



Welcome to our summer 2013 bulletin. It has been a busy few months for our group. Please read on to find out about our latest activities.

### Aspirin Dosing study results

The primary results of our recently completed aspirin study will be submitted shortly for peer review publication, and will be available from our website in due course. Meanwhile, abstracts highlighting the primary results have been submitted to the British Society for Haemostasis and to the upcoming Thrombosis and UK Platelet Group meeting.

### New study about to start recruiting!

#### Remote Mood Monitoring study

*We will need 20 people who are about to start an injectable therapy such as insulin.*

This pilot study is looking to see whether a simple SMS text-messaging or website system can be used to monitor possible mood changes in people with type 2 diabetes. The study will require each participant who is starting an injectable therapy, such as insulin, to answer standard mood-related questions on a weekly basis for 6 months.

The project is a joint collaboration between the DTU's Translational Research Group and the University of Oxford Department of Psychiatry, who helped develop the questionnaire.

It will be run by the Clinical Research Unit based in the OCDEM building at the Churchill Hospital, Headington, Oxford.

To find out more about this study and how you can get involved in our diabetes research, E-mail [cru@ocdem.ox.ac.uk](mailto:cru@ocdem.ox.ac.uk) or call 01865 857287.

### Studies coming on-line shortly

#### Hypoglycaemia Alert

*We need 10 people without diabetes who are undergoing an Insulin Tolerance Test*

This study is looking at new ways to give people with diabetes earlier and more reliable warning of hypoglycaemia (episodes of very low blood sugar levels). We will be examining changes in pulse rate, breathing rate, sweating and other body changes, in combination with continuous blood sugar monitoring data to see if we can better predict hypoglycaemia.

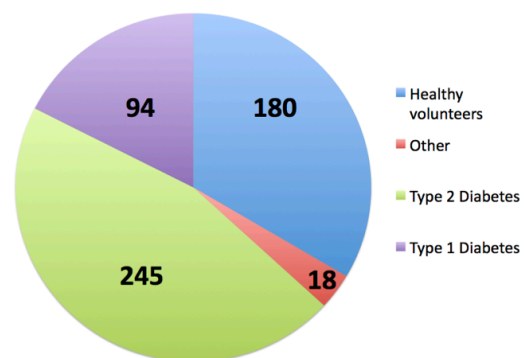
#### Lixisenatide in type 1 diabetes

*We need 30 people with type 1 diabetes*

Lixisenatide is used currently to treat people with type 2 diabetes. We are looking to see whether it can also improve blood glucose control in people with type 1 diabetes when given in addition to their usual insulin therapy. This proof of concept study could pave the way for a major clinical trial and the potential for a new treatment for patients with type 1 diabetes.

### Interested in getting Involved?

Over 530 people have now joined OCDEM's research register, but we are always looking for more volunteers! This register is a vital source of participants for our research and we are extremely grateful for your support. Here's a snapshot:



If you, or someone you know, would like further details on any of our upcoming studies, or is interested in joining our research register, please head to our website at [www.dtu.ox.ac.uk/trg](http://www.dtu.ox.ac.uk/trg).

## Current news:

### Recruitment to UK trials in the spotlight

With three new studies due to begin recruiting this year, our group read with interest the recent high-profile news items highlighting recruitment performance for UK trials and the latest initiatives to encourage more volunteers to come forward.

Read on for some of the 'hot topics'.

#### "Patient numbers taking part in clinical trials in England trebled in five years."

Figures from the National Institute of Health Research (NIHR) show almost 638,000 patients volunteered to take part in clinical trials in England last year.

The NIHR commented that although many people associate medical trials with healthy volunteers, the vast majority who take part in research are NHS patients testing treatments for their condition.

The chief medical officer, Prof Dame Sally Davies, said she was delighted NHS patients realised the benefits of participation and said they played a vital role in developing treatments.

The increase follows the establishment of the NIHR in 2006 with a remit to "improve the health and wealth of the nation through research". This organisation, funded by the Department of Health, has increased the amount of patient-focused health research.

See the following link for further details: <http://www.bbc.co.uk/news/health-22594635>

### New NIHR campaign - OK to Ask



The NIHR has launched a campaign called 'OK to Ask' to encourage patients to raise the subject of clinical research rather than

the first approach coming from a clinician.

Despite the huge increase in patient numbers on trials, a consumer poll by the NIHR Clinical Research Network found only 6% of those questioned agreed that the public were well-informed about clinical research in the NHS.

#### People with type 1 diabetes have less opportunity to take part in studies

A recent survey by the charity JDRF (Juvenile Diabetes Research Foundation) has revealed that almost three quarters of people living with type 1 diabetes in the UK have never been informed about medical research by their clinical team.

The charity surveyed more than 800 UK residents living with type 1 diabetes, revealing that 77 per cent have never been given the opportunity by their clinical team to take part in a diabetes-related study. This is despite an overwhelming 96 per cent of those stating they would be willing, in principal, to take part in a clinical trial.

#### Landmark re-organisation of NIHR Clinical Research Networks planned for 1<sup>st</sup> April 2014 onwards

The NIHR Clinical Research Network makes it possible for patients and health professionals to participate in relevant clinical trials.

The network has announced recently details of the planned changes to its organizational structure which will include:

- Merging Local Clinical Research Networks so that 15 will cover England.
- Combining specialties into themes, for example, diabetes is to be included with metabolic and endocrine disorders and renal.
- Restructuring how research delivery is managed to increase flexibility.

For further details see the following link: <http://tinyurl.com/NIHR-Clinical-Research>