 We are on X! @iRehabTrial

## NEWSLETTER

Issue: March 2024

Edition 3

Welcome to the 3<sup>rd</sup> iRehab trial newsletter of 2024. As ever, we hope these updates are useful but do let us know if there are any areas you would like us to focus on. Previous newsletters can be found on our [website](#).



### Get to know the iRehab team: Dr Katherine Jones

#### **What inspired you to work in Clinical Research?**

I initially completed a sports science degree that primarily focused on how we could improve athletes' performance. Whilst interesting, it made me think about those with health conditions and whether we could use these strategies to manage, treat or prevent certain health conditions.

#### **What is your role on iRehab and what do you enjoy about it most?**

My role on the iRehab trial is as a Research fellow. Whilst my role is primarily data collection, I have the pleasure to talk to your patients at various points throughout their recovery. Other than having a natter and putting the world to rights, I most enjoy hearing about how participants are getting on and listening to them talk about what they have achieved in the last few months.

#### **What are your hobbies and interests outside of work?**

Life outside of work has been slightly busier than usual due to our 14-week-old golden retriever, Olive, keeping us busy! When I get a spare minute, I love to read, play netball and tennis, and explore nature. But also relax in the garden with a good cuppa!



#### **What is the most interesting place you've ever been to?**

I've been lucky enough to travel to various places aboard. However, one of my most favourite experiences was at NASA space agency in Florida, where we were privileged enough to see a rocket being set off.

#### **If you could meet one person, living or dead, who would that be?**

Living- it has to be the legend himself Sir David Attenborough. Dead- Issac Newton, I'd like to ask him how he managed to be productive on four hours of sleep, I can just about manage 8!

#### **If you could live anywhere in the world, where would you choose?**

Minus potentially getting eaten by a bear, it has to be Canada just purely for the breathtaking landscapes, wildlife and never-ending amount of places to visit.

### Helpful Trial links:

- [Trial updates and tips](#)
- [Frequently asked questions](#)
- [Database guidance](#)
- [Trial documentation](#)
- [Co-enrolment](#)
- [SIV and database training slides](#)

We also have helpful tips and step by step guides on completing the CRFs, specifically the pre-screening log. Guidance on completing these can be found on our [website](#).

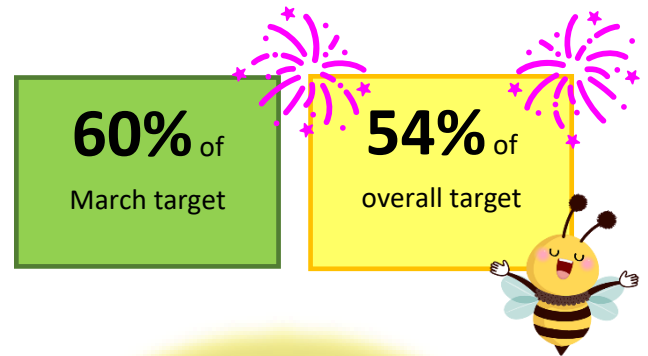
**April iRehab Drop-in Session**

**Monday 8th April 1:00-1:30 pm**

# RECRUITMENT UPDATE

On 27<sup>th</sup> March 2024, **231** participants have been randomised and **19** patients registered awaiting baseline data collection before randomisation. Thank you to all sites for continuing to screen for iRehab, a total of **1866** people have been screened so far.

Hospital	Randomisations
North Manchester General	20
North Devon District	16
Birmingham Heartlands	15
Southampton General	14
Wythenshawe	12
Queen's Hospital	11
Royal Glamorgan / Prince Charles	11
Queen Alexandra	10
Royal Liverpool University	10
Watford General	10
Kingston Hospital	10
Pinderfields	8
Musgrove Park	7
Queen Elizabeth (Lewisham)	7
Hereford County	6
Glangwili General	6
Aintree University	6
Good Hope Hospital	5
West Suffolk	5
Craigavon Area	4
Derriford	3
Royal Blackburn	3
Glan Clwyd	3
Whittington	3
James Paget	3
James Cook	3
Altnagelvin	2
University Hospital Coventry	2
Royal Oldham	2
Stoke Mandeville	2
Freeman	2
Royal Victoria	2
Royal Berkshire	2
Royal Free	2
Salford Royal	1
Ysbyty Gwynedd Bangor	1
Warrington	1
Ulster Hospital	1




Well done to our top recruiters this month:

**North Manchester General and James Cook**



A warm welcome to **Cumberland Infirmary and West Cumberland Hospital** who joined iRehab in March.



Congrats to **Royal Free, James Cook, Royal Berkshire** for recruiting their first participant!