

Research Dissemination Bulletin October 2017

In this issue you will find the highlights of results from recent studies where Norfolk and Suffolk GP practices and Trusts were involved (more details can be found on our [website](#)). Other latest research findings from further afield 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. See also '[My Signals-General Practice](#)' where three GPs shared their views on selected publications (including the results from [SNIFS Study](#)).

The **NIHR School for Primary Care Research (SPCR)** has recently produced 8 [Study Summaries](#) from completed research studies, including a summary the [From Evidence to Practice](#) on closing a gap for complex interventions; and a summary on developing and testing an [IVR intervention to support adherence to anti-hypertensive medications](#). Other recent publications relevant to primary care research can be found [here](#).

CANCER:

New inherited genetic variants for increased breast cancer risk have been identified in the large study involving teams of researchers worldwide. The scientists analysed genetic data from 275,000 women, including 146,000 diagnosed with breast cancer and found 65 new genetic variants and confirmed many previously suspected. These account for an estimated 18% of the relative familial risk. The new findings are published in [Nature](#) and [Nature Genetics](#). Read more [here](#).

Disability and participation in breast and bowel cancer screening in England: a large prospective study New evidence from **The Million Women Study** published in *British Journal of Cancer* suggests that women in England with disabilities are less likely to participate in free routine screening for breast and bowel cancer than women without disabilities. This is an important finding given that approximately 32% of women aged 60-64 years live with a disability that causes substantial difficulty with day-to-day activities, and the fact that both disability and cancer evidence increases with age. Results are published the [British Journal of Cancer](#).

Stealing from the body: how cancer recharges its batteries – researchers from the University of East Anglia found that healthy bone marrow stromal cells transfer their power-generating mitochondria to neighbouring cancer cells, effectively 'recharging' the acute myeloid leukaemia (AML) and supporting the leukaemia to grow. These new findings, recently published in the journal [Blood](#) may potentially help develop new approaches to cancer treatment in the future. Read more [here](#).

DEMENTIA AND AGING:

Dying comfortable in very old age with or without dementia in different care settings - a representative "older old" population study. A study from the University of Cambridge, supported by the CLAHRC EoE suggests that very old people are more likely to die comfortably if they die in a care home or at home, compared with dying in a hospital. While the overwhelming majority of very old people reported symptoms at the end of life such as distress, pain and depression, the study found that these were not always treated effectively. The findings published in [BMC Geriatrics](#) highlight the need to improve training in end-of-life care for all staff, in all settings, and in particular to address the current shortage of palliative care doctors in the NHS.

GASTROINTESTINAL:

Developing patient education to enhance recovery after colorectal surgery through action research: a qualitative study aimed to increase understanding of the role of preoperative education for patients, carers and staff, recently published in [BMJ Open](#), showed that patients wanted to be proactively involved in managing their recovery to re-engage with their everyday lives. Preoperative education supported this through developing patients' understanding of hospital and bodily processes related to colorectal surgery.



GENERIC HEALTH RELEVANCE:

'Dog ownership supports the maintenance of physical activity during poor weather in older English adults: cross-sectional results from the EPIC Norfolk cohort' published in the *BMJ Journal of Epidemiology and Community Health*. The researchers from UEA and Centre for Diet and Activity Research (CEDAR) at the University of Cambridge analysed the data from the European Prospective Investigation into Cancer (EPIC) Norfolk cohort and found that owning or walking a dog was one of the most effective ways to beat the usual decline in later-life activity. Read more [here](#) or access the paper [here](#).

INJURIES AND ACCIDENTS:

Simple preventive actions by parents linked to fewer child injuries. The report from the Keeping Children Safe Study is published online on the [NIHR Journals Library](#) and selected for [NIHR Signal](#). The 5-year programme produced extensive new evidence on preventing falls, poisoning and thermal injuries in the under-fives, including that an injury prevention briefing did not increase the proportion of families with a fire escape plan, but did improve some secondary outcomes.

PUBLIC HEALTH:

NIHR study reveals sales of sugar-sweetened drinks in Jamie's Italian restaurants fall by 11% after 10p levy. A study led by the London School of Hygiene & Tropical Medicine with the University of Cambridge found that adding a 10p levy to sugar-sweetened beverages (SSBs) sold in 37 Jamie's Italian restaurants, combined with activities such as re-designing menus, offering new lower sugar drinks and related publicity, was associated with an 11% decline in sales of SSBs per customer 12 weeks after the levy was introduced. A decline in sales of 9.3% per customer was still observed six months after the levy was introduced. The study is published in the [Journal of Epidemiology & Community Health](#).

RESPIRATORY:

Vitamin D supplementation to prevent asthma exacerbations: a systematic review and meta-analysis of individual participant data from 8 eligible randomised controlled trials (total 1078 participants) suggests that Vitamin D supplementation reduced the rate of asthma exacerbations requiring treatment with systemic corticosteroids overall. No definite evidence was found that effects of this intervention differed across subgroups of patients with lower or high baseline status of VitD. The article published in *The Lancet* can be accessed [here](#).

Towards person-centred care: development of a patient support needs tool for patients with advanced chronic obstructive pulmonary disease (COPD) in primary care (SNAP1 Study) aimed to develop a new Support Needs Approach for Patients (SNAP) tool, suitable for use in clinical practice. A comprehensive range of evidence-based domains of support were identified for inclusions in the draft SNAP tool. The tool asks patients to consider whether they need more support in relation to 16 domains of support need e.g. practical help in the home, knowing what to expect in the future, understanding their condition, getting out and about, and support for their carer. The article published in *BMJ* in Nov 2016 can be accessed [here](#). The tool is currently being tested for its validity and feasibility (SNAP2-stage 1 Study) with participants recruited from GP practices in CRN Eastern.

NEW REPORTS and POLICY DOCUMENTS:

The new **UK wide Policy Framework for Health and Social Care**, launched by the Health Research Authority (HRA) and UK Health Departments on 16th October 2017 the Research Governance Framework. This policy framework sets out principles of good practices in the management and conduct of health and social care research in UK. It can be accessed [here](#).

Research nurses 'visible leaders'. The newly published **Clinical Research Nursing Strategy 2017-2010** shows NIHR funded clinical research nurses (CRNs), midwives and specialist community public health nurses all have a vital role in the delivery of quality clinical research care. The strategy will ensure the CRN workforce meet the expectations of patients in the NHS and are seen as visible leaders. [Read more.](#)

Future of Health report published by RAND Corporation presents the findings from a survey of stakeholders on the future of health and healthcare in England. The survey was commissioned by the NIHR to inform their strategic thinking about their future priorities and the future of the health and social care research communities. The report can be accessed [here](#).

