

NRS Primary Care Network data 2018/19

As a national network we work across all health boards in Scotland, and have network staff in 5 bases (Inverness, Aberdeen, Dundee, Edinburgh and Glasgow).

Every year we facilitate research within primary care. This may involve research happening within the practice, or patients invited to attend a local hospital, or complete a questionnaire.

In the last financial year **April 2018 to Mar 2019**, the network supported **35** different research studies. These were a range of commercial and non-commercial studies. Some recruited only in one health board area whilst others recruited across Scotland or worldwide.

In Scotland, **182** practices were supported by the network to allow their patients to be invited to research studies. This meant that **20,553** patients were invited to take part in research in the last financial year.

We want to thank practices for your continued engagement with the NRS Primary Care Network and would encourage any practice who is interested in getting involved to contact their local network coordinator to find out more. Contact details are on the final page of this newsletter.

We would be very pleased to hear from you!

Direct study publishes 2 year results

The DIRECT study which took place in GP practices, looked at whether an intensive weight management programme could reverse Type 2 Diabetes. It was shown to be successful with results maintained at 2yr follow up.

This is an important study which will influence NHS policy and practice for the routine management of Type 2 Diabetes.

Read the full article here: [https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(19\)30068-3/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(19)30068-3/fulltext)

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Patient and Public Involvement

NRS Primary Care Network Public and Patient Involvement (PPI) Group was established in January 2016 to advise and support researchers to ensure that PPI is helpful and meaningful in the context of Primary Care research. The group meets every three months in the Mitchell Library, Glasgow.

We help to advise researchers who wish to recruit patients into research studies. Involving the public in research can give a valuable insight and strengthen any research funding application. We review lay summaries and grant proposals, two of which have been successful in gaining funding.

The National PPI Standards aim to improve the quality and consistency of PPI in research and to integrate the patient voice in the research process. The standards provide a benchmark for public involvement to monitor improvement. We are delighted to announce that the PCN PPI group are one of the freestyle projects that are putting the national standards into practice. In March 2018, we used all six of the standards to evaluate our activities and to identify future plans. So far, we have presented short videos on plasma screens in health centres to try to widen access to PPI. We participated in engagement activities in IKEA Glasgow and community libraries, and delivered training for PPI contributors on research methods. Currently, we are piloting feedback forms for researchers and the public to improve communication and evaluate the impact of the PPI group. The NRS Primary Care Network manager now attends the PPI group meeting on an annual basis to promote the public interest in the network.

Recent / current research topics—national studies

There are a number of studies we have recently supported or are currently supporting which are recruiting across at least two Scottish health boards. This may give you a flavour of the research topics we can support and the patients who may be offered some research involvement.

Respiratory —childhood and adult asthma, and COPD.

Mental Health— dementia, depression, schizophrenia and prodromal psychosis.

Cardiovascular—high blood pressure, aneurysm

Cancer

Women's Health—menstrual bleeding

Diabetes

Dental

Look out for our monthly recruitment newsletter (sent by local network staff) which details all the studies which are currently recruiting in your area and get in touch if your practice would like support from the network to invite patients.

The **NRS Primary Care Network** was established in 2002 to co-ordinate national research activity in primary care. We are funded by the Chief Scientist Office (CSO) with the overall aim of increasing the amount of research relevant to patient care which is undertaken in a primary care setting. This involves network staff facilitating high-quality research studies, both academic and commercial across the full range of physical and mental health areas. The network contact information is below.

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Visit us at www.nrs.org.uk/primarycare