



North East London Diabetes Research Network



Newsletter

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Patient and Public Involvement The 2nd United Kingdom Diabetes Research Network PPI Conference

The 2nd United Kingdom Diabetes Research Network (UKDRN) Patient and Public Involvement (PPI) Conference entitled: Making a Difference: *"Priorities for diabetes research from the patient perspective"* will be held on Friday 4th December at the Grange Hotel in Holborn, London.

The attendees will consist of lay representatives from local and regional Local Diabetes Research Network sites (LDRN's), health care professionals and specialists in diabetes care and research.

The overall aim of the conference is to recognise the achievements of lay persons and their ongoing commitment to the DRN, and to define strategies which promote a lay perspective throughout the whole research process – from concept to design.

A report on the conference, speakers and initiatives for 2010 will be reviewed in the spring edition of the NE London DRN newsletter.

Support Staff

Chris Mathews continues to hold the post of data coordinator and is booked for weekly shifts through the Barts and the London staff bank. In this capacity, he is solely responsible for processing the increasing amount of

accrual data and reporting the United Kingdom Clinical Research Network Coordinating Centre (UKCRN CC). It is anticipated that this post will become a permanent position in the near future.

Nurse Placements



The NE London DRN continues to work in collaboration with City University to provide student nurse placements for nurse trainees. The aim of the two-week placement is to give an insight into the intricacies of clinical research and research nursing as a career pathway. Nicola Riley, the 6th student nurse, joined the Network on Monday 5th October 2009. On reviewing her time spent on placement, she commented, amongst other things, that she would consider research nursing as a career option.

Study Portfolio Update

Liraglutide & Insulin:

This type 2 diabetes study is researching the effects of a newer class of injectable medication called Glucagon-like peptide-1 (GLP-1), which has been previously shown to improve diabetic control and help with



losing weight. The present study is being run to find out more about using liraglutide in combination with insulin and metformin. Recruitment for this study has now closed and the patients are being followed up to assess their response to the drug.

Bangladip study:

There are many people at high risk of developing diabetes, particularly in the Bangladeshi community in Tower Hamlets. To help find ways of reducing this risk, the Bangladip study has been set up to assess the effects of lifestyle intervention in this community. Those identified as being at high risk have been randomised into one of two groups either a "normal GP care" group or a group given "lifestyle education". The study is now in the final stages of assessing the two groups.



Pancreatic Imaging Study

This is a study to compare the blood supply to the pancreas of people with and without type 2 diabetes. The assessment is carried out by looking at MRI scans of the pancreas. To be eligible for this study you need to:

- diagnosed with type 2 diabetes for at least 7 years
- be aged between 40 – 60 years old,
- have a Body Mass Index (BMI) between 22 - 32



DARE: (Diabetes Alliance for Research in England)

The Dare study is designed to develop a database of DNA from those with either type 1 or type 2 diabetes to assist research in the future, as there is still much to be learnt about the genetic nature of diabetes. In addition, it is helping to build a database of patients interested in taking part in other diabetes research that is being carried out.

Anyone diagnosed with type 1 or type 2 diabetes is eligible for this study. Please contact the DRN

office on 0207 882 2592 if you would like more information.



The DARE study is live in the borough of Redbridge. Participating GP sites include Dr Sood at the Newbury Park Health Centre, Dr. E. Paul at the Seven Kings GP practice and Dr R Cameron-Mowat at the Forest Edge Practice.

Dr. Varma's surgery is currently the only active site in the borough of Tower Hamlets although more sites are planned for 2010. The NE London DRN would like to say a big thank you to all participating patients, practice managers, GPs and all staff at the above practices.

World Diabetes Day Celebrations in the Borough of Havering



World Diabetes Day (WDD) is celebrated on the 14th November each year and symbolised by a blue circle Lappet. The brainchild of the International Diabetes Federation (IDF) and the World Health Organisation (WHO), it was first celebrated on 1991 with the aim of highlighting the increasing prevalence of the disease and to raise awareness of other diabetes related illnesses.

Each year, organisations undertake a range of activities to commemorate the day. This year, Martin Lodemore, the United Kingdom Diabetes Research Network (UKDRN) (PPI) Patient and Public Officer, joined Sue and Joe Braeger, members of the Diabetes UK (DUK) Havering Voluntary group and representatives from NHS Barking (*Previously Havering PCT*) to light up Havering Town Hall in blue lights to celebrate World Diabetes Day. Owing to the great success of this event, it is foreseen that this will become an annual event, marked by lighting up a different Town Hall in the NE London DRN region.



Professor Hitman's Long Service Award

On Thursday 5th of November 2009, Professor Graham Hitman received an award for his services to Queen Mary University of London (QMUL). He started at QMUL on the 1st November 1984 as a lecturer to Professor Bob Cohen, in the medical unit of the London Hospital Medical College. His service since then has been in the Centre for Diabetes in the Blizard Institute of Cell and Molecular Sciences (BICMS), where he served as deputy director of research.

He is co clinical lead for the NE London DRN based here at Barts and the London NHS Trust. He was appointed to chair of Diabetes UK (DUK) in 1995 and held the post of Clinical Academic Unit director for research in 2008 – 2009 making major contributions to the 2008 Research and Assessment Exercise which saw QMUL ranked amongst the top research universities in the country. He was personally thanked by Professor Richard Playford, the deputy warden and vice principal of QMUL School of Medicine and Dentistry.

Professor Hitman has reached international acclaim, as a researcher specialising in the field of genetic causation. In recognition for his research excellence, he has received multiple awards and distinctions on a national and international scale. Supplementary to this is his award for 25 years of long service. Members of the NE London DRN team were there to share in his celebrations and presented him with a gift to convey our thanks and appreciation of working with a true professional in the field.

Local News

WDD Celebrations at the East London Mosque – Whitechapel

On Wednesday 11th November, the NE London DRN team set up two stalls, one in the main hall of the London Muslim Centre and one in the women's area of the centre. We had a variety of leaflets in English and Bengali leaflets for distribution and offered blood glucose tests with Sylheti / Bengali speaking interpreters on hand to assist with answering queries. A total of 80 blood glucose tests were conducted, 49 men and 31 women with the majority aged under 60 and only 8 over 60 years. Two people were referred to their GP with high blood glucose readings and 5 with intermediate readings, for further tests. Visitors to the stall were also asked if they would like more information about trials running at the NE London DRN, 31 responded positively, with 7 people saying they would like a patient information sheet about particular studies on the NE London DRN portfolio.



Do you know that?

In 2002, it was calculated that a total of 5 % of the National Health Service (NHS) budget was spent on treating diabetes and its complication. This equated to:

£3.5 billion a year
£67.3 million a week
£9.6 million a day
£400,000 an hour
£6,700 a minute
£111 a second

Seven years on, diabetes is still a growing cause in health care provision. With one person being diagnosed with diabetes every three minutes of the day, you can envision how much the above costs have increased.

Source: National Service Framework for Diabetes Standards, 2002

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