


# Vital Research

Barking, Havering and Redbridge Hospitals 

Issue 3 Spring 2006

Dear Colleague

Welcome to the third issue of Vital Research, the Trust's Research and Development Newsletter. We would like to welcome Dr Yasmin Drabu, the new Medical Director to the Trust and to our Research and Development Department. We look forward to working with her closely over the coming months.

There are a number of national changes soon to occur within Research and Development with the arrival of the New Research and Development Strategy "**Best Research for Best Health**" which was published in January by the DoH. The strategy can be found on the DoH Website and we will keep you informed of the changes in the coming months through this newsletter.

Once again we are coming to the time of year where we have to produce our annual report to the Department of Health, so would ask for your assistance during this time by replying to any correspondence associated with the annual report as quickly as possible. I look forward to hearing from you about the research you are undertaking and please keep up the good work.

Kind Regards,

**Professor Jayanta Barua, MD, FRCSEd(Urol) FEBU**  
Director of Research and Development

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## Good News Stories

Congratulations go to Mrs Hawkins and her team who are the top recruiters in the CAESAR study

Congratulations to Professor J M Barua on the award of a Visiting Professorship in Urology and R & D at London South Bank University

### Ethics Committee Meeting Dates

**Barking and Havering**

3<sup>rd</sup> May, 7<sup>th</sup> June, 5<sup>th</sup> July

**Redbridge**

11<sup>th</sup> May, 8<sup>th</sup> June, 13<sup>th</sup> July

A full document set needs to be with the Ethics Administrator 10 working days prior to the meeting

## BHR NHS Trust Research Project Approval Subcommittee Meeting dates and Submission Deadlines

| Submission Deadline      | Meeting Date             |
|--------------------------|--------------------------|
| 19 <sup>th</sup> May 06  | 26 <sup>th</sup> May 06  |
| 23 <sup>rd</sup> June 06 | 30 <sup>th</sup> June 06 |
| 21 <sup>st</sup> July 06 | 28 <sup>th</sup> July 06 |

## Research and Development Contact Details

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01708 708271 or ext 2181

James Fawcett Centre, KGH, Drop 150

020 8970 4057 or ext 4057

[www.bhrhospitals.nhs.uk/aboutus/rddept.jsp](http://www.bhrhospitals.nhs.uk/aboutus/rddept.jsp)

## Research News

If you have any interesting news regarding your research project, the Research and Development Team would love to hear from you. Contact us on ext 2181 or 4057

## Focus on Researcher .....

### Dr Stephanie Gibbs, Cancer Services

Dr Gibbs said that the Oncology department at BHR Hospitals participates in National and International clinical trials in breast, lung, gastro-intestinal, prostate, bladder, lymphoma and ovarian malignancies, to name but a few. She said "We have been fortunate enough to have been able to build up a trials office comprising 6 nurses (3 part-time), a data manager and an administrative assistant. The Orchid Cancer Appeal, set up to foster research into male cancers, funds one of these research nurses. BHR has been a strong supporter of breast cancer trials under Dr Quigley's lead. For example, we have recruited into the HERA trial investigating Herceptin after adjuvant chemotherapy in HER2 receptor positive breast cancer. We entered patients into the ATAC trial which compared adjuvant Anastrozole with Tamoxifen in post menopausal women with oestrogen receptor positive early breast cancer. We about to start recruiting into the TACT2 trial of chemotherapy with growth factors to stimulate bone marrow recovery.

We took part in the MAGIC trial, a randomised trial of pre- and post-operative chemotherapy in patients with operable gastric and oesophageal cancer which was presented at ASCO last year. This demonstrated that overall survival increased from 23% to 36% at 5 years with pre-operative chemotherapy and this is now recommended practice. The QUASAR trial in colorectal cancer that we took part in, has demonstrated the benefit of adjuvant 5-Fluouracil and low dose folinic acid as adjuvant chemotherapy in Dukes stage C and high risk stage B disease.

These are just a few examples of important studies that we have undertaken and of influential results on good clinical practice. The Oncology department is of the view that we should continue to participate in large National trials with established research groups where they will have a significant impact on cancer treatment in the future.



## Interview with Joan Curzio – Professor and Director of Practice Development at London South Bank University

What is your background?



I qualified as a paediatric nurse in America and worked in that speciality for 11 years. I then moved to Glasgow and worked as a Researcher and Research Fellow at Glasgow University. From there I moved to be the Project Leader for Nursing Research Initiatives for Scotland. In March 2002 I joined London South Bank University as Professor and Director of Practice Development.

What is your role in the R&D Group?

To be a research expert, to facilitate and support the development and acknowledgement in the R&D committee regarding nursing and allied health professionals involvement in research

Why is R & D important to you?

I think it is hugely important and underpins what we do as clinicians and as academics and that it is one of the bridges between the two.

.With regard to the research approval process we have at BHRT do you feel it is a good process and if so why?

I think it is good because it follows the National Research Governance Arrangements. It is thorough.. The people implementing it are doing so from an attitude of wanting to be supportive of researchers but also protecting the patients who are involved in research and ensuring that proper processes are followed.

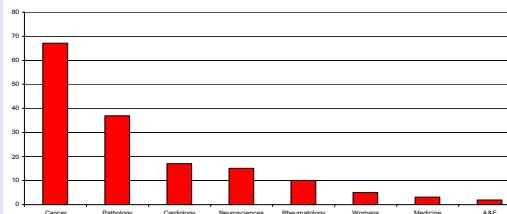
How do you feel that the research links between BHRT and LSBU can be strengthened ?

I think we have strong links through my participation on the Group as well as through a range of Visiting Fellows and Visiting Professorships with the University. We have growing links with these people. I think we will have to work further in formalising the links - a Memorandum of Understanding. The R & D Committee will have to read the fine detail and see where in collaboration with others DGH there might well be scope to establish an effective network.

## R&D Facts and Figures

The Research and Development Department has at the moment 163 research projects registered, of which 62 are multicentre clinical trials and 17 own account projects. These projects are carried out across the whole site, with the majority, 59 projects, at Oldchurch, and 40 projects at Harold Wood.

Top Eight Research Active Specialties at 31st January 2006



Cancer Services host the largest number of Research Projects in the Trust, followed by Pathology.

If you are interested in carrying out a research project please contact the R&D Office on 2181.

## Walk to the Moon

Linda Stephenson – Research and Development Co-ordinator is taking part in the Moonwalk on the evening of the 20<sup>th</sup> May 2006 in aid of Breast Cancer. For those of you who have not heard of the "Moonwalk" it is when men and women walk through the night (some dressed in decorated bra's) along the marathon route. If you would like to support Linda in raising money for Breast Cancer you can sponsor her by logging on to her website [www.bmycharity.com/LindaStephenson](http://www.bmycharity.com/LindaStephenson)

## Congratulations

Research and Development would like to send their Congratulations and Best Wishes to Jackie Blanks on the birth of her son George. We are glad to hear that mum and baby are well.

## Congratulations go to the following researchers on their recent publications.

University-acquired pneumonia - **Dr M Melzer** -March 2006

Left sided abdominal pain in a patient with situs inversus - **Mr Jacob** – March 2006

Impact of the National Service Framework for coronary heart disease on treatment and outcome of patients with acute coronary syndromes. **Dr C Knight** – March 2006

An unusual cause of back pain -**Mr Owens, Mr Johnston, Prof Barua, Mr Wicks, Prof Chakravarty** - Feb 2006

Silent myocardial ischaemia and haemoglobin concentration: a randomized controlled trial of transfusion strategy in lower limb arthroplasty -**Dr H Borralessa** - Feb 2006

Escherichia coli septicaemia arising as a result of an infected caput succedaneum - **Dr Rawal, Dr Modi, Dr Lacey, Dr Keane** - Jan 2006

Higher median levels of free beta-hCG and PAPP-A in the first trimester of pregnancy in a Chinese ethnic group -**Dr Kevin Spencer** - 2006

Maternal serum biochemistry at 11-13(+6) weeks in relation to the presence or absence of the fetal nasal bone on ultrasonography in chromosomally abnormal fetuses: an updated analysis of integrated ultrasound and biochemical screening - **Dr Kevin Spencer** – Nov 2005

Ovarian malignant melanoma: Unusual presentation of a solitary metastasis - **Dr R Oliver, Dr A Coker, Dr Al-Okati, Mr A Weeks** - Nov 2005

## Good Clinical Practice Training Day

Wednesday 12<sup>th</sup> July

All day at Harold Wood Hospital. To book your place please phone the R&D Office on 2181

## 1 Million Euro Grant

Dr Kevin Spencer has been awarded an 1 million Euro grant for funding work on new diagnostic markers of pre-eclampsia during pregnancy. Dr Spencer is part of an International Research Consortium, in which he is one of the lead investigators, which made a bid to the EU Framework 6 Research Funding, and the team have been awarded 5 million euros, of which 1 million will be for research carried out at BHRT. The Research & Development Department send their congratulations to Dr Spencer. A fuller story will be provided in the next issue.

## Research and Development Welcomes New Member of Staff

Julie Nwosu joined the R&D Office in April as the new R&D Co-ordinator. Julie's main role will be in assisting researchers with registering their research projects. Before joining BHRT Julie worked at Tower Hamlets PCT as

Retinal Screening & Diabetes Centre Administrator. We welcome Julie in her new role. We are sure that she will soon be up to speed with her Research Governance Knowledge

