



Powered by Curiosity

Celebrating ten  
years of Emergency  
Medicine research

## Celebrating 10 Years of Emergency Medicine Research

Emergency Medicine Research Group Edinburgh will be holding a 10th Anniversary Celebratory Conference; EMERGE10: Powered by Curiosity.

This will be held on the 22nd and 23rd of November at the Hub, Edinburgh.

The themes of the conference are Innovation, Education, Pre-hospital Care and Global Health. We will be focusing on the latest research in emergency medicine and the advancement made in the last decade. We have planned an exciting line-up of speakers, with rich experiences in the field of research and emergency care.

**Email** [emerge@nhslothian.scot.nhs.uk](mailto:emerge@nhslothian.scot.nhs.uk) or go onto the event webpage [www.emergeresearch.org/emerge10](http://www.emergeresearch.org/emerge10) for more information & to purchase your ticket

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## TOTE BAG TRAVELS

Where has the tote bags  
travelled to this quarter?

Global EM Research  
(@gem\_research) were setting  
off the EMERGE tote bag trend  
in Zambia with the first visit for  
Project Sachibondu



## Thank You to the Emergency Department Staff

We would like to say a big thank you to all of the staff within the emergency department for being so supportive and helpful over the last two months, when we were tasked to conduct a questionnaire study to all patients attending the emergency department. Your co-operation helped to make the project very successful and the EMERGE team greatly appreciate your patience and support.



## Quote of the Quarter

*'After all, the ultimate goal of all research is not objectivity, but truth'*

-Helen Deutsch

## EMERGE Staff Updates



Bernadette is heading off for 12 months on maternity leave – the EMERGE team wishes you happy times!



Mary has also been successful in becoming a Clinical Research Coordinator and is working on The UK Biobank Project, UoE

**Good Luck to all the new adventures**

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## STUDY UPDATES- IONA

By Caroline Blackstock

This toxicology study led locally by Professor Michael Eddleston and the EMERGE-AMU nurses is a UK multi-centre study running since 2015, and will continue recruitment until 2020.

IONA recruitment takes place in the ED, AMU6, HDU and ITU. and aims to identify and characterise novel psychoactive substances including novel opioids. This is achieved by carrying out laboratory analysis of biological samples (blood and urine) from recreational drug users.

Over 400 participants have been recruited across the UK with Edinburgh being the 2<sup>nd</sup> highest recruiter. Some of the data has already been published or presented and information is shared with public health authorities, the police and NPIS who use it to keep TOXBASE up to.

**‘ Over 400 participants have been recruited across the UK and Edinburgh being the 2nd highest recruiter’**

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## Is This The First Example of Triage?

*Napoleon's chief surgeon, Baron Dominique Jean  
Larry is credited with the concepts of;  
collecting and treating all the injured in an area  
close to the front line by quickly evacuating them  
by fast, light horse drawn vehicles, the  
‘Ambulances volantes’*

Sakr M, Wardrope J. Casualty, accident and emergency, or emergency medicine, the evolution. *Emergency Medicine Journal* 2000; 17: 314—319

## Project Sachibundu

By Dr Sarah Richardson

GEM, the global branch of EMERGE, are coordinating a health project in rural Zambia.

As part of this project we are

providing education on triage and managing the critically

unwell adults and children, however at the moment the hospital and staff lack basic

equipment such as stethoscopes, blood

pressure cuffs and sats probes. We wonder whether any staff in our department might have

items of medical equipment such as old

stethoscopes, but are still fit to be used on patients, that could be donated.

If anyone would be willing to donate their old equipment to us so that we can take it out to

Zambia and improve the care that can be given to patients that really need it, it would be greatly

appreciated.

You can either drop off items at the EMERGE office, speak to one of the research nurses, or

contact Sarah directly on the email address below.

[sarah@globalemergencyresearch.com](mailto:sarah@globalemergencyresearch.com)

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## STUDY UPDATE– ATTEST2

By Allan MacRaid

Strokes caused by a clot that are described as ischaemic and can











sometimes be treated with the use of clot-busting

medications in a process known as thrombolysis.

Currently alteplase is the only medication licensed for thrombolysis treatment in the UK.

ATTEST2 is a randomised control trial comparing alteplase with another similar medication called tenecteplase. The primary outcome measure is to ascertain patient's functional abilities at 90 days post-stroke.

## EMERGE's Study Information– HOW CAN YOU HELP?

Study	Clinical Presentation	Patient Group	How Can You Help?
	Suspected or confirmed ACS	-ECG changes not in keeping with high risk disease -History of Ischaemic heart disease -Raised troponin	Highlighting patients, confirming eligibility, prescribing beta blockade if necessary
	Paracetamol overdose	-Patients aged 16 years or over who present with Paracetamol overdose	Highlighting patients. Start patients who present with Paracetamol overdose on the multi-disciplinary care plan for Paracetamol overdose at triage and choose the 5% dextrose as a diluents for NAC
	Epistaxis (nosebleed)	-Patients aged 18 years or over -Atraumatic, unresolved epistaxis	Highlighting eligible patients, familiarising with new epistaxis SOP (ENT box in Exam) Clinical staff to be trained to conduct study
	Traumatic Brain Injury (TBI)	-Patients aged 17 years or over -Primary traumatic brain injury including multi-trauma	Highlighting patients who are being referred to CT for TBI
	Acute Ischaemic Stroke or Intracerebral Haemorrhage	-Patients with a NIHSS>6 -Patients aged 66 years or over -Within 12 hours of onset	Highlighting eligible patients
	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.
	Primary Spontaneous Pneumothorax (PSP/collapsed)	-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) and observational	Highlighting eligible patients, Dr Marie-Clare Harris is providing device training for doctors- please be up to date with GCP training
<b>IONA</b>	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
	Ischaemic Stroke	-Patients aged over 18 years old -Less than 4.5 hours after symptom onset -Male or non pregnant females	Highlight eligible patients to the EMERGE team
<b>MRI in Acute Stroke Timing</b>	Ischaemic Stroke	-Patients with a clinical diagnosis of acute stroke -Patients with known stroke onset time (within the last 9 hours)	Highlight eligible patients to the EMERGE team

## NEWS FLASH: We are now recruiting in WGH!

By Rachel O'Brien

EMERGE is excited to be collaborating with Dr Paul Brennan and the department of neurosurgery at the Western General Hospital, Edinburgh.

The study is aiming to identify a new biomarker to help rule out potential brain tumour patients. With this being conducted at the Western General Hospital, it will be a new and exciting territory for the team to work in.

## '100% Research Active ED'

### Allan has been promoted into the Stroke Department

EMERGE is delighted to be collaborating more closely with colleagues in Stroke due to an increase in the acute stroke research portfolio. In order to develop and support research activity in Stroke, Allan MacRaild has recently been appointed Stroke Lead Research Nurse and is now based in the Centre for Clinical Brain Sciences with the Stroke Research Team. The connection and relationship with EMERGE will remain strong, particularly with three acute stroke trials open for recruitment in ED so Allan will still be a regular attender in the department!



RAPID CTCA Study Update	
Site	No. Of Patients Recruited
Edinburgh	112
Other UK Sites	1236
All Sites	1348

## STUDY UPDATES – IPED Study

By Alison Grant

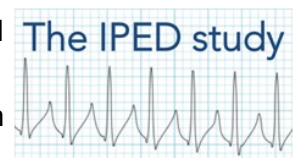
The IPED study was a randomised controlled trial of the use of a smart phone based event recorder versus standard care for patients presenting to the Emergency

**'In Edinburgh, we screened a total of 704 patients and recruited a total of 65 patients; 25 more than the initial target of 40'**

Department with palpitations and pre-syncope. Edinburgh started recruiting patients in July, 2016, with an expected completion date of December, 2017. Through the UK CRN portfolio, the study gained momentum and by March, 2017, 10 centres were recruiting patients.

The target was to recruit 242 patients, which was achieved in December 2017, completing the study. In Edinburgh, we screened a total of 704 patients and recruited a total of 65 patients (9%); 25 more than the initial target of 40. Of those 65 patients, 38 patients received the device and 27 were randomised to standard care.

The engagement of staff and patients has been integral to the recruitment success of the study and in due course the results will be published – the 90 day follow-up is still on-going!



**Thank you to everyone that highlighted patients and confirmed eligibility.**



## 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:**

24th of April at the Western General Hospital

**Next Informed Consent Course:**

17th of May at the Royal Infirmary Edinburgh

**Email:** [wctcrf.education@ed.ac.uk](mailto:wctcrf.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.



## STUDY UPDATE- PRECIOUS

By Allan MacRaid

**PRE**vention of **Complica-**tions to **Improve OU**tcome in elderly patients with acute **Stroke**. **PRECIOUS**



is assessing whether a pharmacological strategy to prevent common complications in elderly patients with acute stroke is more effective at reducing the risk of death and improving functional outcome than current clinical practice - recommended in guidelines - of waiting until these complications are manifest before initiating treatment. PRECIOUS is an international trial examining the prophylactic use of paracetamol, metoclopramide and antibiotics to prevent fever, difficulties in swallowing and infections. The primary outcome measure is to ascertain patient's functional abilities at 90 days post-stroke.

## End of Year Figures for 2017-2018



**Number of  
EMERGE Staff  
Members**

**35**



**Number of  
Patient's  
Recruited**

**2597**



**Number of  
Patient's  
Screened**

**8097**

## STUDY UPDATE- GARFIELD VTE REGISTRY

By Caroline Blackstock

The Registry was formed by the London Thrombosis Institute in response to the rapidly changing clinical landscape, with the introduction of Novel Anticoagulants (NOACs), a need was identified to observe the developments globally relating to VTE management and its outcomes for patients. The main focus was



to capture real life management of VTE from the time of diagnosis and the follow up of outcomes for those patients. The EMERGE-AMU team continue to follow up the 159 participants recruited for the three years following their recruitment, which involves questionnaires on a quarterly basis and also review of medical notes to collect details of health status and all cause mortality. At the close of recruitment in 2016, the UK was in the lead globally recruiting 882 patients out of the 10,351 patients recruited globally. The EMERGE-AMU team here at the Royal Infirmary of Edinburgh were the top recruiters out of the 20 UK sites, a fantastic achievement.

**'The EMERGE - AMU team here at the Royal Infirmary of Edinburgh were the top recruiters out of the 20 UK sites, a fantastic achievement'**

# RESUSCITATION RESEARCH GROUP

All the latest updates from the RRG...  
**SAVE A LIFE FOR SCOTLAND**

## SportScotland for the win!

In February, Save a Life for Scotland partners - The Scottish Ambulance Service, Largs First Responders, Heartstart Ayrshire & Arran and The Resuscitation Research Group, Edinburgh - worked together to share the life-saving skill of CPR at the SportScotland hub officers meeting in Inverclyde.

It was an incredible day full of enthusiasm from all involved. After some CPR practice during the day, things became competitive with a qCPR competition. The officers Kevin & Kevin tied for first place with 100% perfect CPR! These officers can



now take this skill back to their community hub and spread the message that anyone can learn and share CPR.

## Team Scotland

Save a Life for Scotland was offered the opportunity to teach CPR to athletes and staff of Team Scotland before they headed to the Gold Coast Commonwealth Games 2018 in Australia!



The medical director of Team Scotland noticed the "CPR bags" that were produced for the Young Scot campaign last June and the design appeared on the athletes' bag as part of their kit. He was keen to train the whole team in CPR during their launch day.

Our partners spent the day teaching CPR and encouraging the athletes to show others using their new bags. We were so chuffed to have an impact within the sporting communities!

## EMS999 Research Forum

Ernisa Marzuki, Paul Gowens, Frank Prior, and Gareth Clegg all attended the EMS999 Research for Impact forum in 999 Emergency Care hosted by the Scottish Ambulance Service and the University of Stirling. RRG presented 5 posters in total! The forum aimed to encourage, promote and disseminate research and evidence-based policy and practice in 999 health-care.



## 'I'll be the one doing CPR to you'

We have spent the last few months working with the Leith Agency - one of Scotland's premiere creative agencies - doing some focus group work with the public, and have made a short film based around the Proclaimers' hit 'I'm Gonna Be (500 Miles)' and featuring Carol Smillie. This work was funded by and jointly produced with the Scottish Government for the Save a Life for Scotland partnership. It is a short, shareable film to familiarise the people of Scotland with the basic CPR message.

We are very pleased with the result, which we believe will be a really useful tool for all of us involved in getting Scotland CPR ready. The idea is that the whole SALFS partnership will share the video on social media, introduce staff, followers and contacts and encourage them to do the same. The video introduces the concept of hands only CPR, linking it to the Proclaimers' song as a way of embedding the idea, and the rhythm required for chest compressions. We want it to spread far and wide as a way of helping the public to get CPR ready. The video was launched on 9<sup>th</sup> of April. Head over to our website to watch and share! <https://www.savealife.scot/>



**For more information on EMERGE, RRG and our team, please visit [www.emergeresearch.org](http://www.emergeresearch.org) Newsletter edited by Emma Nugent**