

# Research and Development

Bulletin, September 2018

## Safe effective care through research

### New appointments

**Michelle Stephens, Research Manager for Delivery and Industry**



Michelle Stephens joined the research team in July 2018 as the new Research Manager for Delivery and Industry. Michelle came from Blackpool Teaching Hospitals where she was the R&D Manager for the last 10 years and brings to ELHT a wealth of NHS and academic experience.

Michelle said, "I would like to thank everyone who has made me feel so welcome at ELHT. It has been good to see at first-hand the studies we are running for our patients and the dedicated teams we have. I am looking forward to further developing the clinical research environment for our patients and their families here at ELHT."

**UCLan awards for ELHT clinicians**

ELHT has been working closely with the University of Central Lancashire (UCLan) in the development of a joint strategy for education and research. In recognition of the contribution that ELHT staff are making to this work, UCLan have made a number of prestigious awards to clinical staff. Six ELHT clinicians have been awarded the title of Honorary Professor and a further 16 clinicians have been awarded Honorary Senior Clinical Lecturer status.

### Research team and paramedics promote research and the PASTA trial



Members of the ELHT research team and paramedics from the North West Ambulance Service (NWAS) attended the NWAS annual fair to promote research and their recent involvement in the PASTA trial.

The study, co-ordinated by the Stroke Research Group at Newcastle University, is looking at whether a Paramedic Acute Stroke Treatment Assessment (PASTA) pathway can speed up access to emergency stroke treatments, especially thrombolysis treatment, and improve recovery after stroke.

NWAS and the ELHT research team recruited and collected data on 62 study patients.

Stephen Duberley, lead research nurse for the study at ELHT said "Most of the patients who consented to the study said how brilliant the ambulance crew were and that they were pleased to be helping out with the research."

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### Contact us

For support and information on research at East Lancashire Hospitals NHS Trust, please contact the Research and Development (R&D) Department  
Level 3, Royal Blackburn Hospital  
Tel: 01254 733008  
Email: [research@elht.nhs.uk](mailto:research@elht.nhs.uk)

### Celebrating research at ELHT

If you'd like to include a story about your research, please contact: [hazel.aston@elht.nhs.uk](mailto:hazel.aston@elht.nhs.uk)

## Recruiter of the month for ELHT



Congratulations to the MifeMiso study team at Burnley General Teaching Hospital who became 'recruiter of the month' for August 2018. The MifeMiso study, led locally by Consultant Obstetrician and Principal Investigator, Mrs Bhatia, and co-ordinated by the Birmingham Clinical Trials Unit, is investigating the clinical and cost-effectiveness of drug treatment for the management of missed miscarriage. Women taking part in the study are randomised to receive a combination of the standard treatment misoprostol taken together with mifepristone versus misoprostol alone. To date 15 women have entered the study at ELHT.

Pictured L- R: Donna Walsh, Melissa Singh, EPU Nurse Sonographers, Back: Jackie Simister, Ward Clerk

## Publications

### Engage study

Following the introduction of UK clinical guidelines in 2013, the uptake of preventive therapy for women at increased risk of breast cancer in England was unknown. The Engage study evaluated socio-demographic and clinical factors associated with the uptake of tamoxifen and used qualitative interview data to explore women's experiences of making treatment decisions. East Lancashire women took part in the study. Karen Riley, Research Nurse and PI for the study at ELHT thanked members of staff in the breast family history clinic for their help in identifying participants for the study. The uptake of tamoxifen was low in the women studied. Their decision-making was influenced by familial priorities, particularly having children. The [full text](#) can be accessed online.

### SNAP2: EpiCCS study

The results of the SNAP-2: EpiCCS study has been published in the British Journal of Anaesthesia. The study was supported by clinical and research teams across the Trust, over a 7 day period during March 2017. At ELHT, 191 patients together with 84 clinicians who provided inpatient surgery during the study period, contributed to the study. SNAP-2: EpiCCS aimed to describe the epidemiology of perioperative risk and outcome and critical care referral and admission, after inpatient surgery, in the UK. Data for 14,936 patients collected at 245 hospital trusts was analysed to determine the rates and reasons for last-minute surgical cancellations. Last-minute cancellations of elective surgical procedures negatively impact on patient experience and outcomes. One in 10 patients presenting for surgery in the SNAP-2: EpiCCS study had experienced a previous cancellation, primarily for non-clinical reasons including bed capacity and the requirement for postoperative critical care. The [full publication](#) can be viewed online.

### FACT trial

Pre-eclampsia is a serious medical condition, affecting about 3-5% of pregnancies. It affects multiple organ systems, leads to an increased risk of severe complications in pregnancy and is a leading cause of indicated preterm delivery. The FACT study, conducted at ELHT under the direction of Consultant Obstetrician Miss Nugent, and at another 69 obstetric centres in Argentina, Australia, Canada, Jamaica, and the UK, investigated the efficacy of high dose folic acid supplementation for the prevention of pre-eclampsia in women at high risk of the condition. Thirty four women from RBTH & BGTH antenatal clinics joined the study in which a total of 2,464 pregnant women, with 8-16 completed weeks of gestation, were randomised to receive either daily folic acid (four 1.0 mg oral tablets) or placebo, until delivery. Supplementation with 4.0 mg/day folic acid beyond the first trimester did not prevent pre-eclampsia in women at high risk for this condition. Folic acid supplementation remains indicated in preconception and early pregnancy but there is a need to define when to discontinue supplementation. The [full publication](#) can be viewed online.



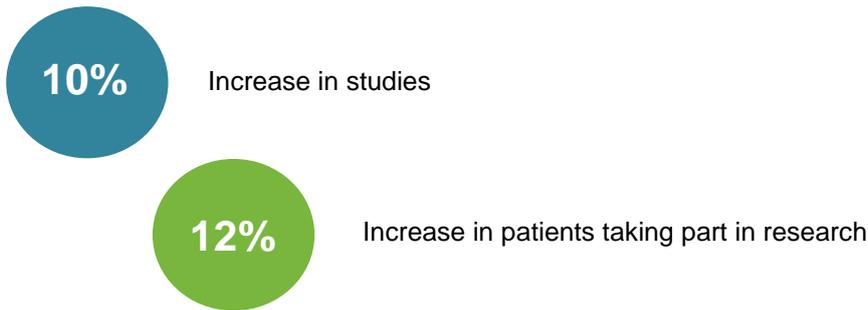
This work uses data provided by patients and collected by the NHS as part of their care and support.

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We would like to thank the East Lancashire patients who took part in these studies. The findings will help to inform and improve the care of future patients.

## Increased research activity at ELHT

The NIHR research activity league table was published in July. East Lancashire Hospitals achieved a fantastic increase in the number of studies open by 10.9% and patients recruitment increased by 12.1%.



Michelle Stephens, Research Manager – Delivery and Industry, thanked staff at the Trust for their work opening and supporting studies. “I wanted to thank you all for this achievement and making such a difference to our patients. I very much hope that this performance will continue in 2018/19 and look forward to working with you on this.” If you would like to know more about the league tables, please [visit the NIHR website](#).

## New series of videos showcases the talent of women in research



Soo Downe, Professor in Midwifery Studies at the University of Central Lancashire (UCLan), shares her experiences of being a researcher in the first of a new series of videos. Developed by R&D North West, the series showcases the talent of North West women in health and social care research.

Professor Downe has worked closely with the ELHT Women’s Health Research Team on the SHIP trial and is currently supporting ELHT midwife Steph Heys with her PhD. She also chairs the Northwest Clinical Midwives Research Network.

There are nine films in the series and one will be launched every four weeks over the coming year. The video can be viewed on [YouTube](#).

## NHS R&D forum: Call for abstracts

The NHS R&D Forum, a UK-wide community of practice and professional network for staff working in health and care research, holds an annual conference. The next event will be held from 12-19<sup>th</sup> May 2019 at the Hilton Metropole in Brighton.

Abstracts, relating to improving efficiency and quality, promoting best practice, or adding value to research studies, teams, departments or organisations, are now invited. The closing date is 1<sup>st</sup> December 2018 for presentations and 31<sup>st</sup> December 2018 for posters. Find out more and access presentation slides and posters from last year’s event at the [conference website](#).

## Free online course: Improving healthcare through clinical research



Developed by the University of Leeds and the National Institute for Health Research (NIHR), this free, online course, is designed for anyone who wants to know more about modern healthcare and the role of clinical research and discovery within it. Certified by the CPD Certification Service for 16 hours of CPD time, the course starts on 15<sup>th</sup> October and will run over a period of 4 weeks. More information can be found on the [NIHR website](#).