

# Research and Development

Research bulletin, July 2019

## Safe effective care through research

### East Lancashire Hospitals achieves increase in research activity

More people than ever are taking part in clinical research in East Lancashire, according to figures released by the National Institute of Health Research (NIHR) Clinical Research Network (CRN).

Research staff at East Lancashire Hospitals NHS Trust (ELHT) recruited 7.1 per cent more patients for national and local studies - an increase to a total of 1,972 research patients in 2018/19.

Michelle Stephens, Research Manager at East Lancashire Hospitals NHS Trust, said: "What's happening here in East Lancashire is really impressive. Once again, we have increased the number of patients involved in clinical research. Research is about finding new knowledge that can lead to changes in treatments and care, and our hard working team will continue to invest in clinical research for the benefit of everyone."

### LEARN to help people Join Dementia Research



Join Dementia Research has helped more than 40,000 people connect with research studies, resulting in 11,000 enrolments into dementia research studies during the last 4 years.

The need to support more patients to become involved is being addressed with a new training tool.

**LEARN Join Dementia Research** is an online module, takes only 5 minutes and will enable health and social care workers to have conversations with their patients about dementia research.

A certificate is provided for all those who complete the module. Please [complete the module](#) and share this information widely.

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- Research studies exceeding targets
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#### Contact us

For support and information on research at East Lancashire Hospitals NHS Trust, please contact the 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)

## Bite-size seminar: Supporting your research



The 'Bite-size seminar: Supporting your research', was hosted by ELHT on behalf of the NIHR Clinical Research Network (CRN), Greater Manchester in the Education Centre at the Royal Blackburn Teaching Hospital. Speakers and delegates from within the Trust, and research organisations across Lancashire and Greater Manchester, shared experiences and information on developing and undertaking successful research projects, and the resources available to support researchers.

Commenting on the importance of research for clinicians and patients, Professor Anton Krige, Director of R&D at ELHT said, "I fully support engagement with research participation for all, across our organisation. Not only is it part of the NHS constitution that all clinicians include research within their "normal" work, but all patients should have the opportunity to participate in research studies. This improves outcomes for patients, and quality within NHS Trusts, among many other benefits."

Janet Eastwood, Head of Communications at the NIHR CRN, Greater Manchester added "The Bite size seminar organised by the NIHR CRN Greater Manchester and East Lancashire Hospitals NHS Trust was well attended and a huge success, highlighting all our research opportunities and what the CRN and the Trust can offer to researchers to help them to carry out successful studies."

Presentations from the event are available on the [Education@ELHT website](#). Anyone who would like an initial discussion about their research idea can contact Cathie Melvin, Clinical Research Development Lead on [researchideas@elht.nhs.uk](mailto:researchideas@elht.nhs.uk).

## Study news

### Occupational therapy support for SPATIAL research

SPATIAL, a feasibility Study of Prisms And Therapy In Attention Loss after stroke, recently started recruiting across the stroke pathway at ELHT.

Patients with spatial inattention who take part in the study may be randomised to have Prism Adaptation Training as part of their Occupational Therapy session. The study, run by the University of Manchester, investigates whether it is feasible to deliver this intervention and how best to design a trial to test effectiveness. Informal carers can also take part by completing short questionnaires and may be interviewed by the Manchester team.

SPATIAL marks a new avenue for research at ELHT. Christine Parkinson, Senior Occupational Therapist working on the Acute Stroke Unit, is taking on the role of Principal Investigator for the first time and involving Occupational Therapists across the stroke pathway within research.

The study has been popular with patients and their families with a high uptake leading ELHT to achieve the highest recruitment into the study within Greater Manchester.

Christine reported "It's been a great opportunity to work with the research team from the University of Manchester and the uptake from patients has been fantastic."

Chief Investigator Prof Audrey Bowen said “We are so fortunate to work with Christine and the teams across ELHT, with our common goal of testing ways to enable some of the most cognitively impaired people to engage in occupational therapy.”

The SPATIAL team can be contacted at: [SPATIALstroke@manchester.ac.uk](mailto:SPATIALstroke@manchester.ac.uk) or see <https://sites.manchester.ac.uk/spatial/>

SPATIAL is independent research funded by the National Institute for Health Research (NIHR) under its Research for Patient Benefit (RfPB) Programme (Grant Reference Number PB-PG-0816-20016). The views expressed are those of the author and not necessarily those of the NIHR or the Department of Health and Social Care.



## Coping strategies following stillbirth or neonatal death



East Lancashire midwives attended a training event to learn how to support women and their partners with coping strategies following a stillbirth or neonatal death. The training event, led by Debbie Smith, Health Psychologist and project collaborator from Leeds Trinity University, supported interventions for the NIHR RfPB research study 'Better Maternity Care Pathways in Pregnancies After Stillbirth or

Neonatal Death'. Women joining the study are allocated to a named Midwife Care Coordinator. Research Midwife, Rachael Massey, is keen to hear from women and antenatal caregivers, so that she can explain the study and offer it to those who are eligible to take part. Further information is available on the [Be Part of Research website](#).

## Research studies exceeding targets

Research targets are designed to ensure that studies are delivered with efficient set up, and recruitment of participants, so that research findings can be assessed and implemented into clinical practice without delay. Its good news therefore that a raft of research studies have already surpassed their targets at ELHT, for the recruitment of participants for the year. The studies include:

- **STAR**, an ophthalmology study investigating the addition of stereotactic radiotherapy to existing treatment, for wet age-related macular degeneration. The research is led by ELHT Consultant Ophthalmologist and Principal Investigator, Mrs Abugreen
- The **EVAREST** cardiology study, led by ELHT Consultant Cardiologist and Principal Investigator Dr Sanjay Banypersad, is looking at the use of blood biomarkers to improve the diagnostic accuracy of cardiac assessment by stress echocardiogram. The ELHT study team, with the support of ELHT patients, exceeded the annual target of 100 participants, not once but twice
- **AF3**, an observational cardiology study has also exceeded its annual target for recruitment.
- The **PBC Genetics study**, is an ongoing, UK-wide collaboration consisting of 150 NHS Trusts or Health Boards in the UK. The project aims to establish a large, well-characterised cohort of patients with primary biliary cirrhosis for genetic studies. This study also exceeded the annual target for recruitment

Michelle Stephens, Research Manager thanked everyone involved: “I would like to take this opportunity to thank our research and clinical teams for going above and beyond, to bring these studies to our patients. I’d also like to thank our patients who, by taking part in these studies, are contributing to changes in treatments and care.”

## GRASP study celebration event



A celebration event was held to mark the successful completion of recruitment into the GRASP (Getting it Right Assessing Shoulder Pain) research study. GRASP assessed the clinical and cost effectiveness of individually tailored, progressive exercise compared to best practice advice with or without corticosteroid injection in adults with a new episode of shoulder pain attributable to a rotator cuff disorder.

Input from the Trust's Integrated Musculoskeletal, Pain and Rheumatology team, under the leadership of Helen Thompson (Co-PI) and Suzanne Folley (Research Co-ordinator), enabled the project's success.

In November 2017, the ELHT GRASP Team were awarded the 'Best Research Debut' at the CRN Greater Manchester Research Awards and ELHT was the second highest recruiting site in the study. It is anticipated that the research findings will be published in September 2020.

## Continued Gem3 success

Congratulations to the women's health research team who continue to lead the way in the Gem 3 research study.

Of the 62 hospitals contributing to the study, the ELHT team led by Consultant and Principal Investigator Fiona Clarke, has entered the highest number of patients into the study.

GEM3 is investigating treatments for ectopic pregnancy, a significant complication of pregnancy that requires prompt diagnosis and management. The study compares treatment with a combination of methotrexate and gefitinib versus methotrexate alone.

Commenting on the research, Bev Hammond, Team Lead for the Women's Health Research Team said: "The success of the study is due to the collaborative working between staff on the Early Pregnancy Unit and the Women's Health Research Team. Having clinical equipoise is paramount to the effective recruitment of participants."

## Publications

### Prednos study published in the BMJ

The PREDNOS study which looked at whether extending initial prednisolone therapy from 8 to 16 weeks in children with idiopathic steroid sensitive nephrotic syndrome would improve the pattern of disease relapse, has been [published in the BMJ](#). The study, which involved 237 children across the UK found that clinical outcomes did not improve with extended steroid use. The study did find a short term health economic benefit through reduced resource use and increased quality of life for the patients receiving extended therapy. The study recruited children at ELHT and was led locally by Consultant Paediatrician and Principal Investigator Dr Iqbal.

### PASTA trial results

The results of the PASTA trial were presented at the European Stroke Organisation Conference (ESOC). The study showed that a Paramedic Acute Stroke Treatment Assessment (PASTA) pathway

did not increase access to thrombolysis treatment after stroke. The study ran for 3 years across North East England, North West England and Wales. ELHT supported the study in collaboration with the North West Ambulance Service. [Full results](#) are available on the ESOC website.

## MHealth study findings

Perinatal depression affects up to 15% of women in the United Kingdom but it's estimated that at least 50% of cases go undiagnosed. The mHealth feasibility study investigated the potential of mobile devices to engage women in antenatal mental health screening. 355 women attending 14 NHS midwifery clinics, including at ELHT, provided over 2000 reports of their well-being. 39 women were reported at risk of depression, suicide or self-harm; two thirds of whom were not identified during screening at the point of enrolment into the study. Click here to [read the full report](#)

## Anode trial results

The results of the Anode trial, published in the BMJ, found that giving women a single dose of preventative antibiotics after assisted childbirth could almost halve maternal infections and that for every additional 100 doses of preventive antibiotic given, 168 doses could be avoided overall because of the reduction in infections after delivery. The research carried out at 27 obstetric units in the UK, including ELHT, involved 3420 women. Thanks go to all the East Lancashire patients, and team of almost 50 doctors and midwives who supported the study at ELHT. Visit the [BMJ website](#) to read the full publication.

## Research events and training

### Partnerships in clinical research across Nursing, Midwifery and Allied Health

Date: 2<sup>nd</sup> September 2019, 9am – 4pm

Location: UCLan in Preston

Bookings: [Via Eventbrite](#)

This symposium will focus on the application of research in practice. It will be an interactive workshop that will highlight the benefits of international collaboration for sharing research and best practice across Nurses, Midwives and Allied Health Professionals.

### Improving health by improving trials

Date: 16-20<sup>th</sup> September 2019

Location: The Foresight Centre, University of Liverpool

Bookings: [The University of Liverpool](#)

The MRC North West Hub for Trials Methodology Research and the North West Clinical Trials Collaborative are delivering a course aimed at health and research professionals, particularly those aiming to become Chief Investigators. 30 CPD points are awarded for a full week attendance.

### Developing Funding Proposals in Applied Health & Social Care: NIHR Funding Programmes

Date: 30<sup>th</sup> Oct 2019

Location: Burnley Campus, UCLan, Victoria Mill, Burnley BB11 1RA

Register: [RDS NorthWest](#)

A Research Design Service NW event for health and social care professionals and researchers in the North West of England who want to develop and submit an application to the National Institute for Health Research (NIHR) funding programmes.

### Clinical Trials Co-ordination Certificate

Date: 5<sup>th</sup> and 6<sup>th</sup> February 2020

Location: The Nowgen Centre, Manchester

Bookings: [Bookings.Nowgen@mft.nhs.uk](mailto:Bookings.Nowgen@mft.nhs.uk)

This two day course delivered by Manchester University NHS Foundation Trust is aimed at delegates working in research co-ordination at band 5/6. It focuses on the logistics of conducting health research within the NHS.

## News in brief

### Help to prioritise: Research for cancer prevention and early detection

The NIHR Manchester Biomedical Research Centre ran a consultation to identify under-researched topics in cancer that could help early detection of the disease. The team now need help to prioritise the 10 most important research questions. You can help by taking part in a [survey](#) which closes on 4<sup>th</sup> August.

### Have your say: HRA Make it Public strategy

The Health Research Authority (HRA) is seeking views on Make it Public, a draft strategy to improve openness and transparency in health and social care research. The consultation seeks views in three key areas – registering research projects, making research findings public and letting participants have access to findings from the research in which they've taken part. You can [read the full draft strategy](#) and take part in the [online survey](#) until 6 September.

### Increasing participation of black Asian and minority ethnic (BAME) groups

Developed by the NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRC) East Midlands, this toolkit aims to capture best practice and provide researchers with a framework on how to improve the participation of BAME groups in health and social care research. [Download the toolkit here](#).

### Research Design Service blog: Don't let your research sit on the shelf

Written by Louise Halbert, Business Manager of RDS East Midlands, this blog explores how to develop and use a dissemination plan throughout the course of a research project to raise awareness, reach influencers and build a network of fellow researchers. It includes links to many helpful resources. You can [read the full blog here](#).

**Episode 9 of the NHS Wonder Women series** has been published by NHS R&D North West. It features [Dr Marie Marshall](#), Consultant Nurse from Manchester University Foundation Trust.

### NIHR Research Participant Experience

The NIHR have published the annual Research Participant Experience Report based on the survey responses from 8,507 research participants. The survey is carried out to give participants to chance to feedback on what went well and what could be improved. 90% of respondents reported they would agree or strongly agree that they had a good experience of taking part in research and 93% reported they would agree or strongly agree they were given all the information needed in relation to the study. To view the findings and recommendations from the report, [visit the NIHR website](#).

### NIHR communications

The National Institute for Health Research (NIHR) launched a [new website](#) and is inviting feedback on the new look and content.



The NIHR twitter account has been restructured into five accounts, @NIHRresearch for the latest news and information, @NIHRcommunity for everyone working on or supported by NIHR research, @NIHRtakepart for ways patients and the public can be involved in research, @NIHR\_Industry for pharma, med tech and the life sciences and @NIHRevidence for the best evidence from the NIHR and others.