



Welcome to this issue of our Scottish Primary Care Research Network (SPCRN) Newsletter. We will keep you up to date with all the latest news, local and national studies which are currently recruiting in your area and any other relevant information.

SPCRN is the national primary care research network for Scotland and operates across five regions or 'nodes' with staff based in Aberdeen, Dundee, Edinburgh, Glasgow and Inverness.

The overall aim of SPCRN is to increase the amount of research relevant to patient care undertaken in a primary care setting. SPCRN streamlines the recruitment process for researchers by providing one access point to a Scottish-wide network of professionals who can help recruit participants into research studies.

News

SPCRN Funding

The Chief Scientist Office which funds SPCRN have recently agreed a 2 year rolling budget at a level of £370K per annum until 31 March 2011 subject to annual review of network performance against deliverables. The budget will now include the salary of the network clinical lead, the network manager and database administrator in line with the other topic specific research networks funded in Scotland. In addition, SPCRN will continue to administer the Service Support cost budget for primary care research on behalf of CSO after a successful pilot period in 2009.

ISPOR Conference, Paris

SPCRN recruitment expertise was promoted recently as Dundee's Health Informatics Centre joined over 70 organisations exhibiting at the 12th Annual European Congress of ISPOR in Paris from 25 to 27 October 2009. The conference, which was held at 'Le Palais des Congrès de Paris', attracted more than 2700 international registrants. Duncan Heather (HIC Operations Manager) and Alison Bell (HIC Data Analyst/ Programmer) were accompanied at the event by Professor Peter Donnan (Professor of Epidemiology and Biostatistics) who was representing the Dundee Epidemiology and Biostatistics Unit (DEBU).

A poster was displayed at the booth under the SSPC banner which illustrated the support SPCRN had given to the Bells Palsy study that won the BMJ Research Paper of the Year 2009, and outlined the research support available through the network.

If you would like to see the poster in more detail please go to www.sspc.ac.uk/spcrn

Commercial studies

SPCRN was established to recruit GP practices and patients into academically-led studies; as a consequence of the UK Clinical Research Collaboration, research networks across the UK are being encouraged by funders to increase the amount of commercially funded research that it is adopted. SPCRN and the Scottish Medicines for Children Research network co-adopted a study in 2009 funded by GSK examining the Incidence, clinical and economic burden of acute otitis media (AOM) in a cohort of 0-5 year old in Europe. SPCRN has recruited GP practices in NHS Grampian and Tayside to the study and the data collection is on-going.

SPCRN have recently adopted a study being undertaken by Servier Laboratories LTD entitled CLARIFY (Prospective observational longitudinal registry of patients with stable coronary artery disease registry). In addition to recruiting a number of GP practices in NHS Tayside, Fife, Greater Glasgow and Clyde and NHS Highland, SPCRN have also assisted Servier with obtaining NHS R&D approvals for the study through national Research Scotland (NRS).

ENGAGE is a multi-centre, multi-national randomised controlled trial that has been adopted locally in the South East (Edinburgh only) by the Scottish Primary Care Research Network (SPCRN). The study is comparing Warfarin with a study drug for efficacy and safety in patients with Atrial Fibrillation (AF). Recruitment is taking place mainly in secondary care, but we are conducting a trial of recruitment in primary care to see if we can contribute to patient numbers into the trial. On average, patients will take part in this study for about 2 years and be seen for follow-up at the New Royal Infirmary by Professor David Newby's team. If this new drug proves to be a good alternative for warfarin then, after the new drug has been approved by the authorities, this new drug would reduce the need for regular blood tests and so might be more convenient to take than Warfarin.

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SSPC CONFERENCE 2010

"Focusing Our Research on Patients"

Crieff Hydro Hotel, Crieff

27th & 28th April 2010

Keynote Speakers:

Prof Vikki Entwistle,
Professor of Values in Health Care
University of Dundee

Mr Lester Firkins,
Lay member
James Lind Alliance

Dr Patricia Schofield
Director of Centre for Advanced Studies in Nursing
University of Aberdeen

Mr Derek Stewart
Associate Director for Patient and Public Involvement
NIHR CRN CC

[Register Here!](#)

For further information please contact
l.wilkie@cpse.dundee.ac.uk

Please visit website:
www.sspc.ac.uk/spcrn

The Scottish School of Primary Care

Winner - BMJ Research Paper of the Year 2009
Winner - Royal College of General Practitioners Paper of the Year 2009
Nominee - Society of Clinical Trials, USA, Trial of the Year

Professor Frank Sullivan receives the BMJ Award for 'Early treatment with probiotics or antibiotics in Bell's palsy' (The English Journal of Medicine 2007;357:1598-607).

Support for the Bell's Palsy Study provided by Scottish Primary Care Research Network. 75.3% of practices recruited to the Bell's Palsy study were referred by GPs from 177 Scottish practices.

SPCRN is the national primary care research network operating in Scotland, with centres in Aberdeen, Dundee, Edinburgh, Glasgow and Inverness.

We provide:

- Local knowledge, Scotland-wide
- Expertise in study design for primary care
- Access to practices
- Support with obtaining approvals
- Streamlined recruitment
- Follow up support to maintain high study profile
- Administration of reimbursements to practices

Paralysis of Left Side of Face 4 Days After Onset

Three Months Later

This study supports the early use of oral probiotics in Bell's palsy in order to reduce the risk of relapse and to reduce the effect on quality of life.

Number of GP practices recruited to SPCRN studies

New Members of the SPCRN Team

We would like to welcome two new members to the SPCRN team. Samantha Holden is the new Node Co-ordinator in North (Highlands & Western Isles) and is based in Inverness. Yvonne McIlvenna is the new Node Co-ordinator in West and is based in the University of Glasgow and working with June Anderson and Janice Reid.

Samantha Holden, Node Co-ordinator, North Node



There has for many years been no formal dedicated personnel in the Highlands and Islands to support the management and development of research in Primary Care.

As Research Co-ordinator for Primary Care in NHS Highland and the Western Isles, I hope to fill this gap and give research enthusiastic practitioners across the region the opportunity to take part in research either as a participating site in national studies or in the development of local original research.

My background is in the co-ordination and management of large multi-centre clinical trials in both the academic and commercial research setting.

In this post I will act to facilitate the recruitment of SPCRN nationally adopted multi-centre studies and I am also committed to supporting the development of original research in the Highlands and am happy to come out to practices to discuss ideas and find how that support is best implemented either in advice on protocol development, identifying funding or practical help with management of the study.

If you want any more information on studies taking part in the North or would like to discuss your own research ideas I would be really happy to hear from you. I am based in the NHS Highland R&D Office in the Centre for Health Science in Inverness and can be contacted via email at Samantha.holden@nhs.net.

Yvonne McIlvenna, Node Co-ordinator, West Node.



Hi, I'm Yvonne McIlvenna and I have recently joined the Scottish Primary Care Network. I've worked in research for the past 15 years, primarily cardiovascular and stroke, based in hospital environments.

During that time I have managed several international trials which has allowed me to meet and collaborate with colleagues in many countries.

My background is in nursing and I entered the research field in the 1990s after completing my Masters degree. My first post after leaving the wards was research sister responsible for managing a team of nurses at the Royal Infirmary in Glasgow, involved in a longitudinal epidemiology study.

I then moved on to manage a large and long-running stroke study based at the Western Infirmary. My remit included running the study base as well as visiting, monitoring and auditing centres as far apart as North and South America, central Europe and China.

I'm currently job-sharing here at Glasgow University, as the co-ordinator for the West of Scotland. I am slowly finding my feet in this challenging new environment and am enjoying the many differences that exist between primary and secondary care.

My main remit is to be a resource for investigators wishing to conduct research in all aspects of primary care. As part of the West Node team I am able to assist at all stages of research, from assisting with protocol writing, applying for funding right through to recruiting practices and patients.

I look forward to meeting you all over the coming months and working with you on many interesting studies. Please contact me via email Y.McIlvenna@clinmed.gla.ac.uk.

Thanks to all the practices that willingly respond to our frequent requests for help with the studies recruiting in all areas. Your help is greatly appreciated. If there is anything we can do to make it easier for you to collaborate on studies, do let us know.

National Studies

ASCEND: A study of Cardiovascular Events in Diabetes—An RCT to determine whether 100mg daily aspirin versus placebo and/or supplementation with 1 g daily omega-3 fatty acids or placebo prevents serious vascular events in patients with diabetes who are not known to have arterial disease. (**South East, East, West, North**)

EUDRAGENE – Drs. Richard Jackson/Mariam Molokhia, London School of Hygiene and Tropical Medicine. Studying the pharmacogenetics of selected Adverse Drug Reactions (ADRs). (**South East, East, West, North, North East**)

GenISIS – Pam Ramsay, NHS Lothian. Genetics of Influenza Susceptibility in Scotland: a parallel study to the mechanisms of severe influenza consortium (MOSAIC). An investigation into how our bodies fight the flu infection. (**South East, East, West, North, North East**)

PATHWAY 1—a study which will assess whether early initial treatment for hypertension with combination therapy confers more sustained blood pressure control than when patients start on sequential monotherapy followed by combination therapy (Monotherapy vs dual therapy for initial treatment to hypertension). (**South East, East, West**)

PATHWAY 2—a study which will assess how best to treat high blood pressure in patients where a standard combination of three drugs has not been sufficient to achieve recommended targets (Optimal treatment of drug resistant hypertension). (**South East, East, West**)

PATHWAY 3—a study which will assess whether potassium sparing diuretics improve glucose tolerance in patients with hypertension and one other component of metabolic syndrome (Comparison of single and combination diuretics in low-rennin hypertension). (**South East, East, West**)

POPPY (West, North East)

H1N1 In Pregnancy—A research project during the current swine flu (influenza H1N1) outbreak to learn more about the effects of swine flu and its treatments for both the mother and baby. (**South East, North**)

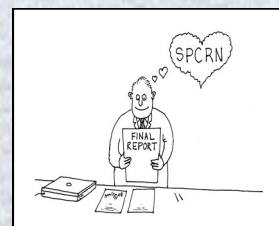
Psoriasis Care Pathway—A study to identify and examine key issues in patient perceptions of and satisfaction with the management of their psoriasis or psoriatic arthropathy. There is a particular reference to the care pathway. Recommendations for changes will be made if a need is indicated. (**West, North-East**)

PODOSA: Prevention of Obesity and Diabetes in South Asians (South East, West)

The Scottish Family Health Study (Generation Scotland) (West, East)

Self-assessed health state of adults with brain vascular malformations (SAIVMs) - Recruiting and following up a cohort of adults, resident in Scotland, who are newly diagnosed with an intracranial vascular malformation (IVM). This will use an existing nationwide collaborative network, and surveillance via medical records and annual postal GP follow-up assessments. (Nationwide)

If you are interested in any of these studies please contact the [local node co-ordinator](#).



Local Studies Currently Recruiting

East Report

Studies currently recruiting in the East:

AESOPS—The effectiveness and cost-effectiveness of opportunistic screening and stepped care interventions for older hazardous alcohol users in primary care (Fife)

Can high-dose vitamin D supplementation reduce blood pressure and markers of cardiovascular risk in older people with isolated systolic hypertension? (Dundee and North East Fife)

Choice and Voice: young people in NHS (Fife)

Cross sectional survey of the individual, social and environmental determinants of physical activity participation in older people (Tayside)

Do xanthine oxidase inhibitors reduce left ventricular hypertrophy and endothelial dysfunction in normotensive patients with stable angina? (Dundee)

Do xanthine oxidase inhibitors regress left ventricular hypertrophy in diabetes? (Dundee)

Maximising physical function in later life: a 2-centre RCT of progressive resistance exercise training in combination with ACE inhibitor (Tayside/Fife)

TIDE -Identification of predictive biomarkers of TZD-induced fluid retention / oedema (Dundee)

TRACE RA - Trial of atorvastatin for the primary prevention of cardiovascular events in rheumatoid arthritis (Dundee/Perth)

Studies reaching target recruitment:

Effect of spironolactone on exercise capacity in functionally impaired older people without heart failure: a double blind placebo controlled trial

A randomised controlled trial of the effect of exercise training on exercise capacity in older patients with heart failure (Dundee and Angus)

For further information or details on how to get involved in any of the above studies, contact the East Node Co-ordinator, Marie Pitkethly on 01382 420021 m.c.pitkethly@cpse.dundee.ac.uk

West Report

The West is currently recruiting for a variety of studies in the following areas—

Asthma Macrolides – a study looking at the effects of macrolides (Azithromycin) on asthma control, airway inflammation and bacterial colonization in smokers with asthma. We currently have 26 practices participating in this study and we are still looking for more practices to take part please. (Glasgow)

Psoriasis – We are seeking another 8 practices in Glasgow & Clyde to collaborate on this study looking at the care pathway of patients with psoriasis or psoriatic arthropathy. (Glasgow)

Pathway 2 – This interesting study is looking at the optimum treatment of drug resistant hypertension, we would like help to identify suitable patients in primary care in the Glasgow and Clyde area please. (Glasgow)

COBALT - This RCT is looking at the effectiveness of CBT given in addition to antidepressants for patients with treatment resistant depression in primary care. We currently have 13 practices collaborating on COBALT. (Glasgow)

CAMERA - RCT of Metformin on progression of carotid atherosclerosis in non-diabetic patients with cardiovascular disease treated with conventional risk reducing agents. 18 practices are currently participating. (Glasgow)

JACS – Evidence of risk for the development of premature cardiovascular disease in juvenile idiopathic arthritis. We currently have 3 practices helping us to invite adult and child controls to this interesting Yorkhill based study. (Glasgow)

Glasgow Stroke Carers—Glasgow based study looking at the impact of providing care to stroke survivors. We are hoping to recruit controls for this study in one Glasgow practice, while the carers are being recruited through the hospitals.

West Report Cont:

Need help to improve research capacity?

4 new research nurses in Ayrshire & Arran aim to improve research capacity.

For help or advice on eligibly funded studies in Ayrshire please contact Margo Henry on:

Tel: 01563 825851

Page number: 3480

E-mail: Margo.Henry@aaaht.scot.nhs.uk

If you wish any further information for any studies in the West region, please email June Anderson

june.anderson@clinmed.gla.ac.uk or Yvonne McIlvenna Y.McIlvenna@clinmed.gla.ac.uk or telephone 0141 3308354.

South East Report

The following studies are currently taking place in the South East-

Allergic Rhinitis – Vicky Hammersly, Edinburgh University. A cluster randomised controlled trial of an educational intervention for healthcare professionals for the management of school-age children with seasonal allergic rhinitis

ENGAGE – Elaine Marshall, Quintiles. A multi-centre, multi-national and commercial randomised controlled trial comparing Warfarin with a study drug for efficacy and safety in patients with Atrial Fibrillation (AF).

PROactive COPD study – Ellen Drost/Hilary Pinnock, Edinburgh University. A qualitative study to explore and expand the understanding of the patient's experience of physical limitations in Chronic Obstructive Pulmonary Disease (COPD) from the perspective of the patient. The information will be used to support the development of a conceptual model of "physical activity" in people with COPD and develop a Patient Reported Outcome to assess "physical activity" in patients with COPD.

Symptoms Clinic – Chris Burton, Edinburgh University. Multiple Medically Unexplained Symptoms: identification of patients in primary care and pilot of GP with special interest intervention.

The Childhood Immunisation Study - a study which aims to explore the views and experiences of health professionals with regards to immunisation delivery for the MMR and HPV vaccines in Edinburgh

TeleSCOT studies - Brian McKinstry/Jen Waterton, Edinburgh University, Janet Hanley, Napier University

1) *COPD*—A randomised controlled trial comparing usual care by the Community Respiratory Team (CRT) with usual care plus home telemonitoring of patients with COPD at risk of hospital admission.

2) *Diabetes*—details to be confirmed

3) *Health Impact of Nurse-led Telemetry Services (HITS: Hypertension)* - A study assessing the public health impact of a nurse-led telemetric home blood pressure monitoring service.

4) *Stroke* - details to be confirmed

If you wish any further information of any of the above studies please email Kelly McGorm at kelly.mcgorm@nhs.net or tel: 0131 2423359.

North East Report

The following studies are currently taking place in the North East-

A DNA resource for lacunar (small vessel disease) stroke—a project to establish a DNA resource of carefully phenotyped controls for cases with lacunar stroke. This study is also running in other areas of the UK. (**Grampian**)

ASCEND—see national studies.

Feasibility study for a randomised controlled trial of a complex behavioural intervention to reduce weight in obese adults with additional risk factors: The Aberdeen Behaviour Change (ABC) Weight Loss Study (**Grampian**)

Management of Asthma in School Age Children on Therapy (MASCOT) - RCT of salmeterol or montelukast in children 6-14 years with asthma that is uncontrolled on their current regime of low dose inhaled corticosteroids. (**Grampian**)

North East Report Cont:

Practice pharmacist-led management of chronic pain: Phase II - a pilot RCT comparing the benefit of pharmacist prescribing for patients with chronic pain to paper-based review by pharmacist or standard care by GP.

Diabetes Research Register—SPCRN in Grampian is working with the Scottish Diabetes Network locally (<http://www.sdrn.org.uk>) to recruit to the Research Register. This will enable the Diabetes Network to reach eligible patients more easily, and will give diabetes patients more opportunity to take part in research.

Psoriasis Care Pathway—see national studies.

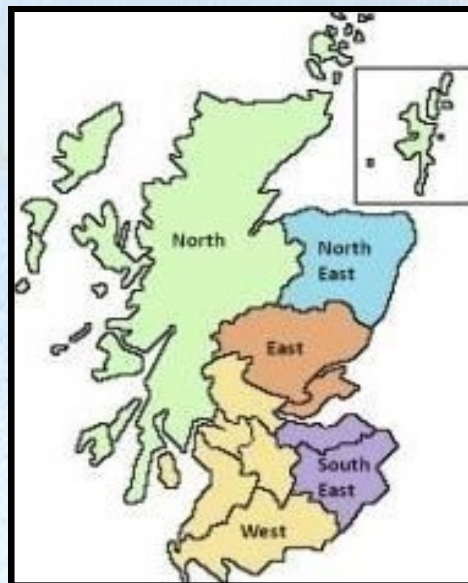
If you wish further information about any of these studies please contact Amanda Cardy a.h.cardy@abdn.ac.uk or tel. 01224 554518.

North Report

Thanks to all practices in Highland and the Western Isles who have been kind enough to invite me along to talk with them about research. Your enthusiasm and interest is much appreciated.

We have several local studies in the development stage and I will keep you informed as these progress.

If you are interested or would like help with a research project, please contact me at samantha.holden@nhs.net or telephone 01463 255854.

SPCRN Node Map and Staff Information

Node	Health Board	Staff	Emails
East	NHS Tayside, NHS Fife	Marie Pitkethly, Node Co-ordinator Kim Stringer, Research Officer	m.c.pitkethly@cpse.dundee.ac.uk K.Stringer@cpse.dundee.ac.uk
South East	NHS Lothian NHS Borders	Kelly McGorm, Node Co-ordinator	Kelly.mcgorm@nhs.net
West	NHS Greater Glasgow & Clyde NHs Ayrshire & Arran NHS Lanarkshire NHS Forth Valley NHS Dumfries & Galloway	June Anderson, Node Co-ordinator Yvonne McIlvenna, Node Co-ordinator Janice Reid, Research Officer	june.anderson@clinmed.gla.ac.uk Y.McIlvenna@clinmed.gla.ac.uk janice.reid@clinmed.gla.ac.uk
North East	NHS Grampian	Amanda Cardy, Node Co-ordinator	a.h.cardy@abdn.ac.uk
North	NHS Highland NHS Western Isles NHS Orkney NHS Shetland	Samantha Holden, Node Co-ordinator	Samantha.holden@nhs.net

Central Staff –

[Dr Alison Hinds, SPCRN Research Manager](#)

[Jill Sutherland, Network Administrator](#)