

Powered by Curiosity

New Trial – TARGET-CTCA

By Rachel O'Brien

EMERGE are excited to have started the TARGET-CTCA study, a joint venture with Prof Nick Mills and research team as well as the Glasgow QEUH Research team, EMQUIRE, aiming to recruit patients with suspected ACS across NHS Lothian and NHS Greater Glasgow and Clyde. This study has been funded by the British Heart Foundation with the main study aim being to evaluate troponin in acute chest pain to risk stratify and guide effective use of CT Coronary Angiography (CTCA).

The study hopes to recruit 2270 participants over 2 years with 50% randomised to the CTCA arm and 50% to the standard care arm. The team would really appreciate support from the clinical team in distributing postcards located in the grey filing cabinets in Pod A which will tell them more about the study when the research team are unavailable.



Researcher of the Quarter has been awarded to...

Pat Holdsworth

We would like to say a huge thank you to our colleague Pat Holdsworth from the Ambulatory Care Clinic here at the Royal by awarding her Researcher of the Quarter.

Pat has always been a great supporter of EMERGE over the years for various projects that have recruited patients being investigated for venous thromboembolism (VTE).

Recently Pat has been fantastic for contacting us when patients have a D-Dimer requested for our current project NOVEL. This study recruits patients who are being investigated for VTE to help with the development of point of care devices for D-Dimer. Pat, the Ambulatory Care team and patients are very enthusiastic about helping with this as they can see the opportunity of this innovative device which would give a D-Dimer result using a capillary sample of blood in 5-10 minutes. Pat does so

much to support this study by phoning us when there is a patient who meets the inclusion criteria, informing the patient about the study and always goes above and beyond to welcome us in the clinic.



Thank you Pat, we really appreciate all that you do



Page 2

Farewell to Clare

Meet the expanding team!

Page 3

EMERGE Study Information – How Can You Help?

Page 4

Study Closed – HEAD

#TDintheED Training Day

Research-focused Courses

Page 5

Study Coming Soon – KRAKIL

Workplace Experience at EMERGE

EMERGE Tote Bag Travels

Page 6

Stroke Research Presents:

Meet the new Stroke Research Nurses

Study Update– BRAINED

Current Stroke Studies conducted in ED

Page 7

SALFS present:

National Advisory Council on Women and Girls

Community CPR Events

500,000 Ways to Save a Life!

Farewell to Clare



Clare joined the EMERGE team in Autumn 2018 for a year's secondment.

She has been a fantastic research nurse, sharing her bubbly personality with the team and the patients and having a great impact on the studies that EMERGE are running, especially BreathSpec!

Although her time is up with EMERGE, we will be glad to see her still within the department.

Meet the expanding team!



Kayleigh Craig

Since 2013, I have worked in the Royal Infirmary within the Emergency Department. Here I have gained valuable experience and have developed my scope of practice as a well rounded nurse. I knew I would remain within the department for a long time as I had caught the “ED bug”. The prospect of researching into methods to improve patient’s care and roll this into the acute care setting, where my passion lies, seems to be the perfect job role. *I am excited to embark on all the opportunities this role has to offer and still be working under the umbrella of the Emergency Department team.*

Nicola Freeman

An initial interest in research and global inequalities was sparked whilst studying Geography at the University of Glasgow, and I then went on to complete a Masters of Research in Human Geography in 2011. I subsequently re-trained as a nurse at the University of Southampton and then completed a Diploma in Tropical Nursing in 2018. After nearly 3 years of working in acute medicine at the University Hospital of Wales, I joined the Emergency Department in Edinburgh. I found myself increasingly thinking about how patient care might be improved past the day to day, and decided to undertake a research project for my Masters in Nursing. *I am very excited to join this dynamic team and have the opportunity to contribute to pragmatic, pioneering research that improves patient care.*



Emily Godden

When I got offered a job as a newly qualified staff nurse working in the renal department I was delighted but terrified. However the patient’s charisma and resilience humbles me and each individual I have cared for has taught me different lessons. I have now joined the EMERGE team and it is inspiring to see how the EMERGE team has pioneered healthcare within the Emergency Department. For me, it is a very exciting prospect that the EMERGE team have expanded to include renal research.

With their support and expertise I hope to help develop and expand research in this area, whilst making it more visible and ultimately helping to make a difference in the care and disease trajectory of these patients.



EMERGE's Study Information– HOW CAN YOU HELP?

Study	Clinical Presentation	Patient Group	How Can You Help?
 TARGET-CTCA	Suspected ACS	-Patients with troponin results between 5 and the 99 th centile (Amber pathway)	Highlight potential patients to the research team and hand out the study postcards when the research team are unavailable
 SALI study Significant Ankle Ligament Injury	Significant ankle ligament injuries (OAR positive- no bony injuries (except avulsion/ flake fractures))	-Patients aged 18 or above presenting to the ED with isolated ankle injuries	Highlighting patients with significant ankle ligament injuries. Handing out introductory letters to patients who meet eligibility criteria out of hours
IONA	Suspected Recreational Drug Use	-Patients aged 16 years old or over -Suspicion of novel psychoactive substances	Highlighting potential patients to the EMERGE team who will investigate further
 MAPP2	Paracetamol Overdose	-Patients aged 16 years old or over who have taken a paracetamol overdose	Highlighting potential patients to the EMERGE team who will investigate further
 SABER STUDY	Suspected Septic Arthritis	-Patients with suspected septic arthritis -no age restriction	Highlighting potential patients to the EMERGE team who will investigate further
 HU-FIX	Humeral Shaft Fracture	- Patients with a humeral shaft fracture	Highlight patients to the EMERGE team who will investigate further
EHA  CENTOGENE THE RARE DISEASE COMPANY	Suspected Hereditary Angeoedema	-Patients aged over 16– 60 years old -Patients with suspected hereditary angeoedema -Recurrent episodic abdominal pain	Highlight eligible patients to the EMERGE team
 NOVEL lumiraDx	D-DIMER or CRP required	-Patients aged over 16 years old -D-DIMER or CRP completed	Highlight eligibility to the EMERGE team

Call Research Nurse Desk in the Emergency Department Ext 21315

Or the EMERGE Office Ext 21284

Study Closed – HEAD

By Julia Grahamslaw

We would like to say a big thank you to everyone who contributed to the HEAD study.

This was a prospective, multicentre, observational study conducted over one calendar month over August. The aim of the study was to investigate the epidemiology, management and outcome for adult patients treated in the Emergency Department for headache.

This was an international collaboration with The Emergency Medicine Research Network (TERN) and EMERGE. A study from Queensland found that most cases of headache presentations had benign causes and most patients were discharged home. That study looked at investigations and disposition but not at treatments. There is international concern about the use of opioids (especially codeine and pethidine) and their negative health and societal impacts. Headache is one condition implicated in this debate.

Therefore this study aims to understand the international epidemiology of patients presenting to EDs with headache. It will then add to the current understanding of the associated investigation and treatment pathways that this group of undifferentiated patients undergo.

So far 35 participants have been enrolled from this site. The overall target is 1000 participants over 50 sites worldwide.



Well Done Alison!



Alison ran her second tissue donation training day in September which was another hit with the staff!

The focus of the day was to train resuscitation nurses in how to approach tissue donation with bereaved relatives in the Emergency Department (ED) as only short training sessions were previously offered to ED nurses and the requirement to provide a full day was needed to train staff efficiently. The day consisted of morning presentations from a wide variety of healthcare professionals and a relative whose son had donated his tissue as well as afternoon role play. **Great work Alison!**

#TDintheED

Research-focused Courses

If you are interested in clinical research, below are some courses which we find valuable in our day-to-day practice and would recommend to everyone.

The Clinical Research Facility

Edinburgh provide a range of courses such as Good Clinical Practice and Informed Consent- a researcher's bread and butter!

Next Good Clinical Practice Course:

23rd of October at the Western General Hospital

Informed Consent Courses:

22nd of October at the Western General Hospital

Email: wtcf.education@ed.ac.uk

Telephone: 0131 537 3355



If you are not local to the area, The Royal College of Emergency Medicine provide a FREE Good Clinical Practice online course. Link is available below:

https://www.rcem.ac.uk/RCEM/Professionals/Professional_Development/Research/RCEM/Quality-Policy/Professional_Affairs/Research.aspx?hkey=e822bd01-59ba-4003-9bdb-f9cc3e5a0474



Study Coming Soon – KRAKIL

By Emily Godden

Many patients that have an Acute Kidney Injury (AKI) go on to develop Chronic Kidney disease (CKD). The molecular pathways that control this transition are not well defined and currently there are no specific treatments that reduce the risk of progressing to CKD after AKI.

Preliminary investigations (not yet published) suggest that AKI causes sustained activation of the endothelin (ET) system to the long-term detriment of renal and systemic haemodynamic function. This pilot data form the basis of our project that seeks to determine whether the ET system is active in patients with AKI and, thus, represents a potential target for therapeutic intervention.

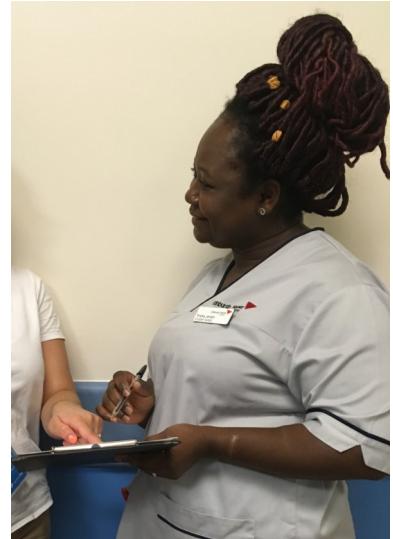
KRAKIL aims to recruit altogether 100 patients from across the Emergency Department, acute medical unit and inpatient wards at the Royal Infirmary. Fifty of which with AKI's and 50 matched controls with normal kidney function. We will monitor their bloods and urine for 90 days and compare the data from between the two groups.



Workplace Experience at EMERGE

By Tricia Jeram

My name is Trisha Jeram and I am a student nurse. My first encounter with EMERGE was as an Emergency Department (ED) receptionist when I helped to insert study information cards for SALI into poly pockets ready for triage nurses. In a busy, fast-paced and stressful environment like the ED, I quickly noticed that the EMERGE nurses appeared calm, friendly, happy and content in their roles. Out of curiosity I approached them and asked what research nurses did and if I could volunteer with them. In addition to granting my request, I was offered admin shifts! I fell in love with the team. Recently I was privileged to go on a 3 week student placement with EMERGE. As I shadowed the team and their work of recruiting patient participants to clinical trials based on excellent high-quality research ethics and governance, I came to appreciate more about these unsung heroes who tirelessly contribute to improving clinical standards in the NHS. I thoroughly enjoyed my placement and I am thankful to Miranda Odam, Adam Lloyd and everyone who made this placement possible.



**EMERGE
TOTE
BAG
TRAVELS**



**Sian
went on
holiday to
Germany**



**Fiona
discovered
New York**

Stroke Research Team

Meet our new Stroke Research Nurses!

Michelle Curtin

Michelle is trained in both Learning Disability and Adult Nursing. Her nursing experience includes working with adults and children with learning disabilities, acquired head injuries and additional support needs, adults recovering from neurosurgery, and children with complex health-care needs including long-term ventilation. Along with working with EMERGE, Michelle is currently studying part time for a Masters in Advanced Nursing Practice. *She is new to EMERGE and has a particular interest in life after brain tumour surgery and stroke recovery.*



Jessica Teasdale

Jessica studied Neuroscience at the University of Dundee and, after completing her nursing degree, she worked clinically in General Medicine and then moved to DCN to work across Neurosurgery and Neuro-HDU. In March 2017, she moved to the Clinical Research Facility as research nursing had always been a keen interest during her nurse training. She always wanted to combine her previous Neuroscience degree with her nursing degree and moved to EMERGE recently to work as a Senior Research Nurse on a number of Stroke trials and work on the development of Neurosurgery studies within EMERGE. *She is excited to see what the future holds for all things Neuro within EMERGE.*



Study Update— BRAINED

By Jessica Teasdale

BRAINED is a bio-resource research study looking at developing a novel biomarker which can help in the detection of brain tumours. We are recruiting patients in the Emergency Department who present with a neurological symptom and are assessed to go for a CT scan. We are aiming to recruit 600 patients in the next 12 months. We have already enrolled **104** patients into the study! **Well done team!**

Current Stroke Studies conducted in the Emergency Department

Study	Clinical Presentation	Patient Group	How can you help?
ATTTEST 2	Ischaemic Stroke	-Patients aged over 18 years old -Less than 4.5 hours after symptom onset -Male or non pregnant females	Highlighting potential patients to the EMERGE team who will investigate further
BRAINED	Neurological symptoms	- Patients aged over 18 years old - Presenting to ED with neurological symptoms	Highlight potential patients to the EMERGE team who will investigate further
	Intracerebral Haemorrhagic Stroke	-Patients aged over 18 years old - Confirmed intracerebral haemorrhagic - less than 12 hours onset	Highlighting potential patients to the EMERGE team who will investigate further
	Suspected TIA	-Patients aged over 18 years old -Suspected TIA -Less than 1 night admission to hospital	Highlighting potential patients to the EMERGE team who will investigate further
	Primary Spontaneous Intracerebral Haemorrhage (ICH)	-Patients aged over 16 years old - First ever ICH	Highlighting potential patients to the EMERGE team who will investigate further
	Acute Stroke (Intracranial haemorrhage or ICH)	- Patients over 66 years old -Less than 24 hours after onset	Highlighting potential patients to the EMERGE team who will investigate further

SAVE A LIFE FOR SCOTLAND

National Advisory Council on Women and Girls

In September, Save a Life for Scotland was invited to the NACWG circle in Leith. We had a fantastic day speaking to attendees to raise awareness of how OHCA affects women in Scotland and around the world. **The NACWG exists to advise the First Minister on what's needed to tackle gender inequality in Scotland. If you are interested in this area of research please get in touch with us: hello@savealife.scot**



In Scotland, women make up 36% of all out of hospital cardiac arrests. This amounts to 1,200 women per year. However, international studies have shown that across the board, women are less likely than men to receive CPR when in cardiac arrest: Women are more likely to arrest at home rather than in public, so there are potentially no witnesses.

Even in the case of a witnessed arrest, psycho-social factors such as fear of being accused of sexual assault and perceived "female frailty" make bystanders hesitant to step in.

Women are also less likely to have a defibrillator used on them by a bystander than men.

Even when emergency services arrive, they are slower to recognise cardiac arrests in women and are less likely to give recommended procedures and medications in comparison to male patients.

Unfortunately this trend isn't limited to the pre-hospital setting. In hospital, women who have cardiac arrests have higher mortality rates, worse neurological outcomes and receive less post-arrest intervention than men. Despite cardiac arrest treatment protocols being uniform, women are less likely to receive the standard post-arrest treatment than men.

This has important implications with regard to survival rates and post-arrest quality of life.



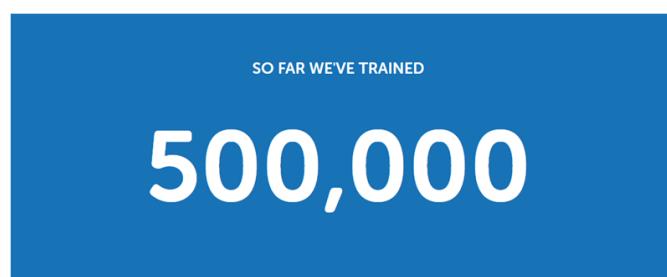
Community CPR Events

We have been spending much of our time sharing CPR at events the past few months. Check out some photos from this summer below. If you want to join in or have an event of your own, get in touch so we can celebrate your work and send you free resources to help!



500,000 Ways to Save a Life!

In 2015, we set off on a journey to reach half a million people in Scotland with CPR skills in 5 years. We are so thrilled to officially announce we have reached that milestone, and a year early at that. This huge accomplishment belongs to all of our partners and everyone who has generously volunteered their time to share life-saving CPR with others. A special thank you to the EMERGE team members who have supported the campaign from the very beginning. Later this year, the Resuscitation Research Group, the Scottish Ambulance Service, and Scottish Government will release the latest out-of-hospital cardiac arrest data linkage which reports on survival and bystander CPR rates. What should our next goal be?



For more information on EMERGE, RRG and our team, please visit www.emergeresearch.org

Newsletter edited by Emma Nugent