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Working together for better healthcare

# RESEARCH NEWS (6)

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## WELCOME to our 2nd Newsletter of 2014

It's been a very busy time in the Research Department with 2014 seeing many new studies coming on line. We are so busy we have employed another research nurse and we are pleased to welcome Louise Goodbody back to Danetre Medical Practice.
Participation in research in whatever small way is appreciated and if you ever want to know more I am happy to answer questions, so why not drop me an email. Participation in any study is voluntary and your decision to take part or not will not affect your care here. It's important you tell your GP or Nurse that you are on a study if you come in so they can let the research team know. Your reasons for coming to see someone may be important in terms of the study.
Should you be suitable for any studies currently recruiting we will be in touch. Many research studies are carried out on very specific groups of people, so although you may be keen to take part you may not meet the recruitment criteria.

*Why not drop us a line and let us know what prompted you to take part, how you found the research process and how taking part has been of benefit. Or if you are currently taking part in a study….. how about keeping a diary ? Any feedback will be helpful*.

Thanks, Laura Hopwood

## MID-FRAIL

MID-Frail is a new EU-funded research study which will examine the benefits of a nutritional, exercise and educational intervention programme on the health of elderly people (over the age of 70) with type 2 diabetes in Europe. Diabetes is associated with increased frailty and functional decline in older people. The MID-Frail study focuses on the use of interventions to improve functional status and enhance quality of life.
In the UK, patients will be recruited from England and Wales.
The research will run for four years in 59 centres across Europe, involving more than 1,700 people over the age of 70.
At the moment, we do not know how the team wish us to recruit patients, but if you are over 70, a Type 2 Diabetic, and have been for more than 2 years, and would like to be considered for this study, please let us know.

## CPSS Child-Parent Screening Study

**This study measures the cholesterol level of children aged 1-2yrs, whilst having their immunisations.**

A common cause of Cardiovascular Disease in young adults is the genetically inherited disorder, Familial Hypercholesterolaemia -**FH** (raised Cholesterol). Early identification reduces the risk of heart disease, stroke and premature death.
The study measures the cholesterol level of children aged 1-2yrs whilst having their immunisations. All children in this age group are eligible to participate.
Children will have a heel-prick blood test taken at the same time as their immunisations to measure cholesterol, and this is sent for DNA analysis at Great Ormond Street Hospital. Each affected child will have at least one-affected parent, so if the results indicate the child has FH, both parents will be screened. Both generations can be identified and treatment initiated.
You will receive a letter and study information before their immunisations are due. Please arrive 15mins before your appointment time to complete the consent process, or if your child is of eligible age and has had their immunisations and you wish them to be screened.

## GARFIELD - AF

This is a study run by the University of Birmingham. It is an international study of patients with newly diagnosed non-valvular Atrial Fibrillation (within the last 6 weeks) Atrial Fibrillation (AF) is a specific type of irregular heartbeat which requires treatment and medications called antithrombotics. AF can increase your risk of heart attack and stoke due to blood clots and these medications stop clots from forming. This study is looking at patients whose AF is not due to faulty heart valves.
Patients must be over the age of 18 and have other risk factors for stroke to be eligible. If you fall into this category you will receive an invitation letter from us. You will see the research nurse for the initial appointment and follow up then is for two years but this only involves regularly reviewing your medical notes to see what health problems arise. You do not need to attend appointments

## LOWER BACK PAIN VALIDATION

This is a study looking at patients who have come to see the GP with Lower Back Pain. Not everyone will be suitable to take part, but the GP may give you a pack at the end of your consultation. If you wish to take part in the study, simply complete the consent form and questionnaire in the pack and return them to the researcher. You may be asked if you would be willing to discuss your experience with the research team.

## OSAC (oral Steroids for acute cough)

This is a study run by the University of Nottingham. The aim of the study is to look at patients who have come to see their GP with a cough, and evaluate if giving them a short course of high-dose oral steroids will help to shorten the period of time patients experience symptoms
Patients must be over the age of 18 and meet the study criteria. The GP will assess you on your consultation and if eligible, he/she will ask if you are able to return for an appointment later that same day, or the next day if you are unable to come back the same day. Trial participants are given a 5 day course of medication and are asked to complete a symptom diary for 28 days which includes measuring peak flow readings, a meter is provided by the study team for this purpose. They will also be contacted by the study team each week over the 28 day period.
Recruitment is currently ongoing.

## Compose (Opoid Induced Consiptation)

The aim of the study is to look at the safety of a new laxative therapy which is currently available in the United States but is now being trialled in the UK.
Patients must be over the age of 18 and meet the study criteria. We are looking for patients who have non-malignant pain and use laxatives to deal with this effect of their pain medication. If you think you may be eligible to take part in this study, speak to your GP as they will be able to see if you meet the eligibility criteria. We will also be searching our patient list for suitable patients and we will contact those eligible by letter. Recruitment has begun.

## TOAST

This is a study run by the Clinical Trials Unit in the University of Oxford. The aim of the study is to look at patients who have come to see their GP with a sore throat for no longer than 7 days. Patients must be over the age of 18 and meet the study criteria. The aim is to evaluate if giving patients a one-off dose of a steroid will shorten the length of time patients experience symptoms. If eligible and you need antibiotics, the GP will ask you to delay taking these for at least 48hrs in order to see how effective the steroid has been. The GP will assess you on your consultation and if eligible, he/she will ask if you are able to return for an appointment later that same day. Participants will have a throat swab taken and are asked to complete a symptom diary for 7 days. Participants will also be contacted by the study team twice during this period.
Recruitment is currently ongoing

## AFFIRM FLUTIFORM Asthma Study

This is a study being run by NAPP Pharmaceuticals to assess the safety and efficacy of FLUTIFORM, an inhaler which combines Fluticasone and Formeterol. For this study, we are looking for asthmatic patients who are 12yrs old upwards. Your GP or Asthma Nurse will make the decision whether this is an appropriate medication to recommend to manage your asthma, and the decision to prescribe will be a clinical one.
If you are suitable for this study, you will be asked to see the Research Nurse when you start the medication. You will be observed for a period of a

year from your first dose of FLUTIFORM and will have between 2-7 visits over the year with the Research Nurse which may include Spirometry - Lung Function tests.

## Novartis COPD Study

This is a new study looking at the comparison of two different inhalers to treat patients aged 40 or over with COPD. This will mean that some patients may be switching from their current treatment regime, some patients taking part may remain on their current medication.
Patients who also have asthma are unable to take part, or those who have had antibiotics/oral steroids/been hospitalised for COPD in the last 12 months.
The treatment period is 12 weeks plus 30 days of safety follow up. Patients will have to complete an e-diary during the treatment period. Patients will have to undergo Spirometry as part of the screening process.
Patients will have 5 visits during the study and will have Spirometry on 4 of those.

## ELIOT Trial

This is a study looking at the efficacy of a new device for Inhaled medications in comparison with a more familiar one. It is a 12 week study which involves 2-3 visits with the research nurse; there is also a telephone visit. Patients are required to undergo Spirometry and will have their inhaler technique evaluated.
We are looking for patients aged 18-75 who have asthma and have not used Spiromax or Turbohaler in the last 6 months.

## FFLU-X Trial

This is a study which will look at patients who take Seretide inhaler. Some will be asked to continue taking Seretide and others will have their treatment changed to Flutiform. It is a study which will last a maximum of 24 weeks. We need patients aged 18-75 who have asthma and are currently taking Seretide. Patients will be asked to undergo Spirometry.

## BARACK-D Study

This is a study run by the University of Oxford which is looking at a better treatment for preventing heart disease and kidney damage in people with Chronic Kidney Disease. The study will run for 3 years in total and will involve 3 monthly research appointments at the practice, the visits are more frequent in the first 6 months. It may involve taking an additional or new medication. This study will be coming in the very near future and eligible patients will be contacted by letter.

## PRIMROSE

This is a study being run by University College London and is looking at the management of cardiovascular risk for patients with severe mental illness. Eligible patients aged between 30-75 will be invited to take part. We are looking for patients with raised cholesterol and at least one other risk factor for heart disease. Patients are followed up at 6 and 12 months. This study does not involve taking any additional medications.

## INSTINCT Trial

This is a study which will compare two different treatments for Carpal Tunnel Syndrome. If you are interested, please leave your contact details with Dr Heer's Secretary who will pass the message on to him to contact you back.

## CANDID

This is a study which will examine which symptoms a patient presents with may or may not indicate a diagnosis of Cancer, specifically Bowel or Lung Cancer. This is a new study coming through and your GP may ask if you would consent to take part.

## DAPA

This is a study looking at the effects on memory and understanding ,of exercise group for patients with mild to moderate Dementia.
Everyone who decides to take part will be seen at home by a researcher to complete an eligibility questionnaire, and complete a consent form. Patients attend a community venue twice a week for four weeks for an activity session which is run by a Specialist Physiotherapist. This lasts about an hour.
Eligible patients and their carers will be contacted when we begin recruiting.

## Expedition 3 RECOGNITION Trial

This is a study being run by Re-Cognition Health in London looking at new treatments for patients with Alzheimers Disease. Patients who are eligible will be advised by us and sent details of who to contact if they wish to take part. All appointments for this study will be in London and patients are asked to contact the study team directly as it is not being run within the practice.

## RESULTS OF BREAST AWARE STUDY

This is a study we took part in late 2012-early2013 and we had 44 women in the practice take part. These ladies, all aged 70 or over, were given a short education session regarding the signs and symptoms of Breast Cancer and were sent a questionnaire before they had the intervention session and at one and twelve months after the session to see if their awareness had improved. The results have now been received and the main findings of the research are as follows:

The questionnaires pre-intervention showed that nearly 50% of the participating women selected five or more non-lump symptoms from the list given

 Approximately 10% of the participants were aware of the age-related breast cancer risk;

 Approximately a third of the participants were aware of the recommended frequency of breast self-examination;

 Women were defined as 'Breast Cancer Aware' if they were categorised as 'aware' for breast cancer symptoms, age-related risks and breast check frequency. Only 2.4% of the women were classified as 'Breast Aware'.

• Changes in breast awareness after the intervention:  There was strong evidence that the level of awareness of the non-lump symptoms of breast cancer improved after the intervention and this level of awareness (70%) was maintained after 12 months;

 The proportion of those being aware of age-related risk increased to nearly 40% after the intervention. This fell to 30% after 12 months but was still significantly higher than the pre-intervention level;

 Those aware of the recommended breast check frequency rose to 55% one month after the intervention which only dropped slightly (to 48%) at the 12 month follow-up. These increases were again a significant improvement to pre-intervention awareness;

 Overall breast cancer awareness increased dramatically (to 20%) at the one month follow-up. Although this had dropped to 13% after 12 months this still represented a significant improvement.

• Women participating in the telephone interviews were generally positive about the intervention. Most felt that they had acquired new information during the process.

• GP surgeries were considered a suitable place for intervention delivery. Some women noted the advantage of knowing the nurse who delivered the intervention to them.

Again, a huge thank you to all who took part, and as you can see, it has made a real difference.

**INTERESTED IN ANY OF OUR UPCOMING STUDIES ?**

**Email Laura at**
**laurahopwood@nhs.net**

**OR COMPLETE BELOW AND HAND IN TO RECEPTION, THANKS !**

**NAME** _____

**TELEPHONE** _____

**EMAIL** _____

**RESEARCH STUDY** _____