



NRS Ageing Specialty Group

NRS Ageing Specialty Group is affiliated to NIHR CRN: Ageing

Bulletin, Autumn 2018

Here's a quick round up of recent activity and events relevant to research for older people, featuring:-

- [Small grants available](#)
- [Applied Ageing Research Network](#)
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Funds available to support future grant opportunities

The NRS Ageing Group is pleased to be able to offer small grants (<£500) to support work which will lead directly to an application for major grant funding for research to benefit older people in Scotland. This could include travel or hospitality costs to bring together researchers to design a study, forming a collaborative network, or to support pilot work for inclusion in a proposal. Please contact NRS Ageing Specialty Group Lead susan.shenkin@ed.ac.uk with any queries, and with your proposal, stating your idea, what funds are requested, and how this will lead to future grant funding to benefit the health of older people in Scotland.

Are you interested in Applied Ageing Research?

We have established the Applied Ageing Research Network focused on conducting high quality applied and clinical research with the aim of improving the health, care and wellbeing of older people. It involves a range of interdisciplinary researchers from the Universities in Edinburgh and the Lothians, partners in the NHS, local authorities and third sector organisations. The main focus has been around the themes of 1) Frailty and sarcopenia 2) Care homes 3) Delirium and dementia 4) Transitions of care. It is a great way to find potential collaborators from a range of disciplines.

To find out more see: <https://www.ed.ac.uk/health/research/applied-ageing-research-network> and, if you'd like to add your details, please contact susan.shenkin@ed.ac.uk

Portfolio Update

Over the past 12 months; we've had 14 studies listed with 543 participants. The studies have included UK multi-site, International multi-site and single site studies - observational, database and interventional.

The CSO has a target of 10% recruitment in Scotland compared to England, and in 2017/18 we achieved 9% and 2018/19 (to date), 13%.

We've had some notable studies included in the portfolio including Hospital at Home which recruited 68% of its target across 12 UK sites and PERFECTED which recruited 110% of its target across 15 UK sites.

Congratulations to.....

[Professor Miles Witham](#) on his new appointment as Professor of Trials for Older People at the University of Newcastle: we look forward to continued collaboration, and many more trials to benefit older people in Scotland, England, and beyond.

To all those who have had academic success...

A special mention this time to

Dr Amanda Barugh, Dr Jenni Burton and Dr Rebecca Woodfield - all trainees in Geriatric Medicine in SES - who were successfully awarded PhDs this year.

To all that have had academic success this year in completing research degrees, gaining grant funding, and/or completing projects, we would be delighted to share these successes in future, please just let us know.

NRS / Cochrane Fellowship

Dr Amy Gray (StR in Geriatric and General Medicine, South East Scotland) and Dr Azmil Abdul-Rahim (Clinical Lecturer (Stroke and Brain Imaging, University of Glasgow) have been awarded the inaugural NRS/Cochrane Fellowships. The Awards allow the Fellows to work on a systematic review with the Cochrane Stroke and Dementia Groups.

The primary aim of the award is to support the fellows in completing a Cochrane review, but other important aims are to foster multidisciplinary and cross-border collaborative working.

The award has been match funded by a Stroke Research Development Grant from Health and Care Research Wales to provide the same funding to two early career Welsh researchers. The Scottish and Welsh Fellows will work together on their respective projects.

Azmil will be reviewing the effectiveness of cholinesterase inhibitors for vascular dementia, while Amy will be reviewing aromatherapy based interventions. Vascular cognitive impairment has been recognised by patients and carers as a priority area hence the cognitive focus of the review titles. The fellows will be supported by Dr Terry Quinn (Stroke Association and CSO Senior Clinical Lecturer, Glasgow) Dr Susan Shenkin (NHS Research Scotland Clinical Lead for Ageing, Edinburgh) Dr Jonathan Hewitt (HCRW Stroke Lead, Cardiff).

The award will help to develop research, promoting stroke and vascular dementia research in both Scotland and Wales. The longer term objective is to equip these promising early stage researchers with the skills to be future research leaders.

ANNUAL REPORT

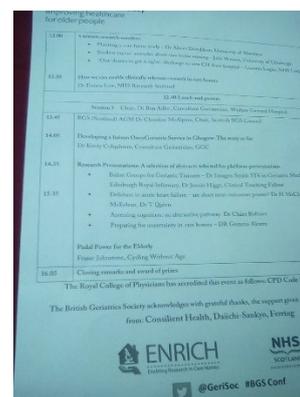
British Geriatrics Society (Scotland) and NRS Ageing Specialty Group Conference

On Friday 27 April 2018 we held the first joint meeting of the NRS Ageing Specialty Group and the BGS, as an initiative to increase awareness of the clinically relevant research and quality improvement work going on in Scotland. The theme of the conference was Care Homes. Almost 100 researchers and healthcare professionals met in the sunny and spectacular venue of Rutherglen Town Hall.

Please see [BGS Scotland Summer Newsletter](#) for a full report.



The feedback from the meeting was excellent and we look forward to future joint meetings with NRS and BGS to continue to highlight how clinically relevant multidisciplinary research can improve outcomes for older people. If you aren't already a BGS member, do consider joining: www.bgs.org.uk





British Geriatrics Society Autumn Meeting 2018

NRS Ageing and NIHR Ageing shared a stand
at the BGS Autumn national meeting in London in November
to promote opportunities
for ageing research.

<https://www.bgs.org.uk/events/autumn-meeting-2018>

SCoOP



SCoOP is a national audit designed to understand the acute geriatric services in Scotland.

Since it was launched in November 2017, an initial scoping survey by SCoOP steering committee members described services in each NHS Health Board area. The results were presented as a poster presentation at the BGS Scotland Spring Meeting April 2018. This shows heterogeneity in the numbers of FTE geriatric consultants (left side of figure), and service provision (right side of figure), throughout Scotland.

This is the first attempt to understand the acute geriatric services in Scotland. We are preparing a report with complete data from most of the Health Boards which will include community hospitals' services reported in the scoping survey.

You can find out about SCoOP

<https://www.abdn.ac.uk/iahs/research/acer/scoop.php>

or contact us;

**Phyo Myint phyo.myint@abdn.ac.uk & Graham Ellis g.ellis@nhs.net
(Co-chairs, SCoOP)**

FEATURED STUDY

Ageing Gut Brain Interaction (AGE-GB Study)



The concept that inspires this 'Ageing-Gut-Brain Interactions study' is that our gut microbiota impact upon the gut-brain axis and thereby on behaviour, including challenging behaviours often associated with dementia. In the absence of available cures for Alzheimer's disease, diet has an important modifiable component but we currently have little knowledge about the role of diet in clinical symptoms of dementia. The study is a proof of concept study (carried out locally in NHS Grampian region) which will recruit 60 older people (20 each from three groups of participants): (1) volunteers without Alzheimer's dementia (AD); (2) those with AD but without behavioural problems; and (3) those with AD with behavioural problems.

As part of the study, a nationwide care home survey, distributed through the Neuroprogressive & Dementia Network, was carried out and we will also seek the views of staff and participants at the end of the study.

The study was funded by the Tenovus Scotland the NHS Grampian Endowment grants

For further information contact Dr Alison Donaldson alison.donaldson@abdn.ac.uk
SCREDS Clinical Lecturer, University of Aberdeen

Neuroprogressive and Dementia Network (NDN)

We would like to take the opportunity to highlight the work of the [Neuroprogressive and Dementia Network \(NDN\)](#). They have a portfolio of studies in Scotland which include people with dementias of differing types, Parkinson's Disease, Multiple Sclerosis, Motor Neuron Disease, Huntington's Disease and other neurological illnesses such as Progressive Supranuclear Palsy and epilepsy.

The Network has major centres in Edinburgh, Glasgow, Aberdeen and Tayside for complex research studies which may include PET scanning or Lumbar Puncture within initial screening, and may involve ongoing monthly infusions. In these areas several less complex interventional

and observational studies are also being conducted, while across Scotland studies such as AD Genetics - which has an NHS centre in every mainland health board in Scotland - require only a one-off visit including a blood sample, a buccal swab and a few hours of cognitive tests.

The European Prevention of Alzheimer's Dementia (EPAD), an IMI funded academic study, is recruiting a cohort of people across Scotland and involves cognitive testing, physical assessments, imaging and LP to find participants who may be able to go forward to the proof of concept studies in the very near future.

Where clinicians such as you can assist in these efforts to ensure that '***everyone has the opportunity to participate in research***' is to let people know that there is activity and that if they are interested then contact the NDN via Phil Brown, the administrator of the NDN either on 01738562322 or Tay-UHB.SDCRNteam@nhs.net. He will ensure that any enquiries are directed to the nearest centre. If this recruitment drive is successful via this group, the NDN will be developing and distributing leaflets which you can give to prospective participants and their families at clinic.

The Network would like to hear from people:

- Over the age of 50, including people with a family history of dementia
- People with a history of subjective memory loss especially if that has occurred in the last two years
- People who have a confirmed diagnosis of MCI
- People with a mild dementia of the Alzheimer type, Parkinson's disease, or Dementia with Lewy bodies.

It would be helpful, but not essential, for such people to be part of a database such as SHARE or Join Dementia Research.



[@NHSResearchScot](https://twitter.com/NHSResearchScot)

www.nrs.org.uk/ageing

ageingscotland@ed.ac.uk