

Research Dissemination Bulletin June 2016

Norfolk and Suffolk Primary and Community Care Research Office has received final reports and/or publications from research studies listed below where Norfolk and Suffolk primary care and/or community care trusts were involved. Further details can viewed via our website <http://nspccro.nihr.ac.uk/research-study-results>. Other latest research findings that may be of interest to you are also listed below.

CANCER:

- **ESPAC-4: A multicenter, international, open-label randomized controlled phase III trial of adjuvant combination chemotherapy of gemcitabine (GEM) and capecitabine (CAP) versus monotherapy gemcitabine in patients with resected pancreatic ductal adenocarcinoma.** A study of 732 patients (involving 6 NHS Trusts in the East of England) showed promising results for patients who were given a new drug combination, which almost doubled their chance of survival. Results were presented at the American Society of Clinical Oncology conference in Chicago and the abstract with video link is available [here](#).

DEMENTIA and AGING:

- **Effectiveness of interventions to indirectly support food and drink intake in people with dementia: Eating and Drinking Well IN dementia (EDWINA) systematic review,** recently published by researchers from the University of East Anglia in the journal *BioMed Central (BMC) Geriatrics*, reveals that holistic approach to mealtimes, such as eating family-style meals with care givers, playing music, and engaging with multisensory exercise – could all help boost nutrition, hydration and quality of life among people with dementia.
- **Supporting carers of people with dementia-** the NIHR Dissemination Centre has published a ‘highlight’ detailing the results of NIHR research published in the last two years which may be of particular interest to family carers and those agencies who need to support them. More information can be accessed [here](#).

GENERIC:

- The Royal College of Physicians' (RCP) new report '**Research for all: Building a research-active medical workforce**' drawn from the findings of a survey of almost 2,000 doctors, has noted that the greatest barrier doctors face in engaging in research is a lack of time, even though they are eager to do so. The report tells a story of a medical workforce that is enthusiastic to advance medical knowledge and improve care. More information with access to the full report can be found [here](#).
- **The development of a self-assessment tool to measure the effectiveness of interagency working in safeguarding adults work.** The study, conducted by Wendy Hicks from South Norfolk CCG funded by CLAHRC fellowship, sought to investigate the key enablers and barriers to effective collaboration between health, police and social care agencies, from the perspective of staff members involved in the work of the Safeguarding Adults Board (SAB) in East of England. Participants viewed relationships between professionals as important, they valued being co-located with staff from other agencies. Health agencies (particularly GPs) were most often seen as distant or disengaged. Information sharing was not seen as such a big barrier to collaborations as the literature suggests. Full report can be found [here](#).
- **Confidentiality, continuity of care and treatment-related safety emerge as cross-cutting major threats to patient safety.** By exploring patients' perceptions and experiences, researchers have identified a wide variety of factors perceived to impact on patient safety in primary care. The findings of a recent study published in Family Practice could help to better understand patient safety in primary care, as current frameworks are largely based on health professionals' perspectives. More information can be found on School for Primary Care Research (SPCR) website [here](#).



MENTAL HEALTH:

- **Highlight-ing Research on Depression:** The NIHR Dissemination Centre have launched a campaign to highlight NIHR research into the use of cognitive therapies to treat depression. NIHR Highlight explores findings from four different studies in a simple, easy to understand way. It also features blogs and audio interviews about patient experiences, integrating findings into the health service and future research priorities. [Visit the website here](#) for more information.

PAEDIATRICS:

- **Thermal safety of scanning newborn babies with high powered 3T magnetic resonance imaging (MRI) scanners** - Norfolk and Norwich University Hospital neonatology team are first in the world to publish their research showing the thermal safety of scanning newborn babies in the [Journal of Paediatrics](#). More information about this research and collaboration on the Magnetic Resonance Biomarkers in Neonatal Encephalopathy (MARBLE) study is available [here](#).

NEUROLOGY:

- The **Effects of position on awareness in disorders of consciousness study**, conducted at the Colman Centre, investigated differences in awareness levels in individual patients with impaired consciousness measured in three positions: lying, sitting and standing on a tilt-table. Clinicians are under increasing pressure to justify selection of resource-intensive tilt-table therapy in the absence of compelling evidence to support its use for physical benefits. The methodology may provide a framework for supporting identification of 'responders' to standing therapy, while determining the optimal position for assessment of awareness for individual patients. The researcher, Kate Lee, NCH&C Senior Specialist Physiotherapist, was funded by Primary Care Researcher Bursary from the R&D Office to carry out this project. Results are summarised in the Final Report available on our [website](#).

RENAL AND UROGENITAL:

- **Modified Pilates as an Adjunct to Standard Physiotherapy gives hope for Urinary Incontinence in women:** A three-year pilot study has found that the exercise may prove beneficial to women in the treatment of the condition. This NIHR funded study was carried out by women's health physiotherapists at Colchester General Hospital with academics from the University of Essex. 73 participants received pelvic floor exercises and lifestyle advice, with a second group also attending a six-week course of Modified Pilates classes. You can [read the full story here](#).

RESPIRATORY DISORDERS

- **Asthma sufferers with poor access to primary care are more likely to experience an emergency hospital admission.** New findings just published in [BJGP](#) by researchers from the University of East Anglia show that Asthma sufferers with better access to primary care experience less emergency hospital admissions. It is hoped that the findings could help save lives because attacks that lead to emergency hospital admissions are often life threatening. More information can be found [here](#).

STROKE:

- **Supported Communication to Improve Participation in Rehabilitation of people with moderate-severe aphasia after a first stroke (SCIP-R):** a pilot study to examine the feasibility and provide initial evidence of clinical efficacy and value of a supported communication intervention for people with moderate-severe aphasia after a first stroke, in order to strengthen the design of a subsequent Phase III trial. Staff communication practices for those staff trained in supported communication for adults with aphasia (SCA) changed positively as a result of training. Higher levels of confidence were reported, even when working with patients with severe aphasia. Patients also reported having gained confidence and enjoying the intervention as it was an opportunity to have their say. The researchers have produced a video, [available on YouTube](#), and the study results have now been published in [BMJ Open](#).

The School for Primary Care Research (SPCR) has highlighted some latest research findings from studies in Primary Care in their [Spring newsletter](#). You can subscribe to SPCR news [here](#).

The latest research publications arising from NIHR funded and other studies that may be of interest to clinicians, commissioners and patients, can be found on the [NIHR Dissemination Centre](#) pages.

