

## Successful Evidence for Policy (EfP) awards listed by host institution

### Trinity College Dublin:

**1. Lead Applicant:** Professor Susan Smith, Trinity College Dublin

**Project:** Informing National Policy for physical activity based secondary prevention of stroke in IREland (INsPIRE)

**Award Amount:** €389,182

#### Lay summary:

The INsPIRE programme will conduct research to inform improved care for survivors of stroke that will support them to engage in physical activity (PA) in the community. PA and exercise can play a key role in preventing further strokes and improving overall health after a stroke.

This programme will gather and update information on how well physical activity works for people after stroke, when and how it works best, and whether it's good value for money. It will also look at the stroke services currently available in Ireland and use information from an existing exercise programme (ExWell) that supports people living with chronic conditions, including stroke, to perform physical activity in the community.

Researchers will study how easy it is for people to join and stay in these programmes, how they are referred, and what helps or hinders involvement. This information will help create a plan for how physical activity programmes for people living after stroke can be used across Ireland, including estimating how much it would cost and what impact it would have on the health system.

Importantly, people who have had a stroke and their carers will be meaningfully involved in each part of the research to make sure the work reflects their needs, values, and priorities.

The project includes five key parts:

1. Looking at how well exercise programmes work, when and how they work best, and what they cost.
2. Mapping current stroke services and how to implement exercise programmes.
3. Estimating the costs and impact on the healthcare budget.
4. Using the findings to provide recommendations for the Department of Health policy on stroke.
5. Making sure findings are shared and used.

The INsPIRE team includes health experts, researchers, and people living with stroke to explore how physical activity interventions can improve outcomes for stroke survivors in Ireland.

## **RCSI University of Medicine and Health Sciences:**

**1. Lead Applicant:** Dr Siobhan McCarthy, RCSI University of Medicine and Health Sciences

**Project:** Evidence to inform future policy on medical workforce planning and configuration in Ireland

**Award amount:** €376,839

### **Lay summary:**

A well-functioning health system relies on having the correct number and mix of doctors in the right places. In Ireland, this is becoming increasingly challenging due to an ageing population, an increase in patients with complex health needs, and new rules limiting doctors' working hours. These changes are putting pressure on hospital staffing, staff wellbeing, and the quality of care.

Although the Irish government is working to expand the medical workforce, there is currently no clear, evidence based system to guide the determination of how many doctors are needed or what mix of skills they should possess.

Our research project aims to fill that gap by creating a new, practical framework to help plan and manage Ireland's medical workforce more effectively and will have patient and public involvement throughout all phases. We will begin by reviewing best practices from Ireland and abroad and will gather expert and multi-stakeholder insights to design a framework tailored to the needs of the population in Ireland. We will then assess current staffing levels in hospitals and design and test a new framework in real-world settings. We will work closely with doctors, managers, public and patient representatives and policymakers to ensure the framework is realistic, practical, and easy to implement. Using numbers (such as staffing data and patient outcomes) and stories (from interviews and case studies), we will co-design a flexible tool that can be adapted to various hospital settings. We will evaluate the designed framework for its acceptability, feasibility, and costs. We will include clear policy recommendations for the Department of Health. By the end of the project, we aim to produce a validated, evidence-informed approach to medical workforce planning. This will help ensure safer care for patients, better working conditions for staff, and a more sustainable health system for the future

**2 Lead Applicant:** Dr Elizabeth Morrow, RCSI University of Medicine and Health Sciences

**Project:** The Attune Project: Enhancing responsiveness of Ireland's home support services through the lived experience of older adults

**Award amount:** €388,879

### **Lay summary**

#### **What is this research about?**

Ireland is moving towards a new statutory home support scheme, helping to ensure that older people can live well in their own homes and communities for as long as possible. The government are investing in home support, and they want to make sure that services work well for older people. The population is aging and more people will need home support.

#### **What is the problem?**

We do not know enough about the views and experiences of those currently using home support services in Ireland. This information is vital when thinking about how best to design and deliver home support services into the future.

### **What will this research do?**

The project will use a national survey, interviews, and discussion groups to find out how older people experience home support services; what is working well, what areas require improvement, and how these experiences influence overall quality of life and views about how services are performing. The research will collect lived experience data from a diverse group of service users, including those with complex or special needs.

### **How will the data be analysed?**

The researchers will work closely with a Service user, Carer and Advocacy Panel (SCAP) to examine how factors such as age, health status, family circumstances, and care delivery- such as timing, consistency, and interactions with care workers- shape people's expectations and experiences of home support.

### **Why does this research need to be done?**

By placing the expectations and experiences of older service users at the centre, the research will generate evidence and insights to inform the development of equitable person-centred home support.

### **Who will benefit from it?**

Findings will be shared quickly with policymakers, practice and public audiences to inform important decisions about home support services, and enhance older service user's experiences of home support.

## **Details of host institution's press contacts:**

### **RCSI University of Medicine and Health Sciences**

Contact: Laura Anderson, Senior Communications Officer RCSI University of Medicine and Health Sciences.

**Email:** [lauraanderson@rcsi.ie](mailto:lauraanderson@rcsi.ie) [communications@rcsi.ie](mailto:communications@rcsi.ie)

### **Trinity College Dublin**

Contact: Ciara O'Shea, Research Communications Manager (Health Sciences), Trinity Communications, Trinity College Dublin

**Email:** [coshea9@tcd.ie](mailto:coshea9@tcd.ie)