

Research and Development

Bulletin, December 2017

STOP Press!

First MiQuit 3 study participant recruited at ELHT

Congratulations to the ELHT women's health research team who've recruited the first participant to the MiQuit 3 study and were the first UK site to open to recruitment

ELHT top recruiting site for DRAFFT2 study

Congratulations to Mr Srinivasan, the occupational therapists, trauma co-ordinators and the research team for achieving the top recruiting site for November

Full stories in the next edition

Contact us

For support or 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 (ext: 83008), e-mail:

Research@elht.nhs.uk

Celebrating great research at ELHT

If you'd like to include a research story in the next bulletin, please contact [Hazel Aston](#)

Safe effective care through research

ELHT is 'top site' in cancer study

East Lancashire Hospitals NHS Trust was described as the 'top site' for reaching target recruitment into the IMbassador 250 study with 'unprecedented speed'. ELHT's cancer research team screened 6 participants and enrolled 5 of those into the study. IMbassador 250 is an immunotherapy study which compares the use of Atezolizumab, an anti-PD-L1 antibody, used alone or in combination with Enzalutamide, in patients with metastatic prostate cancer. The team, led by Consultant Oncologist, Dr Omi Parikh, were also praised for good adherence to the study protocol and for being on top of sampling, data entry and data query resolution. Congratulations to the team for recognition for such excellent work.

ELHT recruits first participant in CRN GM for the StartRight study

The diabetes research team led by Dr Ramtoola was the first site in Greater Manchester to recruit a participant to the StartRight study. The study is recruiting adult patients with a recent diagnosis of diabetes. Clinical features and blood tests that may help determine diabetes type at diagnosis are recorded at recruitment and the patients are then followed for 3 years. The study aims to determine whether early testing of blood samples can aid more accurate diagnosis of diabetes type and improve treatment.

East Lancashire Researchers 'GRASP' Clinical Research Award



A team of first-time researchers from East Lancashire Hospitals NHS Trust returned triumphant when the 2017 Greater Manchester Clinical Research Awards were announced. The GRASP (Getting it Right Addressing Shoulder Pain) team, led by Lead Physiotherapist Helen

Thompson and Co-Principal Investigator Mrs Alison Hallett, claimed first prize in the award's Best Debut category. Dr Anton Krige, Associate Director for Research and Innovation at East Lancashire Hospitals NHS Trust, said: "Clinical research is a very important part of work at East Lancashire Hospitals and we're delighted that the GRASP research team has been recognised for their outstanding work. The team's success is a wonderful achievement, especially as GRASP is the first national clinical trial undertaken by the team."

Founded in 2013 by the NIHR Clinical Research Network, Greater Manchester, the awards are now firmly embedded in the local research calendar. GRASP is a study investigating new and commonly used approaches to treat a shoulder complaint that affects many patients. Researchers began recruiting patients in March this year and achieved rapid results. Not only did the team recruit the study's first patient in the country, they also met their recruitment target within just two months.

GRASP Lead Physiotherapist Helen Thompson, said: "We really are extremely honoured to contribute to this vital work done through the Clinical Research Network and our esteemed East Lancashire Research & Development Department."

10 year BADBIR study helps patients with psoriasis



Pictured L-R: Dr Owen, Consultant Dermatologist, Susan Mazzafiore, Staff Nurse, Tracey Hitchen, HCA Dermatology, Susan Piotrowski, Staff Nurse, Emma Sharp, Dermatology Specialist Nurse

Dr Caroline Owen, ELHT Consultant Dermatologist, the Trust's dermatology team and Research Nurse, Nasreen Iqbal are celebrating 10 years of data for the BADBIR study and thanking the 217 East Lancashire patients who've taken part in the study.

BADBIR (British Association of Dermatologists Biologic Interventions Register) was established to assess the long-term safety of a class of drugs called biologics and follows a real-world population of patients with psoriasis from all areas of the United Kingdom and the Republic of Ireland.

Dr Owen thanked the patients who've taken part in BADBIR and the staff who've supported the research. "ELHT was one of the pilot sites for BADBIR and it has been fantastic to be involved from such an early stage and see it go from strength to strength."

Thanks to the teamwork between the nursing staff, R&D department and of course our patients, we have now recruited over 200 people to this important study. Over 14,000 patients have been recruited in total and now that we have data on this large 'real-world' population it is really exciting to see results coming through. The power of the study is really influencing clinical practice and allowing us to inform and empower our patients."

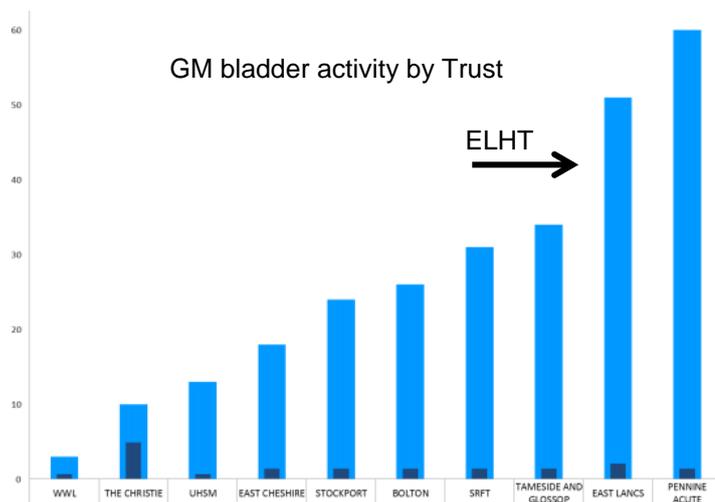
Since the study began in September 2007, 156 hospitals centres have joined BADBIR and a series of study findings have been published:

- Patients taking part in BADBIR have severe psoriasis and severe impairment to quality of life. Those taking a biologic therapy are more likely to have other health problems
- Drug survival with biologic therapy is good but decreases over time. Switching to an alternative biologic therapy may be more cost-effective than moving to best supportive care without a biologic therapy
- Patterns of biologic therapy use showed most patients are treated with the recommended dose of a biologic and a quarter are prescribed a conventional and biologic therapy in combination
- Biologic therapies improve quality of life for patients with psoriasis

The study is led by Chris Griffiths, Professor of Dermatology at Manchester University. Dr Kathy McElhone, Head of Study Operations for BADBIR commented, "ELHT is currently ranked at 14th out of all 157 participating sites in the UK and Ireland. This is a tremendous achievement and is a testament to the enthusiasm of the dermatology team (originally with Dr Daly at the helm and more recently Dr Owen). We are in no doubt that the support provided by the research team has also significantly contributed to this success. None of this would be possible without the generosity of ELHT patients who consent to the inclusion of information related to their health and treatment in this study. From this data, we have already been able to explore how the treatments are being used and compare their effectiveness. We expect to have some results related to long term safety including the risk of occurrence of serious infections, skin cancer and cardiac events in the near future. This information will assist patients and their healthcare team to make more informed choices on the most appropriate therapy for them."

The BADBIR study will continue to 2028. You can follow [BADBIR](#) on the internet, or on twitter (@BADBIR).

Cancer research team recognised for ongoing recruitment success



The ELHT cancer research team were recognised for their on-going efforts to support recruitment into urology trials.

Last year, the team achieved the highest recruitment in Greater Manchester into bladder trials (102 participants), and the second highest into renal studies (12 participants).

And the success has continued with 51 East Lancashire patients taking part in bladder cancer studies in the first quarter of the year and ELHT being the only Trust in Greater Manchester to recruit a participant into a renal cancer study during the same period.

Well done to the research and clinical teams who work together to continue to offer opportunities to take part in research to East Lancashire patients.

Staff story: “I see research as a core principle of day-to-day care” – Dr Devendra Kumar



Dr Devendra Kumar is the lead for neonatal research, based at the [Lancashire Women & Newborn Centre](#). As an enthusiastic and valued member of the [NIHR Greater Manchester Clinical Research Network's](#) Children's specialty group, he spoke about his career beginnings in India, his research successes and ambitions, and his passion for gardening!

I initially trained overseas in Chennai, south India, which used to be called Madras, and I also did my post-graduate training there, in a children's hospital. So I've been a paediatrician from the beginning, but wanted to have more training in neonatology which is one of the reasons I came here to the North West. I was involved in research as a fellow at St Mary's Hospital in Manchester and did my MD (Doctor of Medicine) there before completing my neonatal specialist training. I then started my career here as a consultant neonatologist and I'm in my 10th year now.

I see research as a core principle of day-to-day medical care – I don't consider it as something specialised and something which only happens in certain specialties. Research is mainline healthcare and particularly in my field of neonatology, many of the advances have come as a result of good quality research. I'm sure that parents of children are reaping the benefits of that, along with clinicians.

One study that stands out for me looked at understanding parents' attitudes towards the use of NHS data for research purposes. It was called 'Medicines for Neonates: Data Sharing in Neonatal Services'. I think doctors and nurses often worry about approaching families for research when their children are still so sick. Families are only in the neonatal unit because their babies are not well and, at such an emotive time, you can wonder if it's the right thing to go and approach them about research. That's an apprehension I've had at times, but this study changed that perception because parents overwhelmingly expressed the view that they would like to be part of research. Most said they would like to be asked because they see it as something that's going to benefit future generations. So that opened our eyes. We are denying people a valuable opportunity to be part of research if we don't offer them that chance in the first place.

We also played a part in the recently-finished [PlaNet-2](#) study which looked at thresholds for intervention with regards to platelet transfusions. This was a large, multi-national study that recruited 660 babies and we were praised for recruiting the landmark 550th. Each of our eight consultants, including myself, are all involved in recruiting to studies. The unit has a neonatal research nurse, Emily Andrews (funded by the Trust), who also works clinically on Neonatal ICU, with extra cover provided by Heather Collier (funded by CRN GM), along with an administrator and support team. I am very particular that the initial approach should be made by somebody the family knows and trusts. Because we're all part of the team and work very closely together, that's never been a problem. Of course, some parents may want to find out more information or speak to their partners, but it's also our job to reassure them and explain the safeguards. With this team, research here has gone from strength-to-strength and our move to a custom-made site in Burnley helped raise our profile. If you were to ask me what's been the biggest positive change, I would say it's been having dedicated research nurses with time allocated to research – that's helped tremendously. The current research studies on the unit are [BabyOscar](#) and [Optiprem](#).

We attend the Greater Manchester Children's specialty meetings and the link between the research teams across Greater Manchester is very strong. You get to find out what's going on, network, and share best practice, which is really useful for exchanging ideas on how to overcome a challenge and adapting a recruitment tactic that another team is using well. It's important to have that link because research governance is about everybody having access to research.

Outside of work, I'm part of a walking group and really enjoy that. We completed the Yorkshire Three Peaks Challenge two years ago but would like to expand to explore some nature trails further afield. I also like gardening. I have a young garden that I've been tending to for the past three years and it's starting to look like a proper garden now – it used to be just green and brown but it's a bit more colourful now.

Jill brave's the shave

Research Nurse Jill Fitchett raised a fantastic £2935 for the Macmillan charity as part of their 'Brave the Shave' campaign. Jill decided to support the charity following a cancer scare earlier in the year, during which the Macmillan information team in the foyer of Royal Blackburn Hospital provided much needed support. Jill now has a wonderful and very short new hairstyle and her hair has been sent to the Little Princess Trust which makes wigs for children who need them. Thank you to everyone who supported Jill and her fundraising efforts.



Before



After

CRN Greater Manchester news

CRN GM host successful research day



More than 60 staff members from across Greater Manchester attended a research day. Hosted by CRN GM, the day was titled The Ever-Changing Research Delivery Environment. A [dedicated website](#), including resources and presentations from the day, is available. Photos and messages tweeted from the venue can be viewed at [#GMresearch](#). The day concluded with a presentation from keynote speaker Anthea Mould, NIHR CRN's head of AHP/Pharmacy and Continuous Improvement. Anthea spoke about the NIHR's [Accelerating Digital](#) scheme and the importance of embracing digital technologies.

Help circulate this survey to improve recruitment data collection

Research staff across the Greater Manchester Clinical Research Network are being asked to complete a short [survey](#) to help improve the quality of data entry. The questionnaire has been created by the [commercial Clinical Operations Group \(cCOG\)](#). cCOG is focusing on data quality because analysis shows the UK is consistently ranking below its European counterparts. The organisation wants to help ensure the UK remains a major global player in an ever-increasingly competitive environment of clinical research. Research staff are being asked to complete the survey to help cCOG understand the issues people face around data entry and query resolution, so that appropriate support can be provided. Please [complete the survey](#) and share the link with others working in the research community.

Research training opportunities

Leading a culture of research and innovation

NHS R&D North West invites NHS managers (bands 7 upwards), who are leading clinical teams, to take part in an innovative programme, which explores how to lead an effective culture of research and innovation within their units, wards or departments. The course consists of an initial two day residential and two one day workshops in January and March 2018. This is a free course, fully funded by the North West Leadership Academy, and open to those working in the NHS North West Region. The closing date for applications is 31st December 2017. For further information visit [NHS R&D North West](#).

Developing funding proposals in applied health and social care: NIHR funding programmes

1 March 2018, 9.30 am to 3.00 pm
The Foresight Centre, University of Liverpool
This is a free event
This Research Design Service North West (RDS NW) event is for health and social care professionals and researchers in the North West of England who want to develop and submit an application to a National Institute for Health Research (NIHR) funding programme. Delegates must have an outline idea of their research question and be prepared to discuss this with an RDS NW adviser. To register to attend, please visit the [event website](#).

The 2018 Annual NHS R&D Forum

14th and 15th May 2018
Celtic Manor, Newport, Wales
Workshop sessions at this year's NHS R&D forum conference have been announced and early bird bookings are now open. For further information, visit the [event website](#).

Performance and presentation skills

NHS R&D North West
22nd February 2018, 9am to 5pm
Federation House, Manchester
£90 + VAT
The master class will cover first impressions, posture and body language, managing fear, power of voice and how to plan, prepare, present and hold the attention of your audience. Contact [Leanne Gregory](#) to reserve your place.

Colorectal/General surgery research day

14 March 2018, 1.30pm and 5.30pm
The Venue, Birchwood Park, Warrington
Free to attend.
The event has the support of the NIHR and the ACPGBI (Association of Coloproctology of Great Britain and Ireland). The format will include sections titled Trials under the Spotlight, Research Unplugged and Question Time. Guest speakers will be Professor Jim Hill, chairman of ACPGBI, Austin Acheson, chairman of R&A, Simon Bach, Royal College of Surgeons lead, Peter Rowbottom, CEO of Bowel Disease Research Foundation, Prof Jared Torkington, Spire Cardiff Hospital. For registration and further information, please contact vicky.wilkinson@nihr.ac.uk or dale.vimalachandran@nhs.net