

# Pharmacy Newsletter

Issue 1- Sept 2018

## Welcome to the first edition of the Clinical Research Network East Midlands Pharmacy Newsletter

Your local Primary Care Team will be sending this out to you each quarter. We hope that you find its content informative and share it among your colleagues. Evidence suggests research active health care providers have better outcomes, therefore clinical research should be viewed as a fundamental aspect of patient care.

Feedback is appreciated and we welcome good news stories and any other information or ideas you wish us to share.

If you would like to be contacted directly regarding studies to participate in, please email CRN East Midlands at [supportmystudyeastmidlands@nihr.ac.uk](mailto:supportmystudyeastmidlands@nihr.ac.uk)

### The CRN...

The NIHR Clinical Research Network was established in 2006 as part of the Department of Health & Social Care response to principles outlined in the NHS constitution, initiating the need for quality clinical research.

The network provides the infrastructure and support services that enable high-quality clinical research to take place within the NHS.



### How we do this?

- Assess local feasibility - Assist study teams in identifying primary care sites for their research to take place in and liaises with both parties to ensure studies are set up efficiently.
- Enhance NHS resources- Fund the people and facilities needed to carry out the research 'on the ground'.
- Provide impartial research advice and support with a clear focus on safe and ethical recruitment.
- Increase staff confidence in research by providing training opportunities and a selection of different studies to get involved in.

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with the latest news from CRN East Midlands,  
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Delivering research to make patients, and the NHS, better...

## Current studies...

We know that physical activity is an essential part of preventing and managing type 2 diabetes. We want to find out if alternative forms of physical activity, as chosen by South Asian communities, are as effective as traditional forms of physical activity in improving your health. This study will test and compare whether yoga and light intensity walking can be effectively used in the prevention of type 2 diabetes.

We are looking for people between 18-75, who are overweight or obese and at risk of developing type 2 diabetes or with type 2 diabetes but are not currently taking any medication for it.

Pharmacy activity within Leicester, Leicestershire & Rutland: displaying posters/leaflets and providing information to potentially eligible participants.

For more information, please contact the study team on 0116 258 8574 or email [yogastudy@leicester.ac.uk](mailto:yogastudy@leicester.ac.uk)



## ARE YOU INTERESTED IN ANTIBIOTIC STEWARDSHIP? PRESERVING ANTIBIOTICS THROUGH SAFE STEWARDSHIP?

Antibiotic resistance is a growing concern. Researchers at University College London are leading a collaborative research project (Preserving Antibiotics through Safe Stewardship: PASS) to help crack this problem.

The bottom line is that in order to slow down the development of antibiotic resistance, we need to reduce prescribing. It sounds easy, but changing a complex behaviour like antibiotic prescribing is hard. It's made harder by the fact that there are some really big gaps in our knowledge.

The study team will be doing work in primary-care, secondary-care and nursing-homes to fill in some of these gaps, but are also keen to interview community pharmacists about their role in antibiotic stewardship.

Pharmacy activity within East Midlands: Interviews lasting about 45 mins and you'll be reimbursed for your time.

For further information, please contact [christopher.fuller@ucl.ac.uk](mailto:christopher.fuller@ucl.ac.uk)

Most people are aware that being physically active is good for our health. What most people don't know is that sitting down for long periods of our day is also bad for us. Sitting for prolonged periods increases our risk of developing disease such as type 2 diabetes or heart problems.

The UP FOR 5 study aims to investigate whether replacing sitting time with regular movement throughout the day improves health markers. We are looking for people at risk of developing type 2 diabetes or with type 2 diabetes but are not currently taking any medication for it.



Pharmacy activity within Leicester, Leicestershire & Rutland: Displaying study poster

For more information, please contact the study team on 0116 258 4874 or email [upfor5@leicester.ac.uk](mailto:upfor5@leicester.ac.uk)



Would you like to support the CODEC study by displaying a poster and handing out participant information leaflet in your pharmacy? If yes, please telephone 0116 258 4389 or Email: [priti.odedra@uhl-tr.nhs.uk](mailto:pritti.odedra@uhl-tr.nhs.uk) / [CODEC@uhl-tr.nhs.uk](mailto:CODEC@uhl-tr.nhs.uk)

Our study is looking at patients with type 2 diabetes mellitus and the effect their glucose control has on their sleep.

Pharmacy activity within Leicester, Leicestershire & Rutland: Display study poster and handing out participant information leaflet

**Contact details for the East Midlands  
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