

## Research Dissemination Bulletin July 2017

Norfolk and Suffolk Primary and Community Care Research Office has received final reports and/or publications from research studies where Norfolk and Suffolk GP practices were involved. The results from recent studies are listed below. Further details can be viewed via our [website](#). Other latest research findings that may be of interest to you are also listed below.

The [NIHR Dissemination Centre](#) provides timely summaries called NIHR 'Signals' of most important research which can provide decision makers with the evidence they can use.

The **NIHR School for Primary Care Research (SPCR)** highlights latest research findings from studies in Primary Care [here](#). You can subscribe to SPCR news [here](#).

### CANCER:

**Regular tests may reduce likelihood of advanced ovarian cancer** according to [UK Familial Ovarian Cancer Screening Study \(UKFOCSS\)](#). For women at high risk, the current medical advice is to have their ovaries and fallopian tubes removed after having completed their families, but many women delay or decide against having the surgery. 4,348 women with a one in ten or greater risk of developing ovarian cancer took part in this national multi-centre study. The results indicate that four monthly screening with the Risk of Ovarian Cancer Algorithm (ROCA) may be an option for these women until they decide to undergo surgery. The algorithm is used to look for rising levels of a blood protein, CA 125, which can be elevated in ovarian cancer. Paper published in the Journal of Clinical Oncology can be accessed [here](#).

### CARDIOVASCULAR DISEASE:

**Statins associated with improved heart structure and function**, according to a large community-based cohort study, which included 4,622 people without cardiovascular disease from the UK Biobank. Cardiac magnetic resonance imaging was used to measure left and right ventricular volumes and left ventricular mass. Patients taking statins had a 2.4% lower left ventricular mass and lower left and right ventricular volumes. A lead researcher cardiologist who presented the results at the EuroCMR 2017 conference in May 2017 said: "People using statins were less likely to have a thickened heart muscle (left ventricular hypertrophy) and less likely to have a large heart chamber. Having a thick, large heart is a strong predictor of future heart attack, heart failure or stroke and taking statins appears to reverse the negative changes in the heart which, in turn, could lower the risk of adverse outcomes." Read more [here](#).

### DEMENTIA AND AGING:

**Advancing Care - Research with Care Homes** NIHR Themed Review published in July 2017, provides an overview of recent NIHR research on improving the health and care of care home residents. The review reports on three themes relating to the care home residents: Living Well, Aging Well and Dying Well. It highlights current research taking place now and explores new approaches being developed in this important area. The review includes the ongoing [CHIPPS study](#), sponsored by South Norfolk CCG and led by researchers from UEA looking into the effectiveness of pharmacists independent prescribing in care homes. The review can be accessed [here](#).

**'What do we know about Behavioural Crises in Dementia?'** An evidence briefing produced by researchers from Neurodegeneration Network (NNET) at University of East Anglia, commissioned by the Research Office and funded by Research Capability Funding from Norfolk and Waveney CCGs. The briefing is based on the systematic review of 18 studies (24 articles) on Dementia-related behaviours providing accessible evidence for our CCG partners. Researchers suggest that interventions to prevent and manage dementia-related



behavioural crises should consider the following: targeting people in the moderate to severe stages of dementia and their caregivers, people living in their family homes or in care homes (where behavioural crises happens most often), focus on reasons behind aggressive and agitated behaviours and implement a multi-faced treatment approach (incorporating medical, non-pharmacological and pharmacological treatments). You can access the report [here](#).

**'What predicts missed diagnosis among people with dementia?'** CADDY (CFASII Dementia Diagnosis Study in Primary Care) is looking to address questions related to undiagnosed dementia. Preliminary results suggest that in 2009-2011 only 34% of people living with dementia had been formally diagnosed, rising to 42% in 2011-2013. People with mild dementia, cardiovascular comorbidity, and fewer memory impairment are less likely to receive diagnosis of dementia, while non-memory impairment and demographics do not affect diagnosis. Preliminary results were presented at recent Alzheimer's Society event at the UEA in June, presentation and a poster can be accessed via our website [here](#).

### GENERIC HEALTH RELEVANCE:

**How can we all best use scientific evidence to make better decisions about medicines?** A new report published in June 2017 by the Academy of Medical Sciences highlights that only 37% of British adults trust evidence from medical research in relation to decisions about medicines, compared to 65% who trust the experience of their friends and family. The report, based on the survey of 2041 people, calls for action from patients and health professionals to be more involved in the way medicines are researched and suggests improvements to patient information leaflets, better use of medical appointments and a bigger role for NHS Choices as source of trusted information for patients and carers and health professionals. More information can be accessed on AMS website [here](#).

### OBESITY:

**WRAP - Weight Loss Referrals for Adults in Primary Care.** Three Norfolk practices took part in the trial and recruited 147 of the 1267 participants. For adults with overweight or obesity, referral to an open-group behavioural weight-loss programme for at least 12 weeks was more effective than brief advice and self-help materials. A 52-week programme produced greater weight loss and other clinical benefits than a 12-week programme and, although it cost more, modelling suggests that the 52-week programme is cost-effective in the longer term. The full paper is published in the [The Lancet](#), and a summary of the key findings in an [infographic](#).

### OPHTHALMOLOGY

**New eye test detects earliest signs of glaucoma.** A pioneering diagnostic developed in clinical trials with glaucoma patients allowed doctors to see individual nerve cell death in the back of the eye. The technique called DARC (detection of apoptosing retinal cells) uses a specially developed fluorescent marker which attaches to cell proteins when injected into patients. Sick cells appear as white fluorescent spots during eye examination. The examination uses equipment used during routine hospital eye examinations. Researchers hope that eventually it may be possible for opticians to do the tests, enabling even earlier detection of the disease. Results are published in [Brain, a Journal of Neurology](#).

### RESPIRATORY:

**3C Cough Complication Cohort Study** aimed to assess the impact on adverse outcomes of different antibiotic prescribing strategies for lower respiratory tract infections. Researchers concluded that prescribing immediate antibiotics to reduce subsequent hospitalisation or death for adults with uncomplicated LRTI cannot be justified - delayed prescription may be preferable since it is associated with reduced re-consultations with worsening illness. Paper published in the BMJ can be accessed [here](#).

**Salford Lung Study (SLS) in asthma,** a pioneering GlaxoSmithKline (GSK) study carried out amongst 4,233 patients treated by their own General Practitioner, has announced positive results on the effectiveness of a new treatment for asthma when used in everyday clinical practice. This real world approach provides researchers with a breadth of clinical data that demonstrates the healthcare interactions of the everyday lives of patients and the way they use their medicines. Read more [here](#).

