

Welcome to the second issue of North East and Cumbria Diabetes Research Network NEWS. We aim to produce a newsletter three times a year; providing regular updates on the network, training and events and giving progress on research studies.

INTRODUCTION



NHS
National Institute for
Health Research

Diabetes Research Network

North East & Cumbria



Providing:

- Research workforce
- Advice and support
- Patient representation

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www.ukdrn.org/irn_nec.html

Patients, Doctors and Researchers:
Facilitating diabetes research in the
North East & Cumbria

The Newcastle upon Tyne Hospitals **NHS**
1847 Foundation Trust

It has taken a while to assemble the network team but our research nurses are now aligned with the clinical research teams around the region, and the office administration and data management support is now in place. A number of secondments have been organised to provide additional support for colleagues across the region.

The network is centrally managed, accountable both to the national coordinating centre and to the Department of Health via UKCRN. Performance is tightly monitored, and reporting of all research related activity is provided via the UKCRN portal. We are working hard to make an impact; coordinating research approvals, increasing recruitment into trials, encouraging development of more projects and protocols & creating effective research collaborations.

In collaboration with the other topic specific networks (and the newly emerging comprehensive network) we are developing a training programme to support clinical and research teams across the region. Training (including on-line accredited GCP and EU Directive training) is available in conjunction with the other local networks.

Please watch the website, speak to your local network lead or call/email us direct. Beyond patient recruitment numbers we also seek to widen the research potential of the region, bringing in previously research naive centres through adequate training and support. The consolidation of patient registers, and patient consent for access to clinical records for research purposes will also contribute to research infrastructure.

Network Staff

The network office, which is based at the Royal Victoria Hospital in Newcastle, employs a number of dedicated research support staff based in hospital trusts across the region to deliver a portfolio of research. The steering group comprises the network clinical leads plus the Director of the Primary Care Network in the North East, and will also have patient representation once fully constituted. The Clinical leads for the network are:

Clinical Director	Professor Mark Walker	
Deputy Director	Professor Sally Marshall	
Network Manager	Dr Léonie Walker	
Network Administrator	Debbie Jackson	
Data Manager	Manju Agarwal	
Cluster	Clinical lead	Research Nurse
Newcastle /Gateshead	Gillian Hawthorne/ Jola Weaver	Charlotte Gordon Lorna Ingoe
Newcastle Paediatric team	Tim Cheetham	Justine Bluett
North Tyneside / Northumberland	Simon Eaton	Anna Lartey / Karin Downs
Sunderland / South Tyneside	John Chapman	Kevin Short
Durham / Darlington	Alan McCulloch	Sarah Russell
Carlisle / N Cumbria	Stewart Sawers	Jeanette Dixon
South Tees North Tees	Rudy Bilous Jean McLeod	Mary Bilous / Sue Winship TBA

Research Portfolio

The UKCRN web site lists all adopted studies (currently 66 studies are listed) which can be seen on the UKCRN website <http://pfsearch.ukcrn.org.uk/Topic.aspx?TopicID=3>

Studies so far adopted and running in the North East include The RISC study (looking at cardiovascular risk and progression to type 2 diabetes), ASCEND (fish oils and aspirin for prevention of cardiovascular complications), and 3 commercial trials in various stages of development looking at: weight loss for those with impaired fasting blood glucose, a study of treatment during pregnancy, and a study looking at insulin initiation in people over 75. The national ADDRESS project, a register of newly diagnosed Type 1 diabetics is nearing approvals being in place for most sites. In addition, 4 new academic studies led by North East Researchers recently funded by Diabetes UK have been adopted locally. Research approvals processes are underway with many, and we should start to see new activity by the New Year.

Funding Opportunities January to May 2008

A number of key diabetes research funding organisations have calls for funding applications due over the next 3 months. Please visit <http://rdfunding.org.uk> calls include:

Diabetes UK:	Project grant	closing date 01/04/2008
European Foundation for study of Diabetes :	Research Fellowship	closing date 15/02/2008
	Langerhans Grant	closing date 10/04/2008
	Glucose monitoring	closing date 15/04/2008
Research for Patient Benefit	Call	closing date 08/04/2008

E mail: drn.ac.uk

Study Showcase: FAMS Study



**Do you have Type 2 diabetes?
Would you like to take part in a study?**

Volunteers (people with type 2 diabetes) needed!

It is now known that the level of fat within muscle in people with type 2 diabetes is high. This interferes with insulin action and leads to inadequate storage of glucose. Recent work has also shown that the energy production in muscle of people with type 2 diabetes is low compared to people without diabetes. This study will find out what is causing this.

The study involves 3 test days (4-6 hours each day) using non-invasive scans at the Magnetic Resonance Centre, a new research unit on the site of Newcastle General Hospital. The scans measure muscle energy metabolism under different conditions. This research is led by Professor Roy Taylor, Professor of Medicine & Metabolism at the Newcastle Diabetes Centre.

Any travel and parking costs of helping with this research would be refunded. In addition, the sum of £50 will be paid on completion of the study as partial compensation for your time. If you are interested and would like to know more about this research, please contact:

Dr E Lim (Clinical Research Doctor) Tel: 0191 256 3691 E.L.Lim@ncl.ac.uk

EGIR Meeting: RISC (*The relationship between insulin sensitivity & cardiovascular disease.*)
22-23rd November 2007 Pisa, Italy.



This month saw the EU review of the work carried out to date on the RISC study. Prof. Mark Walker, Laura Pascoe (PhD student) and Charlotte Gordon (research nurse) travelled to Pisa to represent the Newcastle team. Day 1 focused on the status of the project (baseline and follow-up), the strategy for 2008 (funding available, strategies to maintain the cohort) and a forum to discuss the extension and direction of the RISC project.

On day 2, Laura Pascoe presented work from Newcastle which examined the genetic determinants of insulin sensitivity and cardiovascular disease risk.

Research related to data management challenges, physical activity and body composition, carotid intima-media thickness, standard risk for Cardiovascular Disease, insulin sensitivity and modelling assessment of insulin sensitivity and secretion were discussed.

9 short abstracts were also presented covering sub-projects borne out of the RISC baseline data. Topics covered ranged from beta cell function to menopause, insulin secretion and insulin resistance. The presentations and abstracts came together to demonstrate the diverse depth and quality of work which has come out of the substantial RISC data set, accrued throughout 19 centres across Europe.

The meeting was an excellent opportunity to network with our European colleagues & demonstrated the high quality team work, data, and publications that this type of collaboration can produce.

E mail: drn.ac.uk

Conference News

Diabetes UK Northern and Yorkshire Professional conference: 7th November 2007

QOF points achieved: What next? Supporting those with complex needs.

This month the NEC DRN was kindly invited to attend the regional Diabetes UK professional conference.

The meeting focused on supporting those with complex needs and drew together many interesting speakers presenting on a variety of areas ranging from the psychological adjustment to diabetes, to diabetes and the disadvantaged. The afternoon session divided into two sub-groups focusing on children (and young people) and older people which ensured every practitioner had the opportunity to hear speakers relevant to their area of practice.

This conference provided the opportunity to network with practitioners from primary and secondary care. There was lots of interest in regard to the network from GP's, practice nurses and service managers as well as representatives from industry.

Involving patients, families and carers

A number of information sharing events have taken place across the network, with staff visiting local patient groups linked to diabetes UK and JDRF in Newcastle, North Tyneside, Durham and Darlington in the last few months.

Consultation locally is planned on a strategy for effective and active involvement of patients, carers and the public, in order to develop and maintain a long lasting synergy between the goals of the Diabetes Research Network and the people living and working in this area.

If you would like to get involved in the research process and help ensure that the research questions we work on are relevant to and endorsed by local people or groups, please contact the network office. In the new year we hope to organise some consultation events and information sessions about research.



Training News

22 May 2008 - Newcastle

Introduction to diabetes course

12 May 2008 - Newcastle

GCP & the EU Directive

Valid Informed Consent - UKCRN online

A full list of both general research training, and Diabetes Network specific training can be accessed UKCRN
<http://www.ukcrn.org.uk/index/training.html>

or via the diabetes network office

E mail: drn.ac.uk