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danetremedicalpractice
Working together for better healthcare

RESEARCH NEWS (5)

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WELCOME to the 1st Newsletter of 2014

Taking part in research may benefit you personally, but also leaves a legacy behind for the improvement of health and treatment of future generations. Participation in whatever small way is appreciated, and if you ever want to know more, we are more than happy to answer questions, so why not drop us an e-mail. Participation in any study is entirely voluntary, and your decision to take part or not will not affect the care you receive here at Danetre Medical Practice. It is important that you tell your GP or Nurse that you are on a study if you come to see them so they can let the research team know. Your reason for seeing a healthcare professional may be important in terms of the study.

CPSS (on going)



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 Hypercholesterolemia -**FH** (raised Cholesterol). Early identification of these individuals will reduce the risk of heart disease, stroke and premature death.

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.

Children will receive a letter and study information before their immunisations are due. All we ask is that you let us know if you wish your child to take part and 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, please get in touch and we can send you out the relevant information. ALL CHILDREN IN THIS AGE GROUP ARE ELIGIBLE TO PARTICIPATE

WINNERS - Research Team of the Year

As you may have read in our previous newsletter we were nominated for the "Research Team of The Year" in the Northamptonshire, Leicestershire and Rutland area. We are very proud to announce we WON. This is a huge honour for us and reflects the input and support we receive from you, our patients. Our Practice Manager, Jo Gilford, also won the award "Non-Clinical Researcher of the Year"



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 form and return to the researcher.

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 by targeting the mechanisms involved in producing frailty.

The research will run for four years, involving more than 1,700 people over the age of 70. 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 either at reception or email laurahopwood@nhs.net

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 will help 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 for eligibility. Trial participants are given a 5 day course of medication (active drug or placebo) 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.

OIC (opioid induced constipation)

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 receive NO laxative therapy. If you think you may be eligible please speak to your GP as they will check to see you meet the criteria. We will also be searching our patient list for suitable patients and we will contact those patients by letter.

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 48 hours in order to see how effective the steroid has been. The GP will assess you on your consultation and if you are eligible ask you to return the 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.

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 stroke 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.

GALDERMA ROSACEA Audit

This is a small study looking at patients over the age of 18 who suffer from Rosacea and associated erythema, and the impact it has on their lives. Eligible patients will be contacted by letter. If you feel you are eligible please contact Laura our research nurse

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. You're GP or Asthma Nurse will make the decision whether this is an appropriate medication to recommend managing 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

PMR Study

This is a new study from Keele University looking at patients, over the age of 18, who have been newly diagnosed with PMR – Polymyalgia Rheumatica.

When the study begins, any patients newly diagnosed with the condition will be given a postcard by their GP with the contact details of the study team at Keele.

It is your decision if you wish to contact the study team or not.

Recruitment will be starting soon

HYPO study

This is a study from the University of Leicester looking at patients over 18 with Type 2 Diabetes and their experiences of hypoglycaemic events (Low Blood Sugar)

The practice has already recruited successfully to this study and has been asked to recruit additional patients.

We are looking for patients:

- Diagnosed with Type 2 diabetes for longer than 6 months
- HbA1c of less than 9.0% at the last check
- On one of the following treatment regimes
 - Sulphonylurea based
 - Insulin based
 - Incretin (GLP-1) or DPP-4 based

If you feel you may be eligible, please contact Laura the Research nurse, who will go through this with you. Patients taking part in the study are asked to Regularly test their blood glucose levels and complete a study diary for a year and will be shown how to do this.

UP COMING STUDIES

We also have studies coming up in the new future looking at childhood asthma and COPD (Chronic Obstructive Pulmonary Disease). Our next research newsletter will have details of these. In the meantime, please feel free to get in touch with any questions you have.

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

Email Laura at

laurahopwood@nhs.net

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

NAME _____

TELEPHONE _____

EMAIL _____

RESEARCH STUDY _____