

# North East London Diabetes Research Network



## Newsletter

## Issue 7 October 2009

### Patient and Public Involvement Research and Protocol Training Event

North East London Diabetes Research Network (NE London DRN) organised a Patient and Public Involvement Research and Protocol Training Event on Tuesday 7<sup>th</sup> July 2009 at the Grange City Hotel, London. This event was well attended with 30 delegates, mainly lay representatives from local and national DRN sites and some health professionals. The purpose of the event was to provide training for lay representatives in research from concept through to design, conduct in research studies, patient information sheets and research funding information. There were also presentations and interactive workshops on understanding regulatory agencies and the ethics process, research terminology, lay summaries, and current research studies taking place in NE London. Attendees were given an evaluation form at the end of the session for their feedback and the comments received were very positive indeed:

Some people felt they had; *a wonderful, interesting, enjoyable and excellent day; great venue with excellent refreshments.*

Some people felt the event was; *informative, useful; information overload but in a good way; enlightening and look forward to more participation; a comprehensive range of topics, a good mix of delegates with interesting discussions and interesting speakers.*

Some people found the; *patient information sheet exercise excellent and now feel more confident as a lay person although a minority of patients felt the patient information sheet exercise hard to understand.*

Ongoing training via the lay panel meetings and also through other future arranged events will continue to address the future needs of the lay representatives of NE London DRN.



## Student Nurse Placement



London DRN continues to foster a research environment for student nurses by providing two week placements in agreement with City University. Recent student Esme comments about her time with NE London DRN:

“This placement has increased my knowledge and understanding of diabetes and the importance of educating a patient about the disease. I have enjoyed my week placement with the DRN. I have gained insight into the different research trials and how they are conducted. It has informed me about the role of a research nurse and that a lot of hard work and effort is carried out by the research nurses.”

## Support Staff



I'm a graduate from Queen Mary University with a variety of skills from biology and IT to music and photography. My working background comes from a data security viewpoint, testing and supporting encryption software for secure online distribution of documents and digital content. This brings a good understanding of security best practices in IT. Working with the research staff here at the NE London DRN, I collate the information gathered into databases, entering and updating patient records accurately and efficiently. I'm glad to be joining a friendly team that works together happily and helping each other out. (Chris Mathews)

## Study Portfolio Update

**Bangladip study:** Recruitment closed in November 2008. A total of 402 participants were screened, 199 were identified as 'at risk of developing diabetes' and were invited to take part in the intervention arm (phase 3) of the trial, of whom 165 were further randomised to *Lifestyle* or *Routine GP care* groups for one year. The study is now in the 3<sup>rd</sup> phase which includes the metformin arm and a total of 43 participants have been prescribed the medication. 84 participants have now completed the study and have had their end of the trial tests. The trial comes to an end in March 2010.

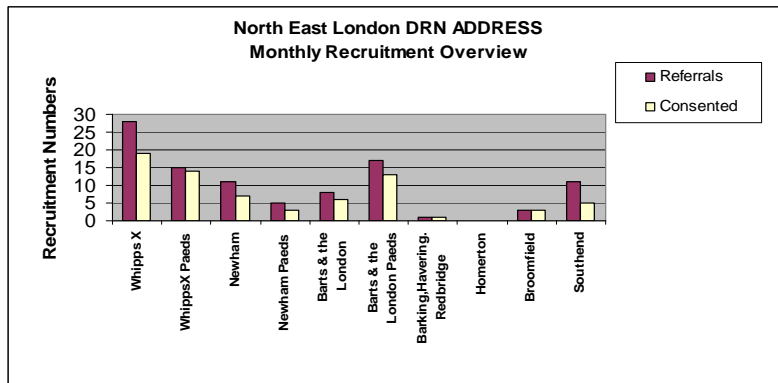
**Vitamin. D study:** We are currently awaiting regulatory approval for this study to commence.

**Action Lada:** Recruitment is currently taking place in primary care.

**Epigenetics:** One more set of twins has been recruited.

**Liraglutide:** This is a type 2 diabetes study 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 as the total of 940 patients has been reached worldwide. Study co-ordinator Jo Law has successfully recruited 5 patients to the study in the North East London DRN area, meeting the recruitment target of 4-6 patients.

## ADDRESS: (After Diagnosis Diabetes Research Support System)



Is now an established database infrastructure for research into type 1 diabetes with other studies into type 1 diabetes feeding from it such as Diamyd vaccine study and Kings College study which is looking into how white blood cells destroy the insulin producing cells in type 1 diabetes. Total number of patients recruited so far is over 70 locally and nearly 370 nationally.

**Diamyd:** Regarding recruitment, we are the only site in UK that has recruited patients on this study. We have now screened 5 and randomised 4 patients in the study. Recruitment is ongoing at present although targets should be reached in the near future.

### New studies started

**DARE: (Diabetes Alliance for Research in England)** The Dare study has been successfully launched in surgeries in Redbridge, Essex. We have received a very positive response and have commenced recruitment. Over 50 people have joined the study with more expressed interest from other regions.

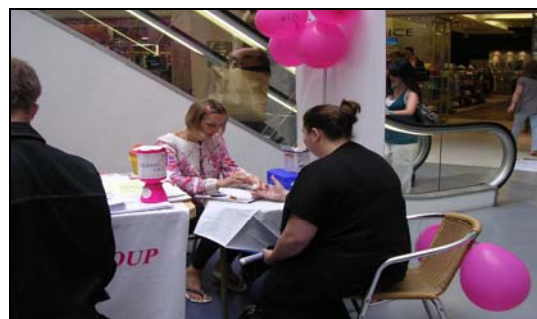
**Year of care:** Due to Ramadan, there has been a significant drop in the rate of scheduled diabetes clinics in August. DRN staff have played an important role in delivering the Picker Questionnaire (diabetes survey) to evaluate the quality of diabetes care.

**ASCEND: (A Study of Cardiovascular Events in Diabetes)** This study is in collaboration with Oxford Clinical Trial Service Unit and is currently approaching GP practices to participate in recruitment.

## Local News

**DRN Annual Conference – 30<sup>th</sup> June, 2009:** Took place at the Imperial College Campus in South Kensington, London. This conference was very informative and covered topics such as National cardiovascular risk assessment – opportunities for the DRN; working with primary care – results of mapping survey; working with the comprehensive networks – DRN strategy for the future and experimental medicine in the DRN – current status and plans for the future. All our team members attended to gain updated information about the DRN's current activities.

**Community Event - Romford Mall Event – 07<sup>th</sup> July 2009:** The DRN took part in a 'health public awareness day' with Havering Family Diabetes Group – a voluntary branch of DIABETES UK on Thursday 9<sup>th</sup> June at Romford shopping mall. Researcher Louise Cross and student nurse Esme Morgan set up two blood sugar testing tables together with Sue and Joe Braeger from the Havering Family Diabetes Group. 174 people had their blood sugar tested, 5 of them had raised blood sugar of more than 11mmol/l and were referred to their GPs.



## Do you know that?



Researchers have identified a gene that may promote insulin resistance, one of the key factors in the development of Type 2 diabetes. Imperial College London scientists say the IRS1 gene controls how the body responds to insulin, and that a variation in the gene's DNA promotes insulin resistance. They say the discovery could lead to new drug treatments that target the genetic problem and make the body use its insulin more effectively.

[http://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/New-Type-2-diabetes-gene-identified/07 September 2009](http://www.diabetes.org.uk/About_us/News_Landing_Page/New-Type-2-diabetes-gene-identified/07_September_2009)

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