



Research Bulletin from the Diabetes Translational Research Group

Issue 16 – October 2014



Welcome to
our Autumn
news bulletin!



Summer has proved to be very productive for our group and we hope you enjoy reading about our latest studies and the current 'hot' topics in the news.

STUDIES RECRUITING NOW

We are delighted to let you know that we now have three studies looking for volunteers, please head to our website find out more.

<http://www.dtu.ox.ac.uk/TRG/research.php>

Our latest study, the Hypoglycaemia Early Alert study is now recruiting! Please see overleaf for an overview by Dr Michael Theodorakis, the study Principal Investigator.

IN THE HEADLINES

Patient initiatives are well represented in the latest news and research initiatives. Please read on for some of the highlights.

EMA involves patients in drug assessments



EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH

The European Medicines Agency (EMA) has launched a pilot project to involve patients in the assessment of the benefits and risks of medicines in its Committee for Medicinal Products for Human Use (CHMP).

This pilot project marks the next step in bringing patients' views and values to the assessment of medicines throughout their lifecycle. See:

<http://tinyurl.com/EMA-Patient-Involvement>

The EMA, based in London, began operating in 1995. It is responsible for the scientific evaluation of medicines developed by pharmaceutical companies for use in the European Union.

National Diabetes Audit – Diabetes UK calls it a wake-up call

The latest UK National Diabetes Audit, published this month reveals that diabetes patients under the age of 40 were receiving fewer vital checks and hitting treatment targets less often than older age groups.

The audit, which examined the care of over 2 million people with diabetes in England and Wales, also found that the percentage of all people receiving their annual checks has declined slightly, with just 59.9% getting them this year compared to 60.5% the previous year. Diabetes UK has called for a new approach to diabetes care. See: <http://tinyurl.com/DUK-and-Diabetes-Audit-Results>

NIHR figures show 9 out of 10 people are interested in taking part in research

A new survey conducted on behalf of the National Institute for Health Research Clinical Research Network (NIHR CRN) shows that 89% of people would be willing to take part in clinical research if they were diagnosed with a medical condition or disease.

The survey also revealed that 95% of people said it was important to them that the NHS carries out clinical research. Last year over 600,000 people took part in research which aims to improve diagnosis, treatment and care of patients in the NHS. See: <http://tinyurl.com/NIHR-CRN-Study-Survey>

Hypoglycaemia Early Alert Study

A TRG run study seeking to predict low blood glucose levels before they occur



The Principal Investigator is Dr Michael Theodorakis. He divides his time between TRG research, University of Oxford NHS Trust specialist diabetes outpatient clinics and as the Acarbose Cardiovascular Evaluation (ACE) trial Clinical Lead.

What is hypoglycaemia?

- Hypoglycaemia is a medical term for a low blood sugar value that can occur as a side effect of some glucose-lowering treatments in patients with diabetes.
- It occurs from a relative excess of insulin in the blood (a hormone normally produced by the pancreas or given to individuals with diabetes in the form of injections).
- Many factors can precipitate hypoglycaemia in people with diabetes including: errors in insulin or tablet doses, smaller than usual meals, increased exercise levels, or stress.

Why is it important to be aware that hypoglycaemia is about to happen?

- Hypoglycaemia may make people unsteady or confused which might result in falls, injuries or accidents – especially if it happens during driving.
- Repeated episodes might lead to a condition called “*hypoglycaemia unawareness*”, which means that it becomes more and more difficult for an individual with diabetes to recognize early enough that their blood glucose levels are dropping.

What about current technology to detect possible hypoglycaemia?

- There is currently no reliable system to provide “real-time” alert for possible hypoglycaemia.
- Some continuous glucose monitoring systems (CGMS) are fitted with hypoglycaemia warning alarms but they can be unreliable leading to false alarms with the result that people may ignore them and fail to take action to prevent a real hypoglycaemic episode.

Why is this Study important?

- A reliable hypoglycaemia early alert system would be of enormous benefit to people with diabetes. Being able to achieve stricter blood glucose control, with much less fear of low blood sugar should help to improve the average blood sugar level in a person’s blood, to reduce the risk of diabetic complications and can improve a person’s quality of life.

Who could join the Study?

- This exploratory Study is not for people with diabetes. We are looking to recruit 10 individuals who have already been asked by the endocrinologist to undergo an “*Insulin Tolerance Test*”. The Study will take place during the two hours required by the routine NHS test and will be minimally invasive.

You can make a difference!

For further details, please get in touch with our Clinical Research Unit

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