Summer 2018 Newsletter No. 6

RESEARCH bytes

Ashford and St. Peter's Hospitals NHS Foundation Trust

@ASPH_RD

Research & Development
"Aspiration for Innovation"

research and development • finding a better way •

Nicky Holland – Neonatal Research Sister tells us a little bit about her role in the Neonatal Intensive Care Unit (NICU)

I started working as a neonatal nurse on NICU at St. Peter's many years ago. As a newly qualified staff nurse, NICU was a bit daunting but I knew that I would love it!

5 years ago I joined the research team and became responsible for the set up and running of the commercial and NHS funded clinical trials on the neonatal unit. I talk to the families of sick or preterm babies and explain the trials that their baby may be eligible to take part in. Although a very stressful time for parents, many want to help with research as a way of giving something back for the care their baby has received.



• Who do you work with and what do you enjoy about it?

The whole NICU team is involved with and supports the research we do on the unit.

Dr. Reynolds the Neonatologist is the Principal Investigator taking responsibility for most of our studies. We successfully completed our own research that he designed, which has led to a change and improvement in our practise of stabilising preterm babies in the delivery room, using mobile nasal high flow. It's exciting to have been part of this original work and to see it now being used regularly.

I believe in evidence based practise and I love being involved in trying to find a better way of doing things. Even the process of the research teaches us something and when we get the results there's often a surprise or something we weren't expecting, which is interesting!

• What research studies are you working on at the moment?

We're 2 years into a 5 year follow up study of babies who received an infusion of an insulin like growth factor (or standard care) when they were born at less than 30 weeks gestation.



Dr. Vennila Ponnusamy, Karen Wells - Research Nurse, Dr. Peter Reynolds, Nicky Holland - Senior Research Nurse

We recruited over 60 babies to Elfin, which is a large NHS study evaluating the use of lactoferrin added to milk feeds, to help prevent infection in preterm babies.

Dr. Vennila Ponnusamy is PI for a small study, looking at Vitamin K levels in the blood and stool of preterm babies who are now breastfeeding in the community.

• If you could research anything what would it be?

The parent journey interests me and how we can work together to all support each other in our roles with regard to the baby, but I would love to research something fun when I retire and look for the best waterslides around the world !

The Bees Knees

UK Safe is a therapies study aimed at patients who are having a revision of primary hip or knee replacement, exploring how patients are followed up after total hip and knee replacement surgery.

Total joint replacement provides considerable improvement in quality of life to patients suffering with severe joint damage.

In 2013 over 170,000 total hip and knee replacements were conducted in England and Wales. This number is likely to increase each year.

Follow-up care is provided to ensure that any problems are identified as early as possible to plan for further surgery.

UK Safe aims to determine the most cost effective follow-up pathway for hip and knee arthroplasty to minimise potential harm to patients.



Welcoming Nina Cron & Megan McGee to the Research Team



Nina Cron joined Ashford and St Peter's Hospitals in 2013 as Specialist Nurse for Nutrition Support. As her role was part time she was able to assist within the Research team which Nina subsequently joined as a full timer in October 2017.

Nina has had a varied introduction to the range of studies in the department starting with two commercial diabetes studies investigating long acting Insulins for patients with type 2 diabetes. She is currently looking after the Stroke studies but hopes to utilise her previous nutrition knowledge by working with the Gastroenterology department to build their research portfolio.



We would like to welcome Megan McGee our newest member of the research team, working in the surgery and oncology team. Despite her love of clinical nursing, she feels that Research and Development plays a crucial and forever necessary role in the future of nursing and medicine, as it is the foundation on which clinical practice is built. Playing even the smallest role in changing and improving practice for the better, which will inevitably impact and improve the lives of others, is something that Megan is incredibly passionate about.

Megan holds the National Miss Slinky 2016 Title for Slimming World, which has been voted the UK's number 1 weight management and healthy lifestyle plan. As well as being an international representative for the organisation, she continues to be a positive influence for the health and well-being of those around her.

"Profile" for Prostate Cancer

PROSTATE CANCER UK

We would like to invite men with a family history of prostate cancer or who are of black African or black Caribbean ancestry to take part in a research study. The study is being carried out at The Royal Marsden NHS Foundation Trust in London and you will need to travel there to take part, travel expenses will be reimbursed.

The aim of the **'PROFILE'** study is to investigate the role of genetic profiling in the development of screening programmes for prostate cancer detection.

Prostate cancer is the most common cancer in men in the UK with nearly 35,000 men diagnosed per year. However, the cause for prostate cancer remains very poorly understood as there are substantial worldwide variations when it comes to incidence rates suggesting that lifestyle risk factors are important. To date, no definite lifestyle risk factors have been identified and aside from demographic factors, the only well-established risk factor for Prostate Cancer is family history. This study aims to look at men with a higher risk of prostate cancer based on their ethnicity or family history to see whether any of these genetic changes are present in their DNA and whether this could help determine the outcome of prostate cancer screening programmes.

If you are unsure whether your family history fits these criteria and would like to discuss this study further then please get in contact with the research and development department and speak to: Megan McGee, Clinical Research Nurse, Surgery and Oncology division
Telephone: 01932 723798 Email: Megan.McGee@nhs.net

http://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-study-to-find-out-if-looking-at-gene-changes-could-be-part-of-prostate-cancer-screening-profile

MOVEMBER CANCER RESEARCH UK NHS National Institute for Health Research

GO FLO!!!



Florence Nightingale (1820-1910)

Florence Nightingale is often seen as the very first nurse researcher.

During the Crimean War in the 1850's, she observed the soldiers mortality and morbidity. She then identified 'research' questions and collected data to find answers to these problems in practice.

Her 'research' led to changes in cleanliness, ventilation, clean water and adequate diet, enabling herself and her fellow nurses to provide evidence based care to the sick.

The Glove Study

We are delighted to announce that our Glove Study has just received the award 'Best Contribution to Commercial Research' from the Kent, Surrey & Sussex Clinical Research Network.

The study is the result of collaboration between three nurses, across three NHS organisations in Surrey & Sussex, with a keen interest in the use of non-sterile gloves.

Healthcare associated infections are a serious risk to patients and can result in high direct financial costs for the NHS along with extensive personal costs. Hand hygiene practices, including the use of non-sterile gloves, are key factors in enhancing infection prevention for both patients and staff. In order to maximise this we need to understand the practices and drivers for the wearing of non-sterile gloves by healthcare workers in acute and community hospital ward settings, especially as non-sterile gloves are used so extensively across the NHS.

The study involved the collection of information relating to hand hygiene practices and the use of non-sterile gloves, via questionnaires and interviews. The results of the study will be used to inform the development of interventions to improve practice and to ultimately reduce the spread of infection. At present all the data has been collected, and the results are being analysed. We now look forward to presenting the key findings.

The Glove study also links into international programmes such as COST action on Anti-Microbial Coating Innovations to prevent infectious diseases (AmiCI), which brings together a variety of scientists and healthcare professionals across the globe, who again are looking at reducing hospital acquired infections. For this aspect of the work, understanding how healthcare professionals interact with surfaces is key to designing effective intervention strategies for the prevention of hospital acquired infections.

For this study we recruited our own Trust staff, and our thanks goes to everyone who shared their views or completed questionnaires.

AFGEN-UK Registry



Pictured with our Chief Executive Suzanne Rankin and Research Nurse Nina Cron, is George. George has recently been diagnosed with Atrial Fibrillation (AF), which made him eligible to participate in a new UK-wide registry. The registry looks to compare the similarities and differences of AF treatment across the NHS in the hope of standardising care in this patient population.

Diabetes Research

Addressing Research in Type 1 Diabetes

The **Address** research study began 9 years ago and **Address 2** started 6 years ago. Nationally during that time, over 6,000 have joined the study; with more than 5000 diagnosed with type 1 diabetes and approximately 1,000 siblings also joining the study. Over half that joined were children when diagnosed (aged 5-16 years) and nearly as many diagnosed in adulthood.

It is known that type 1 diabetes can be diagnosed at any age, but it is still often thought of as affecting more children and young adults. Out of those who had agreed to participate in the study 20% were over the age of 30 when diagnosed.

All the information collected and the blood samples donated from participants are being used to learn more about type 1 diabetes, soon after diagnosis, in modern and diverse Britain.

How Address and Address-2 helps with other Diabetes Research Studies

An important part of Address / Address 2 involves letting participants know about other type 1 diabetes research studies they may be eligible for and how they can join if they are interested.

Since 2011 there have been 22 studies that participants have been matched to. These have mainly involved adults with type 1 diabetes. There are a few studies involving children with type 1diabetes that started this year and soon they will be contacting some siblings too.

When someone is matched to a study, they are sent information explaining what is involved. If they express an interest in joining, then they are put in contact with the research team running that specific study.

For more information about other type 1 diabetes research studies visit: www.address2.org/type1-diabetes-study

The Address-2 Patient Advocate Group are looking for volunteers

Do you want to help improve how Address 2 is run?

Address-2 have formed a group of people with type 1 diabetes and parents of children with type 1 diabetes who give advice and input into how the study is run.

The group has a particular focus on communication and engagement with people living with type 1 diabetes and with health care professionals.

They are now looking for more volunteers to join the group which works by communication via email with occasional face to face meetings.

If you would like to find out more please contact: address2@imperial.ac.uk

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*The **Research and Knowledge Hub** brings together Research activities, presentations and publications written by Trust staff. Access it via the library's KnowledgeNet website.*

http://www.knowledgenet.ashfordstpeters.nhs.uk

Lacunar Stroke

Researchers Emma Young and Nina Cron have just recruited their first stroke patient into the study called "DNA Lacunar 2" this week.

What is a Lacunar stroke?

This is a type of ischaemic stroke that occurs when blood flow to one of the small arteries in the brain becomes blocked. This is known as Cerebral Small Vessel Disease (SVD).

How does this affect the patient?

It is the least understood stroke subtype but can leave the patient with disabling symptoms such as limb weakness, paralysis, co-ordination and communication problems which have an acute or long term effect on the person's health and well-being.

Why is this study being done?

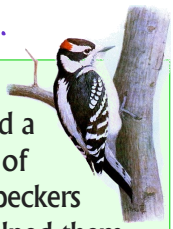
SVD is responsible for about a fifth of all strokes worldwide and is a major cause of vascular cognitive impairment, dementia and often intra-cerebral haemorrhage.

Due to the lack of knowledge surrounding SVD and in particular the pathogenesis we are unable to provide specific therapies to delay the disease progression.

This study aims to use genetics to understand more about this particular type of stroke and may offer the further knowledge we need to be able to treat and most importantly potentially delay the progression of SVD.

The study is aiming to recruit 1000 patients with lacunar strokes, this will be added to a further 2000 allowing 3000 sets of data to be analysed.

Lighter Bytes...



In 2002, Ivan Schwab an ophthalmologist, published a paper that details the raft of psychological traits woodpeckers have. These traits have helped them to avoid brain damage, detached eyes and bleeding when they hammer their beaks into trees at the speed of 20 times a second, 12,000 times a day.

Are you statin intolerant?



If you have an intolerance to two or more types of statin (e.g. Atorvastatin, Simvastatin, Rosuvastatin, Pravastatin etc.) then you may be eligible to take part in the **"CLEAR Outcomes Study"- For people with, or at risk for cardiovascular disease who are statin intolerant.**

The study is one of 4 trials assessing the effects of a new drug known as **Bempedoic Acid.** This works by reducing LDL "Bad" Cholesterol the same way as **statins** do, but they differ in how they are broken down in the body.

When **statins** are broken down, the breakdown products leave the liver and can be deposited in muscles, which can cause muscle aches. On the other hand, when **Bempedoic Acid** breaks down, it's products are removed from the body by the liver without causing those side effects.

If you would like more information, please contact: **Jessica Law, Cardiology Clinical Researcher** on **01932 726665** or email at: jessicalaw@nhs.net



Cardiology Research Team

The **Cardiology** Research Team at Ashford & St Peter's have attended the prestigious **European Heart Failure Congress** in Vienna this year, to present the interim results of their research into **Acute Heart Failure**.

The team, led by Consultant Cardiologist **Dr Aigul Baltabaeva**, have been working for the past year and a half on research looking at prognostic markers and financial consequences of acute heart failure, with a specific focus on the effects of **mitral regurgitation**. This helps to predict outcomes in patients and enables treatment to be relaxed or intensified according to need.

Presenting at the European Heart Failure congress is an incredible opportunity to disseminate the work the team has been doing for the last year which is now beginning to demonstrate interesting results. The team presented posters outlining some of the conclusions from the data so far, and discussed these results with other interested delegates from around Europe.

See website for further details of our studies and activities, diary information and contact details.

http://www.ashfordstpeters.nhs.uk/research-and-development

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