

Event summary: Landing Multiple Long-Term Conditions Research in the Health & Care System

On Tuesday 22nd November, NIHR and UKRI hosted an event to support researchers in understanding how to effectively engage with and influence policy makers in the health and care system. The event was held as part of the NIHR/UKRI 'Tackling Multimorbidity at Scale' Programme, but invites were extended to anyone interested in MLTC research.

The event was attended by 75 people, with a high level of engagement and participation from attendees throughout. Attendees included PhD students through to senior academics leading major programmes of MLTC research, covering a range of different disciplines and specialties, as well as those working in academic impact roles. Attendees completed a poll at the start and end of the event to reflect on their knowledge of engaging with policymakers. The poll showed that attendees' level of knowledge of the subject had increased following the event ([Annex 1](#)). The event was attended by a scientific illustrator, [Alex Cagan](#), and his illustrations are in [Annex 2](#). We have received positive feedback on the illustrations, which will shortly be published online for people to use and share.

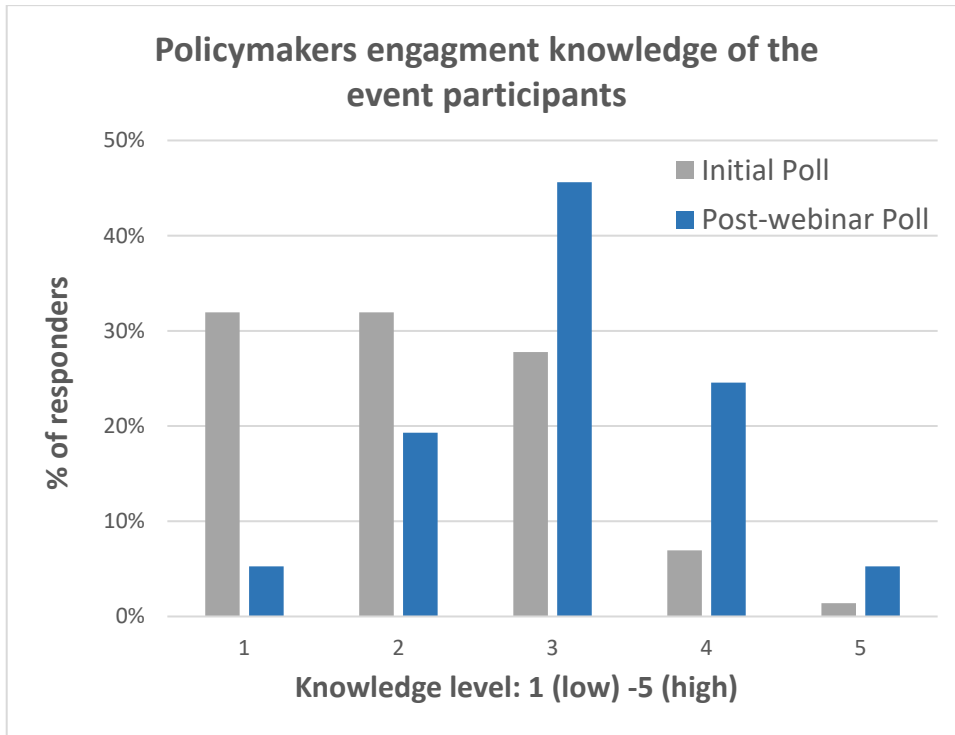
Professor Lucy Chappell opened the event, outlining a vision for and promoting the implementation of MLTC research into policy and practice. She challenged all attendees to think about what they can do differently after the event to play a role in helping research land with policy makers.

This keynote was followed by two panel sessions, chaired by Professor Kamlesh Khunti and Professor Chris Salisbury respectively. The first panel featured researchers with experience of implementing MLTC research into practice. The panel discussion covered a range of topics including building the evidence base to strengthen the collective voice of the MLTC research community; the importance of diversity and reaching underserved groups; and the need to deliver evidence at appropriate time points in the policymaking cycle.

The second panel was comprised of policymakers from across the UK health and care system, who shared tips on best practice for engaging with and influencing policymakers in MLTC. Complementing the discussion from the first panel, the discussion highlighted the need to align with policy timescales; the importance of involving people with lived experience of MLTC throughout the research and in championing the findings; tips for engaging policymakers through telling stories based on the evidence; and considering the challenges of implementation at the outset.

Breakout group discussions identified the following facilitators to implementing MLTC research findings: building good networks and engaging local communities; access to high quality data; harnessing the voices of people with lived experience; funding opportunities for MLTC research; engaging early with policymakers; collaborating with others, including charity partners; and considering pathways to impact when writing funding grants. Barriers identified included: engaging health care professionals in the research; navigating the complex realities of MLTC such as cognitive impairment; engaging people with MLTC in studies; designing suitable end points in studies; and supporting early career researchers to move into MLTC research, where funding opportunities may require multidisciplinary teams and large-scale approaches.

Annex 1. Poll Results



Annex 2. Event Illustration

Landing **MLTC** Research in the Health & Care System

Lucy Chappell

Challenge: Currently care is poorly coordinated and based around single-conditions

Need to integrate **mental & physical** wellbeing

Evidence based care

14 million in UK with MLTCs

○ account for 7½ primary + secondary care

Not just the elderly → **include everyone**

Global Health Initiatives

Pathways to Impact

Research + Investment to get MLTC out of the "Too Difficult" box

Clustering

NIHR, partnering with UKRI, invested £45m into

how diseases cluster

Improve clinical decision making

Identify ways to prevent MLTC

How to remove harms from medication

Listen to ALL Voices

Health Inequalities

@ATJGagan

Engaging and Influencing Policy Makers

Landing **Multiple Long-Term Conditions** research in the **Health** and **Care** System

Research

UK is a World Leader in Data Collection

Need to increase research on MLTCs

Consistent Messaging from Multiple Groups

- involve **Patient Groups**

Local Engagement to **Maximise Impact**

Implementation is about Timing

Know when reviews are happening

Pathways to Impact

Stakeholder events

Engage early

NICE } Contact for Advice & Support

The "Collective Voice"

→ Medical Professionals

→ Charities

→ Stakeholder engagement

"Do the hardwork for Policy Makers"

Policy makers want to know what the problem was how to fix it & to have support

Is my Research Translatable?

- workforce demands?

Evidence Comes in Many Forms

Power of **Close Relationships**

INFOGRAPHICS ⇒ **CLEAR STORYTELLING**

Who are your AUDIENCE?

The Art of StoryTelling

- Tell a story to get "Buy in"

- Who is the villain?

- Who is the Hero?

- What ACTION should be taken?

Identify High Quality Evidence that can be translated effectively

Evidence Based Care