



## News for September 2009

### Forthcoming Diabetes Research Workshops

We have three further workshops planned for patients and public interested in involvement in diabetes research:

- Introductory Diabetes Research workshop at the Grand Hotel in Torquay Thursday 22nd October 2009, 10 am – 3.30 pm – (places still available).
- Follow-on diabetes research training/workshop in Barnstaple, Friday 27<sup>th</sup> November 2009
- Follow-on diabetes research workshop in Plymouth (for people who have attended one of our previous introductory workshops): Friday 9th October 2009 (fully booked)

For more information about the workshops please contact [Alison.Foden@rdefn.nhs.uk](mailto:Alison.Foden@rdefn.nhs.uk) or on 01392 406984.

### Dr Kenneth MacLeod

July saw the tragic passing of Dr Ken MacLeod, who died suddenly and unexpectedly while playing tennis. Dr MacLeod led the clinical trials team for the Exeter Diabetes Research Team and is sorely missed by the DRN on both professional and personal levels. Dr MacLeod made a huge contribution not only to patient care but also clinical research and our thoughts are with his family at this time.

### Around the Peninsula

#### **Cornwall**

The Cornwall Diabetes Research Team is based at the Royal Cornwall Hospital. We continue to recruit to the DARE study working very closely with 2 surgeries in West Cornwall, and in the coming months we look forward to extending the project to another GP practice in mid-Cornwall. In July we had a stand at the Stithians Agricultural Show, joining forces with staff from the Cornwall Diabetes and Endocrine Centre. In spite of very wet weather, attendance at the show was good, and we spoke to a number of patients and carers who were interested in hearing more about diabetes research in Cornwall. Unfortunately the weight management study, which we have been anticipating for some months, has been delayed once again. Thank you to all who have expressed an interest in the project – we are assured that the study will go forward, and will contact you once we have any further news. Finally, the team hopes to start recruiting to the LanScape study by the end of the summer. This project is comparing two different insulin regimes for patients who are moving on from once daily injections. If you would like any information about any of these studies, or any other news from the Cornwall Team, please get in touch on 01872 254655 or email:

[Diabetes.Research@rcht.cornwall.nhs.uk](mailto:Diabetes.Research@rcht.cornwall.nhs.uk) .

#### **Exeter**

The Exeter team held an End of Study meeting for all those patients who took part in our two-year Diet & Weight Loss Study. This was a good opportunity for patients to hear about the overall results and ask questions to Dr Mark Daly and Tracy Gale (dietitian) and see Jane Piper (research nurse) again. Several patients had not seen each other since meeting regularly during the trial, and enjoyed catching up. One lady had travelled up from Surrey just for the occasion! The take-up response to our recent study involving use of the drug liraglutide was outstanding, and left some patients disappointed when recruitment closed. However, a similar type of study, based on the drug exenatide, is opening later in the autumn, and we will be seeking volunteers from those patients with Type 2 who are on tablets

only. We are grateful to all those patients who have returned the yellow slip, which comes with the retinal screening check letter, indicating their willingness to be contacted about future trials. This has enabled us to build up a very comprehensive database of patients with Type 1 and Type 2 diabetes. Please telephone 01392 403896 if you would like to find out more about specific trials, or are willing to have your details entered onto the database.

### ***Plymouth***

We are delighted to welcome Debbie Godfrey to our team in a junior Sister role. Debbie has extensive clinical experience within Diabetes and Renal nursing and will be a superb asset to our team. Unfortunately we have lost Felicite Coates from Diabetes Clinical trials but wish her well in her new position as a generic research nurse within the trust. Plymouth unit will be interviewing for more nurses over the coming weeks. One of our health care assistants – Teresa Grinsted is soon to commence level 2 HCA training and faces a busy time over the autumn and winter period to complete her assessments. Congratulations are passed to Evelyne Kolinsky, research nurse who is in the final weeks of completing her degree – we anticipate high marks from Evelyne! A busy time is planned for Plymouth for the autumn, with a number of academic and commercial clinical trials soon to start. Over the summer, the team has continued to reach high numbers of participants to DARE and DIPMAB. PLEDGE has also recommenced and recruitment continues at a slow but steady rate.



### ***Torbay***

We continue to enjoy working on a variety of studies old and new. We can be contacted at our new base, the Horizon Centre, on 01803 656631. The nine year follow up of neurological testing/prediction of neuropathy is now being analysed with exciting results. The on-going studies into the rare Alstrom Syndrome are being prepared to present and publicise with collaborators from Exeter, Bristol and Birmingham. Our adolescent type I diabetic patients have been approached for the KICK-OFF study (Kids In Control Of Food) this is a intensive educational course combining Dafne principles with parent education and psychological evaluation specifically for teenagers. We are actively recruiting to the DARE study and have just approached our fifth GP surgery where we will be able to offer to see patients at the surgery as well our 3 community hospitals and our main base here at Torbay Hospital.

### ***Barnstaple***

DARE has now been approved by Northern Devon Healthcare NHS Trust. A few doctors' surgeries in and around Barnstaple have already expressed their interest in DARE and are preparing a list of their patients to be approached. The Diabetes Patient Experience Programme is due to launch at North Devon District Hospital (NDDH) in September. It is a patient survey and all patients visiting the Out-Patients Diabetes Clinics will be invited to partake in the study. The new Out Patients Department has been welcomed by all users visiting the hospital. The Lions Club organised their annual Diabetes Awareness Day at a shopping centre in Barnstaple in July, where information and advice was given to the public. The day focused on heightening people's awareness of their risk factors for DM and engaging with research. Several holiday makers were directed to their local area networks. We also hope to have the ADDRESS study open in North Devon soon. ADDRESS is the After Diagnosis Diabetes Research Support System, a study recruiting patients, newly diagnosed with Type 1 Diabetes and following their progress on yearly basis.

### ***Generous Donation***

We recently received a cheque for over £100.00 to go towards our diabetes research study DARE, from Teignmouth-based Mrs Cara Jacques and her nine-year old son Sam who fundraised by bravely abseiling 100 foot down a church tower in South Devon! We are grateful for the contribution to this important genetics research.

Please do keep in touch with any news about your involvement in diabetes research or if you would like any further information. With best wishes to you all.