



TO PAC OR NOT TO PAC?



NOVEL USE OF TRANEXAMIC ACID TO
REDUCE THE NEED FOR NASAL PACKING

STUDY UPDATE - HighSTEACS

HighSTEACS, as we have grown to know and love over the past 3 years, has come to an end. Never fear, as we have a suitable replacement that has taken over - the HS Bioresource. This study aims to recruit participants who have had a troponin sample sent and investigate what factors influence the magnitude and time course of cardiac troponin release and clearance in patients with suspected or confirmed myocardial infarction.

The study is coordinated by the University of Edinburgh Cardiology Research team led by Professor Nick Mills.

If you'd like to know more about this study, or any other study we're involved in, feel free to get in touch with the EMERGE team on 0131 242 3863.

Rachel O'Brien

The EMERGE team is excited to start recruitment for the NoPac study in Spring 2017 but what is the study investigating?

Patients commonly present to the Emergency Department with epistaxis (nose bleed). Standard first aid measures, such as applying pressure, can often stem bleeding. However, in more severe cases of epistaxis, further treatment is required. These treatments range from the use of vasoconstrictors to cauterisation and eventually, to nasal packing.

It is well documented that patients who require nasal packing find this procedure uncomfortable and painful despite its ultimate effectiveness. The NoPac trial is investigating the novel use of tranexamic acid (TXA) to reduce the need for nasal packing. Recruited participants will receive the application of TXA or a placebo before nasal packing is considered. Identifying an effective alternative to this procedure would provide a clear benefit to patients

EMERGE are looking forward to building on their collaboration with the Emergency Nurse Practitioner (ENP) team. The ENPs (and Fenella Ritson, PT) have contributed greatly to the success of SALI and it is hoped that NoPac will enjoy a similarly warm reception in the ED.

NoPac is being delivered by the Royal Devon & Exeter Hospital with trial management from Peninsula Clinical Trials Unit. The RIE is one of the 11 sites taking part in the trial nationwide.

Allan MacRaild

IT'S TIME FOR A DISCUSSION ON CONCUSSION...

And after presenting this research proposal at The Clinical Studies Group meeting, RCEM agreed and have provided some funding to assist this. As part of a Masters degree in Sports Medicine, this study will look at improving diagnosis and management of patients presenting with minor head injuries to the ED.

Victoria Reid

TWITTER UPDATES

We love to tweet at EMERGE and this quarter has been no exception. Here's what we've been up to...



Rachel (@robrien100) took our eye-catching tote all the way to Finland with her on holiday. A bit blustery, but what a beautiful sunset!



Some members of the EMERGE team attended the NHS Lothian R&D conference on the 10th March. Here's Dr Reed and Prof. Gray standing proudly next to our display. Everyone loves a free mug!



Several of our team also attended the annual SRNCN conference in Dundee on the 17th March. We couldn't resist a photo opportunity next to some Dundee artwork.

STUDY UPDATES



We would like to increase our recruitment rate to the Significant Ankle Ligament Injury study (SALI). In order to do this, we need your help!

We would like to ask all staff members to hand out an introductory letter to eligible patients who present to the ED outside of our usual operating hours (8am-6pm Monday-Friday). The introductory letter, along with the eligibility criteria, can be found in Exam. It is crucial that the Ottawa Ankle Rules are documented in the medical notes. If this is not documented, we will be unable to follow up the patient for consent.

Eligible patients must read the introductory letter whilst in the ED, and, if they are happy to participate, they must sign the slip at the bottom of the letter and leave it in the SALI post box, which will also be located in Exam. The EMERGE team will then follow these patients up for consent.

Everyone's involvement in this study would be greatly appreciated and so beneficial to the success of the project. We would be very grateful for your help.

Julia Grahamslaw

The RAPID-CTCA trial is open in 37 centres across the UK and has recruited over a third of the participants anticipated to date.



Recruitment is slower than expected given numbers challenges across the NHS but the main factor being access to a CT slot. The most exciting news so far is that although recruitment may be slower than we hoped, this is already the largest trial to date in this patient population evaluating the use of CT Coronary Angiogram.

So far, across all our UK centres, we have recruited over 900 participants! Below is an update on our recent recruitment numbers.

Rachel O'Brien

MONTH	NO. OF PATIENTS RECRUITED - EDINBURGH	NO. OF PATIENTS RECRUITED - REST OF UK	NO. OF PATIENTS RECRUITED - TOTAL
July	3	39	42
August	3	53	56
September	4	47	51
October	2	52	54
November	4	42	46
December	1	21	22
January	5	47	52
February	5	41	46
March	7	44	51
Total	34	386	420

SCOTTISH RESEARCH NURSE AND COORDINATORS NETWORK CONFERENCE 2017

On St Patrick's Day, the EMERGE team attended the 3rd annual Scottish Research Nurse & Co-ordinators Network (SRNCN) conference in Dundee.

Opening the conference and setting the tone for the day was the inspirational #whywedoresearch team. This campaign demonstrated a global passion and pride within the research community. The professional and personal reasons as to why so many people actively participate in research activities were not only echoed throughout their campaign, but also throughout the day. The EMERGE team certainly found many valuable reasons for #whywedoresearch throughout the conference programme.

Alison Worth and Sue Polson spoke passionately on the subject of patient and public involvement (PPI) in healthcare research. They convinced us that PPI should not be tokenistic, rather we need to believe in the principles behind PPI initiatives. Sue shared an example of a research study that focused on stroke recovery: the patients involved in the review of this study provided insight into patient research priorities. Subsequently, the study's objectives were changed to reflect what mattered to the patients. It was also great to hear an engaging presentation from Kathryn Cain (Research Nurse). She provided insight into delivering a complex clinical trial involving the rare condition of paroxysmal nocturnal haemoglobinuria (PNH).

Our very own Rachel O'Brien shared nurse-led research work into the perceptions of research and research nurses. She was delighted to announce the expansion of this EMERGE founded research project into an NHS Lothian project encompassing a variety of different clinical specialties. This work wouldn't have been possible without the support and engagement of all the emergency department staff at the RIE. Amongst the strengths



of the SRNCN are the specially developed round-table discussions. These sessions support collaborative small group discussions on a whole host of topical research issues from the psychological support of research participants to skill mix within research teams. These sessions really helped to make the conference interactive and encouraged reflection on our practice.

The highlights of the day were anticipated and also entirely unexpected. It was a privilege to hear from a much-missed colleague, Judy Coyle, on winning Scottish Research Nurse of the Year 2015. Judy's reflections were typically humble and considered yet delivered with her trademark twinkle before she passed on the title to this year's winner – EMERGE Research Manager, Miranda Odam. A jubilant and proud end to the day for EMERGE – Well done, Miranda!

Megan McGrath & Allan MacRaid

MIRANDA ODAM - SCOTTISH RESEARCH NURSE OF THE YEAR 2017



It is our absolute pleasure to announce that our Research Nurse Manager, Miranda Odam, has been awarded Scottish Research Nurse of the Year 2017. Here's how she was described in one of her nominations;

'She is a formidable leader and manager. She is commonly first into the office in the morning and last away at night and is never one to refuse a new and exciting research opportunity for the team. She has ensured that EMERGE is an exciting and motivated group, a place where people want to work, driven to produce high quality research for the benefit of people; for patients; for her colleagues; and for ED clinical staff. Miranda's belief that research can derive huge job satisfaction, motivation and positivity amongst clinical staff led her to champion the 100% research active ED campaign aiming to

encourage participation in research by all RIE ED staff.' Congratulations, Miranda!

Emma Ward

STUDY INFORMATION - HOW CAN YOU HELP?

Study	Clinical condition	Patient group	How can you help?
 <p>Halt it Haemorrhage alleviation with tranexamic acid - Intestinal system</p>	Significant upper or lower GI bleeding	<ul style="list-style-type: none"> Hypotension/tachycardia Likely to need transfusion For urgent endoscopy or surgery 	Highlighting patients, confirming eligibility, prescribing drug and recruiting out of office hours
 <p>SALI study Significant Ankle Ligament Injury</p>	Significant ankle ligament injuries (OAR positive - No bony injuries (except avulsion/flake fractures))	<ul style="list-style-type: none"> 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
 <p>TICH-2</p>	Intracerebral haemorrhage	<ul style="list-style-type: none"> Patients who have had onset of symptoms in past 8 hours 	Highlighting patients, confirming eligibility, prescribing drug
 <p>NOPAC NOVEL USE OF TRANEXAMIC ACID TO REDUCE THE NEED FOR NASAL PACKING</p>	Epistaxis (nosebleed)	<ul style="list-style-type: none"> Patients aged 18 years or over Atraumatic, unresolved epistaxis 	Highlighting eligible patients, familiarising with new epistaxis SOP (ENT box in Exam)
 <p>The IPED study</p>	Palpitations or pre-syncope	<ul style="list-style-type: none"> Episodes of palpitation or pre-syncope Underlying ECG remains undiagnosed after assessment Patients with compatible smartphone 	Highlighting patients, confirming eligibility
 <p>High STEACS BIORESOURCE</p>	Chest pain	<ul style="list-style-type: none"> Anyone having a troponin sent 	Look out for study cards in patient notes when reviewing patients
 <p>RAPID CTCA</p>	Suspected or confirmed ACS	<ul style="list-style-type: none"> ECG changes not in keeping with high risk History of Ischaemic heart disease Raised troponin 	Highlighting patients, confirming eligibility, prescribing beta blockade if necessary
 <p>RAMPP</p>	Primary Spontaneous Pneumothorax (PSP/ collapsed)	<ul style="list-style-type: none"> Patients aged between 16 and 55 years old PSP confirmed by CXR or CT 3 trial arms; interventional (rocket device), standard care (aspiration +/- chest drain, observational) 	Highlighting eligible patients, Dr Marie-Clare Harris is providing device training for doctors - please be up to date with GCP training
 <p>PATCH-ED</p>	Syncope - defined as transient loss of consciousness and spontaneous recovery without medical intervention	<ul style="list-style-type: none"> Patients aged 16 or above Presenting within 6 hours of syncope Patients with unexplained cause of syncope after ED assessment 	Highlighting patients, confirming eligibility

A WEE BLETHER WITH... KENNY SCOTT - NRS GENERIC REVIEW MANAGER

The EMERGE team work closely with a variety of staff with different areas of expertise. We thought we'd introduce you to some in each newsletter edition. This time, it's Kenny Scott's turn!

Can you tell us about your role and your main responsibilities?

I'm the NRS Generic Review Manager for Lothian. Together with my team we are responsible for conducting governance reviews on clinical research studies, nationally and locally, and issuing R&D approvals. If you were thinking of leading a study from Lothian, we would also be your first point of contact for Sponsorship. We're based in ACCORD, a partnership between the University of Edinburgh and NHS Lothian, which

is a one stop shop for advice and support for NHS and academic researchers.

What do you get most enthusiastic about in your job?

The team work. Getting a research study off the ground involves a lot of people. This includes research governance, quality assurance, monitoring, finance...It's a real joy watching everyone pull together and play their part. As with most things in life, it's the people that make it.

What is interesting about you that we might not know?

I'm not sure if it's interesting or weird, but I'm a lucid dreamer.

What inspires you?

The professionalism I see every day from the staff here at the hospital.

Who do you think would make a great world leader?

My mother. She might not be able to fix the economy or bring about world peace, but she'd make sure that we all had cake!

What biscuit would you be, and why?

A wee, plain biscuit - I like to fly! :)

Emma Ward & Kenny Scott



SHADOWING EMERGE

EMERGE were happy to welcome a bright, young school student into our midst for a week. Karolina talks about her time in the world of clinical research....

In mid-February I came up from London to Edinburgh where I spent my half-term holiday shadowing the EMERGE group. This wasn't just for the pleasure of hanging out with my aunt, EMERGE research nurse Bernadette, or enjoying the beautiful Scottish weather - I'm considering a career in medical research, so I felt that this would be an invaluable first-hand experience.

As well as shadowing the recruitment in the Emergency Department, I spent some time in the Clinical Research Facility, Radiology, and even the labs! Additionally, I spent a day with Save A Life for Scotland, helping 251 primary school children learn how to do CPR.

I'm grateful for the fact that absolutely everyone I met was friendly and eager to discuss their work with me. Consequently, I've heard some new perspectives on the issues within the NHS, seen fascinating practical applications of scientific concepts that I'd only encountered in textbooks, and gained a more holistic view of the process of running a clinical trial.

Thank you to everyone that took time out of their busy schedules for me - I'd gladly visit again, once I've worked out how to remove my curse of bringing forth abnormally low recruitment numbers!

Karolina Gallagher

Quote of the quarter: "Research is formalised curiosity. It is poking and prying with a purpose." - Zora Neale Hurston

**For more information on EMERGE, RRG and our team please visit
www.emergeresearch.org
Newsletter edited by Emma Ward**

RESUSCITATION RESEARCH GROUP

All the latest updates from the RRG...

RRG TEAM NEWS

Funding has been approved to start work on the PAD mapping project. In collaboration with Steve Brooks and Tim Chan in Canada, we will be identifying the best locations in Scotland to install Public Access Defibrillators (PAD).

Congratulations to Adam Lloyd for the publication of his paper in the International Journal of Clinical Practice. Well done, Adam!

Megan Gowans from the University of Dundee is joining the RRG team for the next 6 weeks as part of her educational placement. She will focus on educational tools to teach CPR to children and will compare the different methods used on an international level, as well as producing a document highlighting best practice according to ages and levels. Welcome, Megan!

SAVE A LIFE FOR SCOTLAND



Strathearn Community Campus

On 9th February our fantastic partners worked together to train 853 pupils at Strathearn Community Campus! It was a really fun day and we met some awesome young people excited to be learning bystander CPR. Annabelle Ewing, Minister for Community Safety and Legal Affairs, opened the day highlighting the importance of community resilience. The day was made possible through the hard work of Alan Moffat, Scottish Ambulance Service, Scottish Fire and Rescue Service, BASICS Scotland, Trossachs SAR, British Red Cross, BHF Scotland, Perth and Kinross Council, Active Live, Comrie First Responders, and the amazing staff at Strathearn Community Campus. Bring on the next one!



A Special New Lifesaver: Nicola

On Saturday 11th March, Harry Saddiq, a Scottish Ambulance Paramedic led a CPR training session with his colleagues at the All Different But United event in Govanhill, Glasgow teaching lots of people how to save a life.

One of our new lifesavers is Nicola Sturgeon, First Minister of Scotland and MSP for Glasgow Southside! We are very proud that Ms Sturgeon has become one of the 500,000 people in Scotland we want to train by 2020. Alongside many others, she now says "I'll do it"!



Valentine's Day at St Stephen's Primary

We're super proud of the 251 new lifesavers of St Stephens Primary School in Clydebank. In one day they learned how to recognise when someone was unwell, call 999, put someone in the recovery position and learn CPR, but, that's not all! They met the great dogs Mitch and Tara from Trossachs Search and Rescue, helped the mounted police horses dance from side to side and did a lot of skipping in aid of The British Heart Foundation 'Jump Rope for Heart'. What a great way to spend Valentine's Day - we certainly felt the love from all at the school!

