicate what type(s) of ethical approval are required for the project. It would be helpful to understand the timelines for any ethical approval processes.

Timescales and Key Performance Indicators (KPIs)

Please present the timescales of the project in a Gantt chart. This should include the key phases, deadlines and milestones of the project, as well as any other relevant information.



Please, in your application document, use the following table format to outline the proposed KPIs and timelines.

KPIs	Date
<i>e.g. x number of participants recruited; x number of research sites recruited; ethics approval secured</i>	<i>Please provide the date by which each KPI is expected to be achieved</i>

Outputs, evaluation and impact

Please describe the main outputs and outcomes of the project and how these meet the RCN Foundation’s priorities. Please explain how the short, medium, and long-term impact of the project findings and how recommendations will be demonstrated and, if appropriate, measured.

Please also explain how the overall project will be evaluated.

Dissemination

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. Please include details of the communications which will be required to support the dissemination.

Equality, diversity and inclusion

Consideration needs to be given to the principles of equality, diversity and inclusion within the proposal. Please provide information on how this project will address and incorporate these principles within the research design.



Sustainability

Does your organisation have an environmental sustainability policy and how does this project adhere to this?

Section C: Project Costs and Resources

The maximum budget for this call is £30,000. Please provide a detailed breakdown of costs in the format used for the table below:

Budget:

Item	Cost £	Explanatory note	Funded by? <i>i.e. RCN Foundation/other organisation/applicant organisation</i>

Next Steps

Applications open on **3 March 2022** and close at **5pm on 1 April 2022**.

Interviews will be held at the beginning of April 2022.

Proposals received after the closing date will not be considered.

Completed proposals should be submitted by email to: grants@rcnfoundation.org.uk

Should you have any questions about this funding call please contact Dr Sarah McGloin, Head of Grants and Impact at the RCN Foundation:

sarah.mcgloin@rcn.org.uk



Thank you for your interest.

Application checklist

Please ensure that you have included the following in your application:

<p>Does the research require:</p> <ul style="list-style-type: none"> • Health Research Authority (HRA) approval for England and Wales • NHS Research Ethics Service approval for Scotland • HSC Integrated Research Application System in Northern Ireland • University ethical approval • Safeguarding policy 	<p>Yes/No</p>
<p>A comprehensive proposal including:</p> <ul style="list-style-type: none"> • Research design and methods • Evaluation method • Comprehensive dissemination plan • Impact measurement • Sustainability of the project 	<p>Yes/No</p>
<p>A clear and comprehensive indicative budget</p>	<p>Yes/No</p>
<p>CVs for the research / project team</p>	<p>Yes/No</p>
<p>A timeline presented in a Gantt chart</p>	<p>Yes/No</p>
<p>KPIs presented in a table</p>	<p>Yes/No</p>
<p>Risk register</p>	<p>Yes/ No</p>