

Charity partner for 'Help BEAT Heart Disease' campaign

The Pumping Marvellous Foundation is the UK's patient-led, heart failure charity supporting patients, families and carers to manage the condition. Their aim is to inform, raise awareness, offer patient-to-patient support and patient-authored resources for people living with heart failure – a condition affecting around 900,000 people in the UK. We're delighted they are supporting our Help BEAT Heart Disease campaign and are really looking forward to working with them.

Nick Hartshorne-Evans, Founder and Chief Executive Officer said,

"As the UK's leading patient led heart failure charity, we are delighted to partner with the National Institute for Health Research in Greater Manchester as part of their 'Help BEAT Heart Disease campaign'. Together we can continue to help heart failure patients live their lives as well as they can."



Join us on Facebook

In our last newsletter we shared the findings of our social media survey that highlighted many of our research volunteers prefer to use Facebook over the other social media sites such as Twitter or Instagram. Over the last few months we have invested a lot of time in our Facebook page, and have used it to share important self-care advice and information from our charity partners; Diabetes UK, Pumping Marvellous and British Lung Foundation.

We now have more than 600 followers and are looking at ways we can use Facebook, in particular to support our doctors, nurses and other research staff. Over the coming months, we will increase our online profile to promote studies and research opportunities that might be suitable for you to get involved in. If you're online please come and ['like' us!](#)

Research participation

Thank you to all Research for the Future volunteers who over the last year have helped to improve care and treatments for future generations.

More people took part in clinical trials in Greater Manchester last year than ever before, including:

- 2738 in heart disease studies
- 1566 in diabetes studies, and
- 649 in respiratory studies.

It wasn't just clinical trials that people were involved in though and many more volunteers participated in patient panels, discussions and completing questionnaires. Every participation, no matter how small, makes a difference.

Out and about:

Over the past few months we've been working closely with our charity partners to promote and help the valuable work they do.

Diabetes UK are currently working with NHS organisations across Greater Manchester to gather the views of people living with diabetes to help improve care and shape future services.

We've made sure our Help BEAT Diabetes volunteers have been kept informed about the consultation events, so they can contribute and have their voices heard, as well as attending a number of the events ourselves.

The British Lung Foundation invited us to attend a number of their friendly Breathe Easy support groups across the region, where we've had chance to try out some singing exercises for lung health! We also had a stall at the NIHR Greater Manchester research fair and film screening of 'People are Messy', designed to encourage discussion about taking part in research.



Help BEAT
Diabetes



Help BEAT
Heart Disease



Help BEAT
Respiratory Disease

Encouraging people to get involved in research
www.researchforthefuture.org

Spotlight on research: Clinical trials

When people think of research they often think of a scientist wearing a white lab coat. Whilst this may be true in some cases there are lots of other ways that the NHS carries out research. In each newsletter we shine the spotlight on one of these areas, explaining how it works and giving some examples of how our volunteers have contributed. This time the spotlight is on **clinical trials**.

Clinical trials are research studies which compare a new or different type of treatment with the best treatment currently available. They are carried out because we don't know whether the new treatment is better than the current treatment or not. The new treatment being proposed could be a drug (eg tablet

or medicine), medical equipment (eg inhaler or glucose monitor) or a lifestyle change (eg diet or activity).

Clinical trials aim to find out which treatment works best, is the safest and has the fewest side effects. They usually involve dividing people into two or more groups; one receives the new treatment and the other the current treatment. Researchers follow a strict protocol which is like an operating manual. It makes sure every researcher performs the study in exactly the same way so that the study produces the best possible results.

Results from a clinical trial could find out the new treatment is better than what is currently available; is no different or is not as effective. Results help the NHS continually



improve treatments and make decisions about the best ways to prevent, diagnose and treat illnesses.

For some people who are not responding to the usual treatments, clinical trials can be a way to receive promising new treatments.

How you are helping with clinical trials

Some of our Help BEAT Diabetes and Help BEAT Heart Disease volunteers are currently taking part in a clinical trial called **HOMAGE** (Heart **OM**ics in **AGE**ing) which is taking place at a number of research centres across Europe including the Manchester Heart Centre at Manchester Royal Infirmary.

HOMAGE is looking at whether specialised blood tests can help identify the risk of developing heart problems and if a medication can reduce that risk. Taking part in the trial involves attending six clinic visits over nine months. Participants have a number of investigations including clinical examination, electro-cardiogram (ECG), blood and urine samples and a walking test.

Fozia Ahmed, Consultant Cardiologist at Manchester Royal Infirmary is delighted with the number of 'Help BEAT' volunteers who have joined the study and explains there is still time to get involved, *"...recruitment for HOMAGE is still open. If you are thinking about taking part or have any questions*

before making a decision, our research nurses can discuss this with you."

To take part you must be over 65 with no heart failure. You also need to have had previous heart surgery/stent OR have diabetes and high blood pressure and taking medication for both. Please contact Research for the Future for further details.



HOMAGE

Can you help ?

**Do you have type 2 diabetes?
Do you have relatives in the
Liverpool area who don't?**

Researchers at Aintree University Hospital in Liverpool are looking at physical activity in people who have a family history of type 2 diabetes but do not have the condition themselves.

Taking part in the study would involve your relative attending some clinic appointments at the hospital.

If you have a parent, brother, sister or child aged 18-60 years old who may be interested please ask them to email Kelly at k.bowden-davies@liverpool.ac.uk or telephone **0151 529 5940**.

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Research for the Future encourages people to take part in NHS health research in Greater Manchester. Our 'Help BEAT' campaigns invite people living with certain health conditions to find out about research opportunities relevant to them. Our current campaigns include; **Help BEAT Diabetes, Help BEAT Respiratory Disease and Help BEAT Heart Disease.**

The project is provided in partnership with the National Institute for Health Research (NIHR) Clinical Research Network Greater Manchester, Salford Royal NHS Foundation Trust, North West EHealth, and the Greater Manchester Academic Health Science Network (AHSN).