



Warwick Pain and Insomnia Study

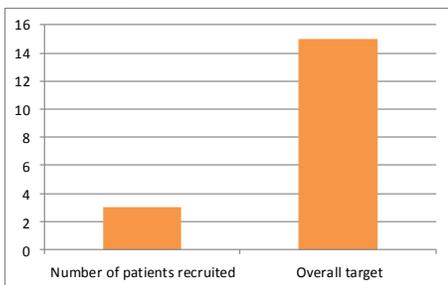
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Recruitment

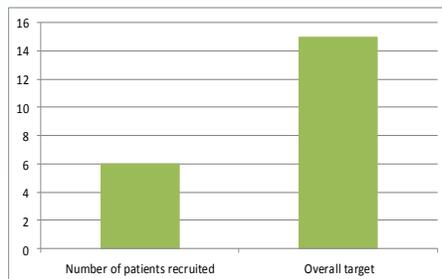
We are pleased to announce that study recruitment began in April and is now well underway! We have had a good response rate to invitation letters sent out from the surgeries, and several of our patients have now completed their treatment. We would like to take this opportunity to thank all of the practice staff involved in helping to facilitate this process. Reminder letters have just been sent out from all three surgeries, to recruit a second wave of patients.

However, in order to meet our recruitment target by the end of November we need to **significantly increase** our current **recruitment rates**. Recruitment rates and targets for each surgery are displayed below:

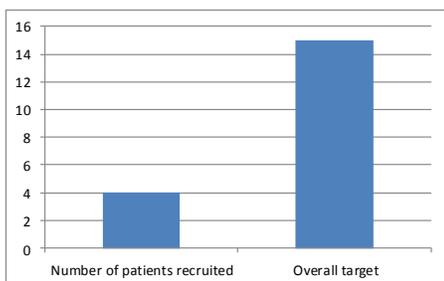
Henley Green



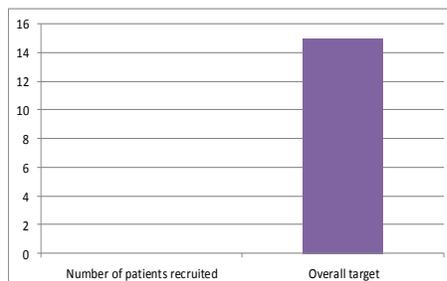
Chancery Lane



Alcester



Forrest (not yet begun recruiting)



The best way to help us increase our treatment rates would be for **GPs to refer** any patients who may be suitable by handing out the information leaflets and flyers which we have provided. A reminder of the study inclusion criteria is listed to the right.

Recruitment Target:

We still need to recruit the following number of patients at each practice by the end of November:

- Alcester: **11 patients**
- Henley Green: **12 patients**
- Chancery lane: **8 patients**
- Forrest: **15 patients**

Study Inclusion criteria for GP use:

- English –speaking.
- Aged between 18-65.
- Pain of at least a moderate severity, for at least 6 months.
- Currently experiencing problems with this pain even if being treated.
- Suffering from clinical insomnia.
- Currently experiencing problems with sleep even if being treated with sleep medications.

Research Associate:



Corran Moore, Research Associate



Fourth GP practice

We are excited to welcome Forrester Medical Centre to the trial, to join our current practices; Chancery Lane Surgery, Alcester Health Centre and Henley Green Medical Centre.

We hope to begin recruitment this week and would like to thank you in advance for your help with this process!

Study Funder

The Warwick Pain and Insomnia study is being funded by the National Institute for Health Research-Research for Patient Benefit Programme.



Clinical Trials Unit

This is a collaborative study supported by the Warwick Medical School's Clinical Trials Unit, directed by Professor Martin Underwood (pictured below).



The role of Health Economics

We currently have two health economists working on the study team; Benjamin Parker and Dr. Jason Madan (pictured below). Here's what they have to say about the role of health economics within the study:



“The role of health economics is to establish the price per unit of health gained by the intervention. Health gained is measured by the QALY (quality-adjusted life year), with 1 QALY being a year of life in full (100%) health and 0.5 QALYs being a year of life at 50% health.

The "quality" part of the QALY will be captured by the EQ-5D questionnaire, which asks questions corresponding to five 'dimensions' of health. The health states generated by the EQ-5D have previously been valued by a representative sample of the UK population and it is these values that we use to work out the "quality" part of the QALY for each of the participants in WPIS. As the EQ-5D uses broad "dimensions" of health it can be applied to different types of interventions, medications, etc. and so the cost per QALY of WPIS can be compared against different interventions in order to determine which interventions offer the best value for money and to help decide which interventions the NHS should fund for patients.”

Contact Us...

For more details, please visit the study website at: <http://www2.warwick.ac.uk/fac/sci/psych/research/lifespan/sleeplab/projects/warwickpainandinsomnia> (QR code in bottom right of box).

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