

Research Dissemination Bulletin November 2015

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. Some hyperlinks below marked with (*) may need copying and pasting into your internet browser to successfully view the documents. Alternatively you can access via our website <http://nspccro.nihr.ac.uk/Norfolk-and-Suffolk-Study-Results>.

CANCER:

- **How do specialist palliative care nurses manage breakthrough pain?** A paper published in the [International Journal of Palliative Nursing](#) describes how registered nurses working in specialist palliative care assess and manage breakthrough cancer pain (BtCP). The study highlights the desire for more education within this area of practice.
- **Late Effects- Health problems in long term survivors of lymphoma and leukaemia V1 study.** The [Final Report](#) * highlights the importance of psychosocial factors affecting cancer survivors and the impact of cancer on anxiety and depression, fertility and sex life.

CARDIOVASCULAR AND CIRCULATORY SYSTEMS:

- **GARFIELD-AF (Global Anticoagulant Registry in the FIELD- Atrial Fibrillation)** study team has published a [Newsletter October 2015](#) *, reporting the first two-year outcomes from this large world-wide prospective observational study. The results were presented at the European Society of Cardiology (ESC) Congress on 1st September. Data from the GARFIELD-AF registry for the first two cohorts indicates the importance of comorbidities in predicting patients' outcomes and suggests some guidance to physicians in managing AF.
- **Targets and self-management for the control of blood pressure in stroke and other at-risk groups TASMINE-SR study** results are published in [JAMA](#). Researchers conclude that self-monitoring with self-titration of antihypertensive medication compared with usual care in patients with hypertension at high risk of cardiovascular disease resulted in lower systolic blood pressure at 12 months of this randomised intervention trial.
- **A study of two-layer compression hosiery vs the four layer bandage (gold standard) in the treatment of venous leg ulcers (VenUS IV)** published in [NIHR HTA](#) (*Health Technology Assessment* on NIHR Journals Library) and [The Lancet](#) has found that ulcers treated with either treatment took a similar amount of time to heal. People receiving hosiery were less likely to experience ulcer recurrence and the hosiery was shown to be more cost-effective but a higher rate of treatment changes in participants in the hosiery group than in the bandage group suggests that hosiery might not be suitable for all patients.

DEMENTIA AND AGING:

- **CAREDEM - The effectiveness of Collaborative Care for people with dementia in primary care** study results are published in the [NIHR HTA](#) Final Report. The aim of the study was to test feasibility of a case management project used in the USA and assess its acceptability in English general practice. The model of case management developed and evaluated in this study is unlikely to be sustainable in general practice under current conditions.
- The **CARE MED study** aimed to determine the clinical and cost effectiveness of a multi-professional medication review service (MMRS) in care homes and to determine the impact of the MMRS on the number of falls and potentially inappropriate prescribing. The results, summarised in the NIHR RfPB [Final Report](#) *, indicate a positive perception of this review service with regard to quality of inter-professional communication, knowledge of care home medications, and increased confidence to stop medications.



FAMILY & CHILD HEALTH:

- A developmental study using action research, as part of as Part of the Healthy Child Initiative has evaluated the **Training Programme for Health Visitors and Community Practitioners to engage with Fathers**. In the [Final Report](#) * the researchers recommend that health and family services develop a more strategic approach to father inclusive practice.
- **The iQuit in Practice** research findings are published in [Addiction](#). **iQuit** was a UK-wide trial randomised controlled trial of tailored web- and text-based facilitation of smoking cessation in primary care. The study demonstrated the feasibility and acceptability of intervention compared with routine cessation support alone. **iQuit** system was not found to be more effective than routine care in the short term, however, longer term abstinence is possible using this type of tailored self-service within routine care, to be tested in a larger randomised trial.
- A student study looking into clinical **Post-Traumatic Stress Symptoms (PTSS) following childbirth** in young mothers (between 15 and 18 years of age) has found links between PTSS and the following factors: feeling out of control during birth, negative thoughts/beliefs during and after giving and symptoms of depression following birth. Results are detailed in the [Final Report](#)*.

INJURIES AND ACCIDENTS:

- The **Keeping Children Safe at Home (KCS)** multi-centre NIHR funded research programme aimed to produce evidence on prevention of the most common types of childhood home injury (thermal injuries, falls and poisoning). Risk and protective factors were found in a series of case-control studies. e.g., in the falls from furniture study, published in [JAMA Pediatrics](#), parents of injured children were significantly more likely not to use a safety gate or to leave their children on raised surfaces. Staff and parents from Sure Start Children's Centres in disadvantaged areas participated in a randomised controlled trial (RCT) evaluating the effectiveness and cost-effectiveness of the implementation of fire-related Injury Prevention Briefing (IPB) designed by the KCS programme. Whilst children's centres were interested in, and believed they could be effective in preventing injuries, few had an evidence-based strategic approach and needed support to develop this. Results from a qualitative study nested within the RCT were published in [BMC Public Health](#) . Findings from the KCS programme summarised in the [Final Report](#)* and in an evidence-based injury prevention briefing [IPB](#) should allow the use of more evidence-based injury prevention by the NHS and others with a child health or injury prevention role.

MENTAL HEALTH:

- **A study of psychotropic medication prescribing patterns in English prisons** was published in *Health Services and Delivery Research* on the [NIHR Journals](#) Library. The findings suggest that psychotropic medicines are prescribed frequently in prisons, and for a wider range of indications than those for which they are currently recommended.
- **Exploring the relationship between cognitive process and social anxiety in adults with Autism Spectrum Disorder (ASD)**. The results from this experimental student research detailed in the [Final Report](#) suggest that adults with ASD did not exhibit an attentional bias towards words linked to threats. No significant relationship was found between attentional bias reaction times and social anxiety.

STROKE:

- **The LoTS Care** study results, a multicentre randomised control trial looking at evaluation of a patient and carer-centred system for stroke patients after hospital discharge, were published in the [NIHR Journals](#). No benefits on effectiveness or cost-effectiveness were found for the new system when compared with usual practice.
- **SeRaHS: Well-being and Self-Rated Health in Stroke - A Qualitative Study** has identified factors influencing health and well-being from the prospective of stroke survivors, which may help to improve care packages, such as providing appropriate training of patients, their families and therapist in how to maintain a positive outlook during rehabilitation. Results are summarised in the [Final Report](#) *.

Further information with access to complete reports and/or publications can be found on <http://nspccro.nihr.ac.uk/Norfolk-and-Suffolk-Study-Results>.

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.

