

Research and Development

Research bulletin, November 2019

Safe, effective care through research

Research nurses deliver 79 years of care



L-R: Research nurses Karen Davies and Yvonne Grimes

Two valued members of the research team will retire in the coming months. Cardiology Research Nurse Karen Davies and Diabetes Research Nurse Yvonne Grimes have accumulated 79 years in nursing and 20 years working within the research team at East Lancashire Hospitals NHS Trust (ELHT).

Karen started her training on 5th Sept 1983 at Burnley School of Nursing and worked in Care of the Elderly at Bank Hall, Marsden Hospital and Pendle Hospital Day Unit. In October 2011, Karen joined the ELHT research team where she's been instrumental in developing cardiology research. Karen's first cardiology research study, led by Professor Scot Garg, achieved a series of recruitment milestones including first UK recruit. It led to the development of a portfolio of research within the cardiology department, supported by the cardiology consultants and members of the cardiology clinical team. In her time working in research, Karen has supported 23 studies which together have recruited a total of 1000 patients. It's an astounding achievement and one for which the research team, the cardiology department, sponsors and Karen's patients are extremely grateful.

ELHT Diabetes Research Nurse, Yvonne Grimes, reached the milestone of 43 years in nursing earlier this year. Yvonne trained at Chester School of Nursing in 1976 and undertook roles in surgery, medicine, the community and medicines management. Yvonne worked on the diabetes ward at The Royal Infirmary and Queens Park Hospital before joining the ELHT research team in 2007, where she's worked alongside Dr Shenaz Ramtoola and other members of the diabetes team in supporting diabetes research studies. It's not unusual that Yvonne's patients repeatedly volunteer to take part in research, such is the strength of the relationships that she forms with her patients. And she is praised for the positive working relationships she develops with members of the study team. Described as "dedicated", "going above and beyond" and "working tirelessly" on the diabetes research studies, the support offered by Yvonne to sponsors and to her patients is second to none.

Michelle Stephens, R&D Manager for Delivery, expressed gratitude and good wishes. "I would like to thank Karen and Yvonne for their 79 years in nursing, their care for patients during that time and for their unwavering support for research within the Trust. We're grateful for everything they've contributed."

Contact us

Research & Development Department, Level 3, Royal Blackburn Hospital, Blackburn, BB2 3HH.
Tel: 01254 733008; Email: research@elht.nhs.uk; www.elht.nhs.uk/research; Follow @ELHTresearch

ELHT midwifery research highlighted as part of NIHR campaign



Bev Hammond, Team Leader for Reproductive Health and Children's research at ELHT and National Institute for Health Research (NIHR) Champion for Reproductive Health and Childbirth representing Greater Manchester, features in a new blog. The blog was created to mark the NIHR campaign #YourPathInResearch. Bev describes an accidental meeting with a member of the ELHT research team which led to her involvement in research, and describes what she values most about her research career. "For me, the best part of working in research is being able to offer our patients potential treatment options that aren't currently available, and then being able to follow that patient through their journey." To [view the blog](#) visit the Clinical Research Network Greater Manchester webpage

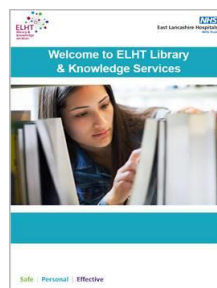
Cancer research team one of top recruiting sites

The ELHT Cancer Research Team is one of the highest recruiting sites in a national radiotherapy study for patients with bladder cancer. The RAIDER study is a randomised phase 2 study of adaptive image guided radiotherapy in the treatment of transitional cell carcinoma of the bladder. The study is sponsored by The Institute of Cancer Research and led locally by Consultant Dr Omi Parikh.

Meetings highlight support to develop ELHT research

The ELHT Research Development Team organised a successful research 'speed-dating' event. The meeting was attended by Professor Jo Knight, Research Director at Lancaster University Medical School, and ELHT colleagues interested in making connections with academics, to develop their clinically driven research ideas.

New Clinical Librarian, Patrick Glaister, started at the Trust in October. Patrick joined the Research Development Team at an East Lancashire Child & Adolescent Services (ELCAS) Research Group meeting, to talk about the ways in which he can support staff and departments to undertake evidence searches. The [Library Guide](#) highlights all the services on offer through the Library and Knowledge Service. Find out more about how they can help support you, whether you are staff, student, or a volunteer. You will find a wealth of information and services. If you need support and help then please do get in touch with the team.



Half-way point for Research Patient Experience Survey

The NIHR Research Patient Experience Survey reaches its mid-point this month. Up to 140 ELHT research participants will be invited to contribute to the survey, and share their experiences of taking part in a research study, by completing a short questionnaire. The survey results will inform a continuous improvement in research practice. This year, the survey will run through to 29th February 2020, enabling more patients to take part.

Research e-Learning page launched

Would you, or a colleague, like to learn more about research and how it delivers improvements in treatment and care for patients? A research e-learning page has been added to the ELHT learning hub. The page curates a range of e-learning modules which are all free to access online.

The modules available include those developed the National Institute for Health Research, the Health Research Authority and other research organisations. They include short courses for students undertaking a research project as part of a course of study, general research courses for all members of the health and care team and specialist modules for experienced researchers. And for those supporting research studies, links are provided to free, on-line Good Clinical Practice and Informed Consent training and refresher courses.

Hazel Aston, Research Quality Manager, thanked the education team for helping to develop the resource. "I would really like to thank Rio Agnello who gave so much time to developing the resource. The barriers to learning about research are often having limited time or not being sure how to access reliable information. We hope that the e-learning page will help to address that and make learning about research accessible to all."

The page can be accessed via your learning hub.



Study publications

Calibra study

[The Calibra study](#), led by ELHT consultant, Dr Shenaz Ramtoola, has been published in Diabetes Technology & Therapeutics. This multi-centre, randomised study compared the delivery of insulin using an insulin patch versus an insulin pen for managing mealtime insulin in patients with type 2 diabetes. Complexity, fear of injections, and lifestyle interference are all known to be barriers to giving mealtime insulin. The study demonstrated improvements in glycated haemoglobin (HbA1c) with both patch and pen with improved experience and preference for the patch for both patients and health care providers.

The RAMS study

The results of the [RAMS study](#) have been published in Rheumatology. The study looked at predictors of and reasons for non-adherence to methotrexate therapy in patients with rheumatoid arthritis. Many patients have concerns when they first hear about methotrexate and its possible side effects but non-adherence to therapy can have adverse effects, including inability to reach or delay in reaching target disease states, or increased health care costs. The study, which was led at ELHT by Professor Teh and sponsored by The University of Manchester, identified that patient beliefs and multi-morbidity strongly link with non-adherence.

TRACE RA study

Rheumatoid arthritis (RA) is associated with increased risk of cardiovascular events (CVE). The TRACE RA study, published in [Arthritis and Rheumatology](#), assessed whether Atorvastatin is superior to placebo for the primary prevention of CVEs in patients with rheumatoid arthritis. This randomized trial included 3002 patients, including those entering the study at ELHT under the direction of Professor Teh and her team. The study was terminated early due to a lower than expected event rate in the patients receiving Atorvastatin. Atorvastatin 40 mg daily was found to be safe and result in a significantly greater reduction of LDL cholesterol level than placebo in patients with RA.

BLC2001 study

The BLC2001 study which investigated the role of Erdafitinib in locally advanced or metastatic urothelial cancer has been published in the [New England Journal of Medicine](#). The study was funded by Janssen Research and Development and led at ELHT by Consultant Oncologist, Dr Omi Parikh. 99 patients took part in the study. The use of Erdafitinib was associated with an objective tumour response in 40% of previously treated patients who had locally advanced and unresectable or metastatic urothelial carcinoma with *FGFR* alterations. Treatment-related grade 3 or higher adverse events were reported in nearly half of the patients.

Engage study

Tamoxifen reduces breast cancer incidence in women at increased risk, but may cause side-effects. The [ENGAGE study](#) examined women's knowledge of tamoxifen's potential harms and benefits, and the extent to which knowledge reflects subjective judgements of awareness and decision quality. It concluded that women considering tamoxifen preventive therapy may need additional support to make informed decisions. The study was sponsored by Queen Mary University of London and supported by the ELHT cancer research team.



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.

Training opportunities

Introduction to cancer and its treatments

Date: Module 1, 6th December 2019
Location: Education Centre, Christie Hospital
Cost: Free
Developed by research nurses from Manchester Foundation Trust, Wrightington Warrington and Leigh and the Christie, this series of 3 modules are aimed at nurses new to oncology research, AHPs and research administrators working within oncology
To register visit the [Eventbrite page](#)

What is health research?

Date: launches Monday 11th November 2019
Location: Online
Cost: Free
Developed by the NIHR Clinical Research Network (CRN) in collaboration with the University of Leeds Digital Education Service and Futurelearn, this three week course is aimed at patients, public, carers and anyone with a keen interest in learning more about the world of health research. Learners can complete the course at their own pace. Register at [Futurelearn](#).

2019 Greater Manchester Clinical Research Awards



The finalists for the 2019 Greater Manchester Clinical Research Awards have been revealed ahead of the annual ceremony this week. More than 200 nominations were received across the 13 awards categories, with submissions coming from all 14 of the Greater Manchester trusts, primary care, academia and other local partners.

Shortlisted in the category of Research Nurse of the Year are ELHT research nurses Yvonne Grimes and Karen Davies, whilst Research midwife Bev Hammond is shortlisted in the category of Research Midwife of the Year.

Debbie Vinsun, Chief Operating Officer for NIHR Clinical Research Network Greater Manchester, said: "I would like to congratulate each of our finalists, who have all clearly made outstanding contributions over the past year." The award winners will be revealed during a ceremony in Manchester city centre on 7th November 2019.

Your Path In Research

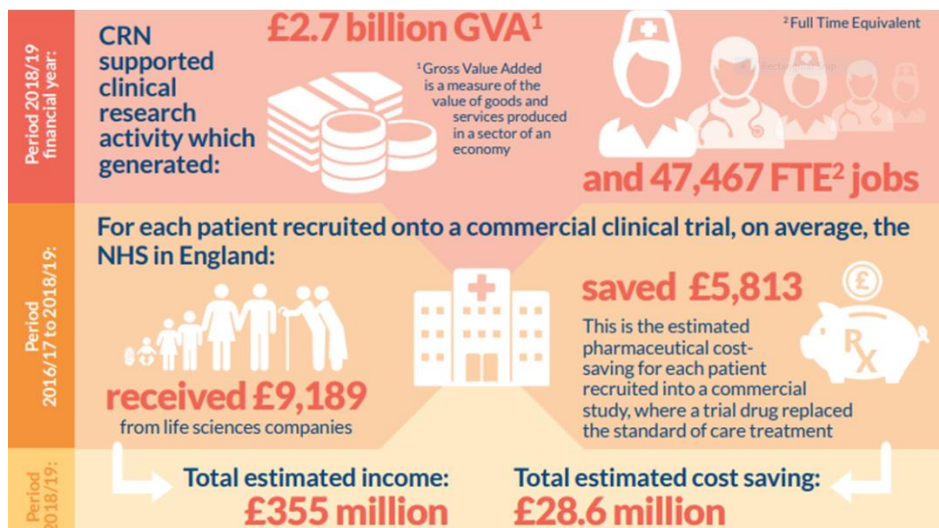
The National Institute for Health Research (NIHR) launched an exciting campaign in October which encourages healthcare professionals to take their first step on a research journey, highlighting 4 easy ways to engage with research

1. Stay informed on the research findings in your area of practice – sign up to [NIHR signals](#)
2. Find out what research is happening in the Trust – visit the research page of the [Trust website](#)
3. Make patients aware they could take part in research – visit the [Be Part of Research](#) website
4. Influence what research takes place – [suggest a research question](#)



The campaign also encourages professionals already engaged in research to consider developing their [research career](#) with information on NIHR training awards and blogs featuring clinicians who've successfully made that transition. [Find out more](#) about the campaign or follow [#yourpathinresearch](#)

Benefits of conducting commercial research within the UK NHS



A new report commissioned by the NIHR demonstrates the benefits of delivering commercial contract research for the NHS in the UK. Produced by the economics team at KPMG UK, the report shows a total estimated income of £355 million and cost saving of £28.6 million. The full report can be accessed at the [NIHR website](#).

