

# North East London Diabetes Research Network



## Newsletter

**Issue 2**  
**July 2008**

Welcome to the second issue of the North East London Diabetes Research Network (NELDRN). We will continue to publish this newsletter 4 times per year with the aim to give an update of the work of the NELDRN including trials being undertaken also local news and events held in the locality.

## Research Nurse Forum

The Diabetes Research Network (DRN) established a Research Nurse Forum team to advise the DRN on training needs and other aspects of the network appertaining to staff in April 2007. The Research Nurse Forum meetings normally take place quarterly in one of the local diabetes research network localities.

On 24th April the North East London Diabetes Research Network (NELDRN) hosted the meeting at the Old Medical College Queen. Fourteen members of the Forum throughout UK attended this meeting. Various issues were discussed concerning research nurses' training as well as the programme for the forthcoming symposium to be held on 25th/26th September 2008 and DRN Annual Conference on the 16<sup>th</sup> June 2008. Members of the Forum had the opportunity to view work carried out by NELDRN and meet other members of staff.

Due to the success of this meeting (apart from the weather!), all members agreed to continue to meet up to discuss further research nurse issues on a regular basis and to continually support each other in their professional development.



# Diabetes awareness days

To celebrate the UKCRN 2<sup>nd</sup> **International Clinical Trials Day** on 20<sup>th</sup> May 2008 and Diabetes UK **Diabetes Week 2008** from 8<sup>th</sup> – 14<sup>th</sup> June, we arranged our involvement in two local events. The first event took place on 5<sup>th</sup> June 2008 at the Brady Centre, hosted by Social Action for Health (Self management course certification distribution ceremony). The second event on the 18<sup>th</sup> June 2008 was held at the Montefiore, Sure Start Children's Centre (Family Fun Day) in Tower Hamlets.

The NELDRN organised a stall to enhance awareness of Diabetes, its prevention and healthy life style and to inform the community about the work of the Diabetes Research Network. Throughout the afternoon the team carried out anthropometric measurements including height, weight, waist measurements, blood pressure and capillary blood glucose measurements. All those attending the stall for these measurements were also given a face to face consultation explaining their individual risk of diabetes with advice on healthy living. Literature was provided including leaflets from the Diabetes UK Measure up campaign and the NHS 'Your weight, Your Health' booklets. The stall also displayed DRN leaflets encouraging people to participate in research and goody bags were given including DRN logo mugs, balloons, pens and post-it notes.



At the first event 128 people attended the ceremony, most were of Bengali origin. Of those attending 54 people visited our table and 49 had an assessment carried out. At the second event, 200 people came out of which 70 visited our table and 48 had an assessment carried out. Most of these were of Bengali and Somali origin for which we arranged two bilingual health advocates who assisted with the face to face consultations.



# Study portfolio update

## ADDRESS STUDY

(After Diagnosis Diabetes Research Support System)

The ADDRESS study has been proposed to establish a fast, reliable and accurate support system to facilitate future research into type 1 diabetes mellitus (T1DM). This is mainly to be achieved through the set up of a confidential database system which will record individuals recently diagnosed with T1DM who have given consent for their details to be entered onto a national database.

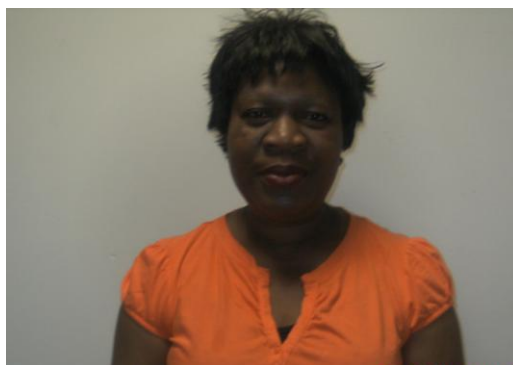
Eligible individuals will be informed of the study at an appropriate time which may be during an initial admission to hospital when a diagnosis of T1DM has been made or at a follow-up clinic. Information about the ADDRESS study will be given by a trained professional, either a diabetes research network nurse or local medicines for children research network nurse, or the diabetes specialist nurse from the participants local care team. Individuals only give their consent to be on the database and to be informed of any future research studies. This consent is entirely voluntary and can be withdrawn at any time.

The proposed duration of the study is 5 years and participants will be mainly recruited from hospitals. Those eligible for the study are children aged 5 to 16 years and adults diagnosed with T1DM in the previous 6 months. One of our Research Nurses Felicia Otobo-Martins is managing this study.

### Partner Sites

- Barts and The London NHS Trust
- Newham University NHS Trust
- Homerton University Hospital NHS Foundation Trust
- Whipps Cross University Hospital Trust
- Barking, Havering and Redbridge Hospital NHS Trust
- Mid Essex Hospitals Services NHS Trust (Broomfield Hospital)
- Southend University Hospital NHS Foundation Trust

To date three patients have been recruited to the study and many connections have been made with the diabetes teams at the various sites, so Felicia feels that this number will quickly rise.



Felicia Otobo-Martins

## Local news

### New Research Nurse

Hello!! My name is Zohra Rehman and I joined NE London Diabetes Research Network last December as a Research Nurse / Advocate. I am originally from Pakistan and my native language is Urdu. I also speak Hindi, Gujarati and Katchee. I obtained a diploma and degree in nursing in 1992, and 1996 respectively from the Aga Khan University (AKU) School of Nursing, Karachi, Pakistan. I initially worked in the Medical and Emergency unit for three years at the AKU Hospital. I then moved to Atlanta, Georgia, USA in 1998 and worked in the surgical unit at the Promina Gwinnett Medical Centre for two years before leaving for Minnesota to pursue Masters of Science in Nursing from the University of Minnesota (UMN). While at the University, I worked part-time at the UMN Cancer Research Centre as a Cancer Information Nurse. I developed my interest in Research from there.

After completing my studies, I married and moved to London in 2004 and started working at St. George's Hospital NHS Trust as a Macmillan Project Co-ordinator / Cancer Genetics Nurse for two and a half years. The project was funded by the Department of Health and Macmillan Cancer Relief to establish Nurse-Led Cancer Genetics Family History Clinics at three primary care sites and two district hospitals. After my contract ended in 2007, I worked at the Clinical Research Centre at Barts and The London NHS Trust as a Clinical Trial Research Nurse based at Royal London Hospital. Later I joined the North East London Diabetes Research Network.

I am very excited and happy working here in an environment where I get good support from my team and my manager at all times. We recently moved into our new office, with new furniture, more space and day light! I can really see the hard efforts put in by my manager to get this place for us so that we can work in a nice environment of which the whole team is thankful for.



## **Trust Wellness day**

The NELDRN staff are keen to forge links with their local colleagues in both primary & secondary care and were recently invited to hold a stall at the trusts second staff wellness day of this year on 20<sup>th</sup> May 2008. During the afternoon posters were displayed explaining the role of the network and in keeping with the theme of the day we decided to raise awareness of the risk of diabetes in those who are overweight or with an increased waist circumference. From this day we received questions from staff asking more about the work that we do and hopefully raised awareness of the importance of research. There were several members of staff who expressed an interest in partaking in research studies and the team are looking forward to attending the next wellness day later in the year.

## **Diabetes UK poster presentation**

The North East London Diabetes Research Network recently submitted an abstract to Diabetes UK and subsequently presented a poster at the Annual Professional Conference. The Poster was titled: A day at the mosque: finding culturally appropriate ways to engage people in diabetes research by the North East London Diabetes Research Network (NELDRN). The work was based around a day at a local mosque where the staff of the NELDRN aimed to assess the level of and raise awareness of diabetes in what is a particularly high risk group within the area. The day allowed time for people to ask questions and take away various pieces of literature in their spoken language and also for the opportunity to have a random glucose check. The day was very well attended and staffs from the Network were thanked for their time spent in this area.

The abstract reference can be found at: Diabetic medicine, March 2008 Vol. 25 supplement 1, page 138, P324

## **Congratulations**

We are pleased to announce that Sarah Mills the Primary Care Co-ordinator for the NELDRN gave birth to a healthy baby boy on 14<sup>th</sup> June. All of the team are delighted for Sarah and her family.

## **Contact Details**

North East London Diabetes Research Network  
Abernethy Building, Room 1.10  
2 Newark Street  
London  
E1 2AT

Telephone: 0207 882 2592

Fax: 0207 882 7210

For any queries regarding this newsletter please contact the editors Emma Thompson or Zohra Rehman at the contact address above