

North East London Diabetes Research Network




*National Institute for
Health Research*

Newsletter

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Patient Participation and Collaboration in the NE London Diabetes Research Network (LDRN) Region

The Dare study (**D**ibetes **A**lliance for **R**esearch in **E**ngland) is a registered study that is being conducted across all NE London LDRN partner sites. In order to gain permission to recruit participants, the LDRN had to approach Primary Care sites (PCT's) in the North East London region, to gain permission to approach GP practices regarding participating in the clinical trial. Letters of invitation were sent out to all practice managers and GP's to ascertain their interest. Once confirmed, the site is initiated and arrangements made to audit the practice database to identify potential patients.

A letter of invitation and information about the study is then sent to all eligible patients, with a reply slip for them to return and register their interest. A research nurse then contacts each patient to answer any concerns that they may have and to book an appointment to see them at their GP practice, to consent them to the study.

It is important to note, that patients are not under any obligation to join a research study, participation is on a strictly voluntary basis and saying no, will not affect their usual medical care.

Taking part in a research project can vary greatly and may involve patients completing a questionnaire, agreeing to an interview with a researcher or taking part in a clinical trial which requires attendance at several clinical visits to undergo body size measurements, give blood or be administered with a study vaccine. The aim of such clinical research is to query patient satisfaction, promote the use of new medicines that enhance diabetic in-patient care in addition to promoting best practice for healthy living and diabetes prevention.

Participation in clinical research generates funding for the prospective boroughs from the Department of Health (DoH). GP's that have previously participated in research are then able to submit a bid for funding, to reinvest in their practices, staffing or to fund further research activity. To date, the NE London DRN has worked in collaboration with GP sites in the borough of City and Hackney, Newham, Tower Hamlets, Barking & Dagenham, Waltham Forest, Redbridge and Havering. As a result of our recent expansion, this region now includes Essex and also Kent and the Medway, which covers several Primary Care Trusts in South East London.

Student Nurse Placement

Ruby Wharbuton is the 7th student nurse to join the NE London DRN on a two-week placement from City University. On reviewing her time spent with the team, she commented that:-

“The past two weeks had been an invaluable experience, filled with a variety of interesting and informative activities, which provided me with a comprehensive overview of some of the present studies. Thanks to a wonderful team for their input. I now have a much greater understanding of diabetes and in particular, the work that is involved in research, an area that I have been naive in, up until now”.



Support Staff

The NE London DRN has recently advertised and interviewed candidates for the post of data coordinator and research nurse. In issue 8 of the NE London DRN newsletter, we reported that Chris Mathews, a graduate in bioinformatics for Queen Mary University of London continues to hold the post of data coordinator, being booked for weekly sessions through the Barts and the London NHS trust StaffBank. It is a pleasure to inform you that he has now become a permanent member of the team holding a joint post with the DRN and the Blizard Institute of Cell and Molecular Sciences (BICMS) processing and analysing sequence data from genetic databanks.

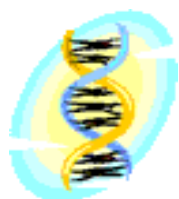
Two nurses were selected from the short listed applicants. A renal nurse from Barts and the London NHS Trust joins the team on 15th March and Margaret Mbah-Ebako who has a profound interest in diabetes, joins the team for Imperial College Hospital on the 12th April. The team welcomes this expansion and looks forward the working with new staff.

As part of our on-going expansion and the initiation of new partner sites, she has arranged a secondment for Angela Moon, from Kent & the Medway. Angela has joined the team and will be mentored in research competencies in anticipation of taking a lead on promoting and conducting research activities in her region.

The network has said farewell to Jo Law who left the team on Friday 26th February, to join Newham PCT as a diabetes facilitator, in GP practices across the borough. The team would like to wish Jo every success in her future endeavours.

Study Portfolio Update

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 that has been diagnosed with type 1 or type 2 diabetes is eligible for this study. Please contact the LDRN office on 0207 882 2592, if you would like more information.

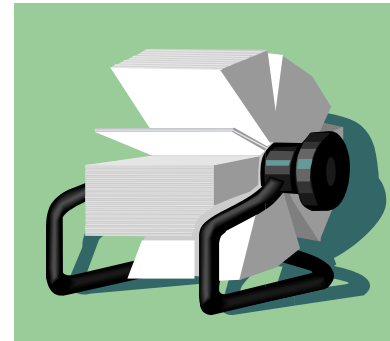
Vitamin D Study:

Recruitment to the Vitamin D study starts in April / May 2010. The study looks at whether supplementation with Vitamin D can delay or reduce the onset of diabetes for those identified as being “at risk” of developing T2DM. Participants will be recruited in East London and Cambridge and the study is expected to last 2 years.



ADDRESS: (After Diagnosis Diabetes Research Support System):

This study has helped to establish database to assist research into type 1 diabetes. People with newly diagnosed type 1 diabetes are asked to add their name to a database with view to being informed about future research into type 1 diabetes. This has led to successful recruitment to studies such as the Diamyd vaccine study and a Kings College study which is looking into how white blood cells destroy the insulin producing cells in type 1 diabetes.



Emerge Study:



This type 2 diabetes study is researching the effects of a newer class of drug called Glucagon-like peptide-1 (GLP-1), which have already been shown to improve diabetes control and help with losing weight. Taspoglutide (a GLP-1) is a once per week injection and the present study is being carried out in people who have previously had a heart condition, to find out more about the longer term likelihood of further cardiac problems.

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:

- Have been diagnosed with type 2 diabetes for at least 7 years.
- Aged between 40 – 60 years old
- Have a Body Mass Index (BMI) between 22 – 32.



Local News

The 2nd Diabetes Research Network (UKDRN) Patient and Public Involvement Conference

In our last edition of the NE London DRN Newsletter, our lead article featured the forthcoming 2nd United Kingdom Diabetes Research Network (UKDRN) Patient and Public Involvement (PPI) Conference, entitled "Making a difference" – *Priorities for diabetes research from a patient perspectives*" This event took place on Friday 4th December 2009 at the Grange Hotel in Holborn, London and was attended by representative from local and regional LDRN sites, healthcare professionals and specialist in diabetes care and research. Delegates were given the opportunity to attend

a series of workshops on diabetes related issues, research design and implementation. An analysis of feedback questionnaires highlighted the relevance of such conference, bringing a range of people together promoting collaborative working and forums for discussion on the benefits of treatment delivery, in-patient care, monitoring and patient recovery. It also provided the opportunity to design a research question and follow the ranging intricacies of the ethic approval process, registration and implementation at participating sites.

Did you know that?

An increasing number of people attending A & E with other chronic illnesses are also being diagnosed with Type 2 diabetes. T2DM comes on so gradually that symptoms may not even be recognized. People have been known to live for months even years before being diagnosed by which time complications such as heart disease amongst other complaints, may have developed. Nevertheless, with early diagnosis, diabetes can be treated effectively enabling you to manage the condition, lead an active healthy life and reduce the chance of developing other complications in the future.

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