

PPI Newsletter

January 2024 Issue #1

Academic Primary Care Team



Winter 2024

It is our pleasure to introduce the first PPI e-newsletter of 2024.

More than 5,000 health and care research studies occur across the UK each year. In this issue, we highlight a selection of local health and care research studies that are happening within Academic Primary Care at Warwick Medical School as well as news about other projects and updates that may be of interest to you. Be sure to check out the video link to the FOUND study which features our very own Professor Jeremy Dale, Head of Academic Primary Care, who was recently on the BBC News!

Before we begin, you may be interested to know that **more than 1 million people took part in health and care research last year.** This would not be possible without the involvement of patients and members of the public who help to shape health and care research designs and develop new questions to answer, alongside health and care researchers.



We'd like to take a moment to thank you for your involvement and participation in working with us.

We hope you enjoy the newsletter and, as ever, if you would like to unsubscribe and be taken off the mailing list, please email me.

Kind regards,

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Patient Public Community Research Hub

You may like to take a look at our new ***Patient Public Community Research Hub***. This is a webspace whereby we aim to share information about health and care research more broadly, as well as the local findings of our health and care research studies. Please take a look if you get the chance. We'd be delighted to know what you think so that we can continue to build and improve this space.

You can visit the space by clicking here: [Patient and Public Community Research Hub \(warwick.ac.uk\)](#).

You can leave feedback by clicking here : [Patient Public Community Research Hub feedback form \(office.com\)](#)

The FOUND trial

Case Finding Obstructive sleep apnoea Using a Novel Device.



The University of Warwick are leading on a new clinical trial to help improve the diagnosis of a condition called Obstructive Sleep Apnoea (OSA) in General Practice (GP). OSA is a sleep problem which causes the airway to become slightly or completely blocked during sleep. The brain, detecting low blood oxygen levels, sends signals that causes the person to wake up which restores normal breathing. However, OSA increases the risk of dying from heart disease and stroke and often causes daytime sleepiness, increasing the risk of road traffic accidents. Awareness levels of OSA in the UK are low, with as many as 85% of cases being undiagnosed and untreated.

The current practice of OSA screening varies across the UK with complex referral pathways to specialised clinics, which are not available at all hospitals. Furthermore, the testing equipment can be difficult to use and so approximately 15% of studies must be repeated. It is lengthy and expensive, with specialists having to manually interpret the signals. There are also long waiting times and multiple visits to the hospital are needed before diagnosis and follow-up treatment.

The Finding Obstructive Sleep Apnoea Using a Novel Device (FOUND) trial is a collaborative project between the University of Warwick, the University of Oxford Primary Care Clinical Trials Unit, University Hospitals Coventry and Warwickshire (UHCW), the University of Birmingham and patients' representatives from the local outpatients sleep clinic and from two national charities, Hope2Sleep, and the Sleep Apnoea Trust. The FOUND trial will compare a new GP-based route using a device called AcuPebble with the current referral pathways for the diagnosis of OSA. The AcuPebble is the first medical device to obtain official product approval for the automated

diagnosis of OSA and can be posted to a patient with results immediately calculated and sent to the hospital Sleep Specialist.

(AccuPebble Photo credit I
Bolland 2022)

Patients from GP practices
in the West Midlands area
who may be at higher risk
of OSA (overweight, have
hypertension, diabetes or



both) are being invited to take part in the study and will be split into two groups. One group (intervention) will complete a home overnight sleep study using the AcuPebble. The other (control) group will continue as normal (referred to hospital via the traditional pathway if presenting a sleep study need). Individuals diagnosed with OSA in either group will be referred for treatment through existing care pathways.

The number of new diagnoses of OSA will be compared between the two groups, looking at how well this new approach works compared to the current hospital-based referral route, and whether it is value for money for the NHS. If this strategy is successful in detecting OSA, it can be rolled out in primary care to improve the detection and treatment of OSA. Better detection would reduce risks, improve health and wellbeing; with fewer longer term health conditions.

[You can visit the link to the BBC news story here](#) about the FOUND study.

If you have any issues accessing this link please email:

eleanor.hoverd@warwick.ac.uk

The HEAL-D study

The HEAL-D study stands for Healthy Eating & Active Lifestyles for Diabetes in African and Caribbean communities.

Professor Louise Goff based at the University of Leicester is leading a team of health and care researchers from across several UK institutions including Warwick



Medical School, at the University of Warwick. Professor Goff was awarded funding from the National Institute for Health and Care Research (Health Technology Assessment Programme) to undertake a 4-year health and care research study about Type 2 Diabetes in the Black African and Black Caribbean populations in London, Birmingham and Manchester. Professor Jeremy Dale, at Warwick Medical School and Dr. Susan Blyden Trial Co-ordinator at Warwick Medical School will be running the study at Warwick. It is likely that this study will begin in early summer 2024, so watch this space. To learn more about the HEAL-D study, you may like to visit the website here: [Meet the researchers - HEAL-D](#) and watch a short You Tube video here : <https://youtu.be/zglxzMr7Vuk>



GP-MATE (General Practice Management After Transition Events) study update

A big thank you to all our PPI collaborators who took part in our co-production meetings over the last 9 months. We're pleased to announce that the tool you helped create is just about to 'go live' in a pilot testing phase in local General Practices across Coventry and Warwickshire. The test phase will last a year. We are writing some scientific papers about the patient

experience film and the co-production process and will let you know when these are published.

What is GP-MATE about? We are working with older people and their carers to improve the experience of general practice care after coming home from hospital. For further information please see our study webpage. Click here: [GP-MATE \(warwick.ac.uk\)](http://warwick.ac.uk)

Launch of a new Social Care Research Network

A new social care research network has been established to bring together researchers from Warwick Medical School and across the university with an interest in social care. Health and social care work increasingly together to promote health and wellbeing. The establishment of a social care research network presents a timely opportunity to share and develop ideas, interests, and discuss current methodological issues in social care research, in order to further understand complex care needs, interventions, and systems, to improve outcomes for people that use health and care services. The network is being led by [Dr Jenny Harlock](#).

Memory Lane Café

Memory Lane cafe is a support group for people who are affected by dementia which has been set up by students at Warwick Medical School. PhD student Bethany Linder, bottom left (sitting), is conducting research



that focuses on support groups for carers of people with dementia. The committee (pictured above) have also given talks to doctors, medical students, and the media about social prescribing for people living with dementia.

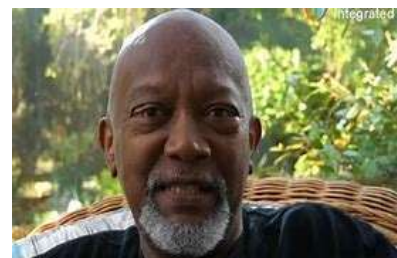
Memory Lane café meet on Wednesdays in Leamington Spa and provide refreshments, activities, advice, and a place for a good chat. **For more information, please contact us at memorycafe@warwick.ac.uk**

Public contributor Tony Kelly wins prestigious Health and Wellness award at the *Jamaican Gleaner* ceremony



The second annual Weekly Gleaner UK Honour Awards were presented in November 2023 to 16 individuals and organisations that were recognised for their outstanding contribution and service to the Jamaican community

in Britain. Public Contributor Tony Kelly, who works closely with health and care researchers in the unit of Academic Primary Care won an award for promoting health and wellbeing. Tony won the award for his unwavering commitment to raising awareness about diabetes to all communities, for more than a decade, with charity Diabetes UK.



To learn more about Tony's work as a Diabetes Ambassador [click here](#).

Patient Public Involvement (PPI) Training for Masters Students



Our colleagues Dr. Jenny Harlock and Professor Sophie Staniszewska have been successful in securing funding to develop PPI training for Warwick Medical School Masters students. Many of our staff and PhD students already work closely with patients and the local community to develop health and medical research. Introducing PPI training for Masters students will ensure students develop their public engagement and communication skills early on in their learning and research. **Jenny and Sophie will be recruiting patients/members of the public to take part in some co-creation workshops with Masters students, to be held at Warwick Medical School, to design the training.** The workshops are due to take place between March-May and further information will be circulated soon. **If you are interested in finding out more please contact jenny.harlock@warwick.ac.uk in the meantime.**