

# Pharmacy Newsletter

Issue 2- Jan 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.



### The Multi-Ethnic Lifestyle Study

**Study aim:** To explore how different lifestyle behaviours present in a population made up of different ethnic backgrounds, and to understand how certain lifestyle behaviours might cluster together and how this impacts upon health.

**Pharmacy activity:** Initial study meeting and thereafter staff to promote opportunistic recruitment.

**Pharmacy remuneration:** £55 for approaching and distributing study booklet and questionnaire to 50 patients. This figure is an approximation only and may be adjusted in line with the level of pharmacy activity.

**Location:** Leicester, Leicestershire & Rutland

If you require further information or would like to participate in the study, please email [PrimaryCareResearch-Leicester@nihr.ac.uk](mailto:PrimaryCareResearch-Leicester@nihr.ac.uk)

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Delivering research to make patients, and the NHS, better...

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 further details contact:  
[PrimarycareResearch-Leicester@nih.ac.uk](mailto:PrimarycareResearch-Leicester@nih.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 details contact:  
[primarycareresearch-eastmidlands@nih.ac.uk](mailto:primarycareresearch-eastmidlands@nih.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 further details contact: [PrimaryCareResearch-Leicester@nih.ac.uk](mailto:PrimaryCareResearch-Leicester@nih.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 For further details contact: [PrimaryCareResearch-Leicester@nih.ac.uk](mailto:PrimaryCareResearch-Leicester@nih.ac.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



The study aims to determine if supporting smokers (who do not want to quit immediately) to reduce smoking and increase physical activity results in a reduction in smoking, and of those who do decide to quit, how many remain abstinent for at least 12 months, compared to those receiving usual care.

**Pharmacy activity:** Display a poster and discuss the study with the potentially eligible patients and provide them with a Participant Information Sheet.

**Pharmacy remuneration:** £5 per patient discussion and a log will be provided to keep track of information sheet that have been given out.

**Location:** Nottingham  
For further details contact [PrimaryCareResearch-Nottingham@nih.ac.uk](mailto:PrimaryCareResearch-Nottingham@nih.ac.uk)



**Could a commonly-prescribed anti-sickness drug be the answer for the 1.3 million people in the UK who suffer the pain and misery of irritable bowel syndrome with diarrhoea?**

Researchers are keen to find out whether this serotonin receptor antagonist known to work centrally can also work effectively in the gut. If the ondansetron is found to be effective then treatment with this off patent drug could be rapidly adopted and lead to a change in NICE guideline recommendations. This would mean GPs could prescribe a cheap drug to help patients with the condition throughout the UK

**Pharmacy activity:** Display a poster and discuss the study with the potentially eligible patients.

**Location:** Nottingham, Leicester & Derby

Interested? Contact Nottingham via: [PrimaryCareResearch-Nottingham@nih.ac.uk](mailto:PrimaryCareResearch-Nottingham@nih.ac.uk) Leicester via: [PrimaryCareResearch-Leicester@nih.ac.uk](mailto:PrimaryCareResearch-Leicester@nih.ac.uk) Derby via: [PrimaryCareResearch-Derby@nih.ac.uk](mailto:PrimaryCareResearch-Derby@nih.ac.uk)