

How you have helped research

Back in 2016, people with high blood pressure were invited to help researchers at the University of Oxford by sharing their views about the different ways this condition can be managed and how they would like their health care delivered.

Dr Benjamin Fletcher, research lead, had anticipated a hundred volunteers might want to take part in the online survey, so was completely overwhelmed when he received almost double this amount of responses in just a few days.

The results of the research highlight that people prefer their blood pressure to be managed by their own GP, a pharmacist or via telehealth rather than self-managing. The main reason given was to make sure that risk of developing a cardiovascular complication such as a heart attack or stroke was minimised. Participants also preferred to have their blood pressure checked frequently and with lower cost to the NHS.

Results of the study were published in the British Journal of General Practice (August 2019) where researchers thanked the Research for the Future volunteers who took part.



Help find genetic causes of diabetes in different ethnic groups

Researchers are looking at genetic causes of diabetes in different ethnic groups to help them identify cases of MODY (maturity onset diabetes of the young). MODY is a rare genetic cause of diabetes that is often misdiagnosed and can lead to delays in people getting the right advice and treatment.

The study is taking place at a number of locations across the country and Research for the Future is helping teams at Manchester Royal Infirmary and the Royal Oldham Hospital.

To take part you must have been diagnosed with type 1 or type 2 diabetes under the age of 30 and have Afro-Caribbean or South Asian ancestry (parents or at least two grandparents from Africa, the Caribbean or the Indian subcontinent, for example India, Pakistan, Bangladesh or Sri Lanka).

Taking part would involve attending one morning clinic appointment lasting approximately 30 minutes to include a fasting blood test, waist and hip measurements and a urine sample.

For further information, call **0161 206 3636** or email **research.future@srft.nhs.uk**



New respiratory research lead

Congratulations and welcome to Dr Abdul Ashish who was recently appointed as the new NIHR Clinical Research Network Greater Manchester speciality lead for respiratory disorders. Dr Ashish, a consultant respiratory physician at Wrightington, Wigan and Leigh NHS Foundation Trust, is experienced in all aspects of respiratory medicine and has been involved in clinical research for many years. As well as promoting the 'Help BEAT Respiratory Disease' campaign to his patients and colleagues, he recently invited the team to discuss the benefits of research to a local pulmonary fibrosis patient support group.



Help BEAT
Diabetes



Help BEAT
Heart Disease



Help BEAT
Kidney Disease



Help BEAT
Respiratory Disease

Celebrating our success

Earlier this year Research for the Future were invited to be part of NIHR's Digital Festival, showcasing a wide range of new digital initiatives and technology that helps research take place across England. As well as attending informative workshops and demonstrations the team gave a presentation about our work and came home with a 'Highly Commended' award in recognition of the way Research for the Future uses digital technologies to communicate and engage with our volunteers.



NIHR Be Part of Research

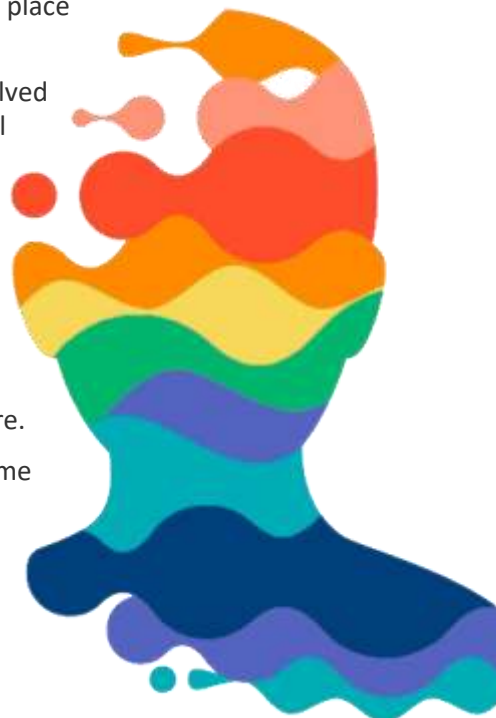
The NIHR (National Institute for Health Research) launched their 'Be Part of Research' campaign earlier this year, making it easier for people to find out about health and social care research taking place across the UK.

There are a variety of ways you can get involved in research, from taking part in a clinical trial as someone living with a condition or as a 'healthy volunteer', becoming a Patient Research Ambassador, public reviewer or attending a discussion group.

People get involved for different reasons, whether it be to learn more about the condition they live with, help develop new treatments or to contribute to a better future.

The new 'Be Part of Research' website is home to a wealth of resources, helping people discover more about research including real life stories and videos from people whose lives have been transformed by taking part in a study.

www.bepartofresearch.nihr.ac.uk



Why we ask for certain information

Some groups of people are more at risk of developing certain health conditions than others, for example people from certain ethnic groups or with a similar cultural background. This means researchers are sometimes looking for specific groups of people. In order to keep you informed about research opportunities, it is important that Research for the Future ask what your ethnic group or background is.

If you did not provide your ethnicity when you first joined, a member of the team may contact you to ask for it. If you do not want this recorded please let them know that you 'prefer not to say'. Your record will be updated and you won't be asked again in the future.



British Renal Society honours research lead

Congratulations to Professor Phil Kalra, Renal Consultant and Principal Clinical Research Lead at Salford Royal NHS Foundation Trust, who is the 2019 winner of the Jane Macdonald Leadership Award given by the British Renal Society for his leadership in UK renal research.

Professor Kalra was instrumental in developing the 'Help BEAT Kidney Disease' campaign and continues to be a strong supporter of Research for the Future.

Do you use email?

More than three quarters of our volunteers use email, meaning they find out about new research opportunities as soon as they are available. Using email also saves the NHS money by reducing the costs of printing and postage.

If you have received this newsletter by post, but use email, please let us know.



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Research for the Future encourages people to take part in NHS health research. 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 Heart Disease, Help BEAT Kidney Disease** and **Help BEAT Respiratory Disease**.

Provided in partnership with the National Institute for Health Research Clinical Research Network Greater Manchester, North West EHealth, Health Innovation Manchester and Northern Care Alliance NHS Group.