



We are on Twitter! @iRehabTrial

NEWSLETTER

Issue: February 2023

Edition 2

Welcome to the second iRehab trial newsletter. We hope these updates are useful but do let us know if there are any areas you would like us to focus on.

IMPORTANT NOTICE: We have been in touch with the CRN about how iRehab participants should be recorded on the CPMS, as not all consenting participants will be randomised. They have confirmed to **ONLY** add participants to the CPMS when you receive a **randomisation notification** email confirming trial arm. We will confirm research activity on the 1st of every month for the month of randomisation, not the month of consent. i.e. if you consent someone in June and they are randomised in July the activity will be recorded for July. Thank you.

RECRUITMENT: As of 28th February 2023, a total of **21** participants have been randomised and **15** patients registered awaiting baseline data collection before randomisation.

Recruitment monthly target: 36 (58% of monthly target)

Recruitment total target: 428 (5% of overall target)

Well done to our top recruiters this month: **North Manchester General, Wythenshawe Hospital and North Devon District Hospital**

Well done to **Derriford Hospital, Wythenshawe Hospital, Watford General Hospital, Queens Hospital** for recruiting your first participant this month

Thank you to all sites for continuing to screen for iRehab, a total of 178 people have been screened so far.
Keep going to help us hit our monthly target!

Site	Date Open	Number Randomised
Southampton General Hospital	18 th Nov 2022	3
North Devon District Hospital	18 th Nov 2022	3
Hereford County Hospital	18 th Nov 2022	1
Queen Alexandra Hospital	18 th Nov 2022	2
Glangwili General Hospital	25 th Nov 2022	2
University Hospital Aintree	29 th Nov 2022	1
Royal Liverpool University Hospital	30 th Nov 2022	1
Derriford Hospital	5 th Dec 2022	1
Watford General Hospital	15 th Dec 2022	1
North Manchester General Hospital	19 th Dec 2022	3
Wythenshawe Hospital	19 th Dec 2022	2
Queens Hospital	22 nd Dec 2022	1

Lunch with iRehab Monthly Drop-In Sessions

Thank you everyone who attended the iRehab lunch drop in session on 1st February. We have some notes from our discussions below:

- Patients who were thought to be suitable for the study, but declined may not have had time to find out whether they needed rehab- try providing the PIL at discharge and ring back in a couple of weeks after the patient has had a chance to be at home and get an idea of their physical ability.
- Some patients who had been discharged and followed up a few weeks later via phone stressed they wanted to forget about their experience- give the participant plenty of time, perhaps use follow-up clinics up to 12 weeks after to check how they are doing and if there is interest



UPDATES

We are now registered with the NIHR API Scheme

The Associate PI Scheme is a six month in-work training opportunity, providing practical experience for healthcare professionals starting their research career.

People who would not normally have the opportunity to take part in clinical research in their day-to-day role have the chance to experience what it means to work on and deliver a NIHR portfolio trial under the mentorship of an enthusiastic Local PI.

Participating healthcare professionals receive formal recognition of engagement in NIHR Portfolio research studies through the certification of Associate PI status, endorsed by the NIHR and Royal Colleges.

[Find out more information about the associate PI Scheme and how to apply](#)

Conferences Update: UKCCF

Our chief investigator, Dr Brenda O'Neill, attended the iRehab investigator meeting at the UKCCRF in Edinburgh, 2nd February 2023. It was great to meet the current and potential trial teams, discuss all things iRehab and share views!



REGISTRATION TIPS

Screening: Explore clinical lists/attend follow up clinics for potential participants who have already been discharged home & are within 12 weeks of discharge.

Consent: Try and consent the participant and register them within a short period of each other - this allows the participant to receive study documentation as soon as possible and be kept up to date.

The consent, comorbidities and contact details **MUST be 100%** for the participant to be officially registered.

Registration: Ask participants for multiple contact methods. Emails, whilst not essential, are extremely helpful for the research team, particularly when conducting the sit to stand and intervention. Check telephone numbers are correct by confirming with the participant or by test ringing their mobile/home phone number- this saves us bothering you!