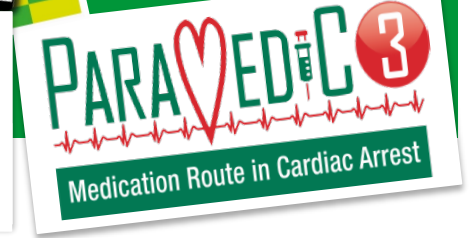
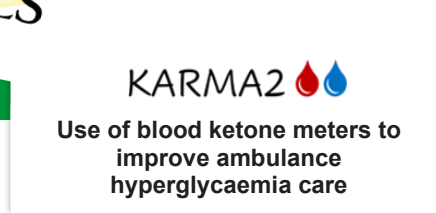
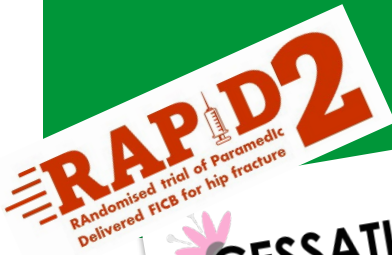




Spring 2023 edition

# Research Newsletter



## What we do and why we do it

Research plays an important role in the treatment options and service developments within EEAST. The Research Support Services team work alongside other Ambulance Services, Universities and Health and Social Care agencies to provide high quality, ethical and clear research which aims to improve staff wellbeing and patient outcomes.

Our newsletter will keep you up to date on what we are working on and how you can become involved in research.

## Find out more



<https://www.eastamb.nhs.uk/about-us/research-support-services.htm>



@EEAST\_Research

We regularly have NeedtoKnow articles, sharing research news and opportunities.

[www.eastamb.nhs.uk](http://www.eastamb.nhs.uk)

## Meet the team

If you wish to discuss any aspect of research, please do not hesitate to contact us:

[research@eastamb.nhs.uk](mailto:research@eastamb.nhs.uk)

Or directly:

- Theresa Foster – Head of Research  
[theresa.foster@eastamb.nhs.uk](mailto:theresa.foster@eastamb.nhs.uk)  
07971 287986
- Larissa Prothero – Advanced Research Paramedic  
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07736 374453
- Tessa Noakes – Research Paramedic  
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07514 973667
- Shona Brown – Research Paramedic (PARAMEDIC-3)  
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07817673608
- Emma Duncan – Research Paramedic (RAPID-2)  
[emma.duncan@eastamb.nhs.uk](mailto:emma.duncan@eastamb.nhs.uk)  
07759720538

## Current Opportunities to Get Involved With:

### **PARAMEDIC 3**

The aim of PARAMEDIC3 is to determine the clinical and cost-effectiveness of IO access versus IV access in out-of-hospital cardiac arrests.



EEAST is collaborating with selected hospitals across Essex, Suffolk, Norfolk, and Cambridgeshire, and is now live with:

**West Suffolk Hospital  
Ipswich  
Colchester**

**Broomfield  
Basildon  
Southend**

Joining soon is James Paget hospital, Great Yarmouth (and there will be more sites to follow).

### **Are you a Paramedic based at a station near these hospitals?**

If you would like to take part in PARAMEDIC 3, please contact Shona Brown, Research Paramedic ([shona.brown@eastamb.nhs.uk](mailto:shona.brown@eastamb.nhs.uk)).

Further study information can be found here: [PARAMEDIC-3 Trial \(warwick.ac.uk\)](http://PARAMEDIC-3.Trial(warwick.ac.uk)) and [\*\*PARAMEDIC-3 trial webinar- 26th January 2023 - eStream@Warwick - Powered by Planet eStream\*\*](#)

### **RAPID2**



EEAST will be taking part in the RAPID2 study which aims to test the safety, clinical and cost-effectiveness of Paramedics providing fascia iliaca compartment block (FICB) as pain relief to patients with suspected hip fractures in the prehospital environment.

Waveney Paramedics have now begun their FICB training supported by a team of James Paget Hospital anaesthetists.

To book your study training please contact Emma Duncan asap: ([emma.duncan@eastamb.nhs.uk](mailto:emma.duncan@eastamb.nhs.uk))

In March we have the Site Initiation Visit where the Sponsor (Swansea University) will visit EEAST to deliver essential training to the research teams and ensure arrangements are in place for patient recruitment to begin.

RAPID2 will then go live!

## VITALS



The key aim of the Vitamin D Ambulance Wellbeing Study (VITALS) was to determine the incidence of vitamin D deficiency in shift and indoor-workers across the EEAST workforce.

With the support of EEAST Charitable Funds, we have tested over 400 staff across the Trust.

Our initial findings are:

- Almost half of staff sampled (46%) were found to have insufficient vitamin D levels (between 50 and 25nmol/L)
- 6% of staff sampled were found to be vitamin D deficient (less than 25nmol/L).
- The sample vitamin D range was 10.3 - 139.5nmol/L.
- 15% of those sampled had previously been diagnosed with vitamin D insufficiency/deficiency.
- Ambulance Operations Centre workers, under 25s, smokers, fair or very fair skin tone and those describing themselves as not 'White British' were associated with an increased risk of insufficiency.
- The menopause or andropause, ethnicity not 'White British' and vegetarian or vegan diet were associated with an increased risk of deficiency.

We are currently preparing the VITALS Final Report and we will share it as soon as possible.

## EVOLVED



We have obtained a College of Paramedics small grant award to interview VITALS participants who were found to be sufficient and deficient in blood vitamin D.

The aim of EVOLVED is to understand staff behaviours and lifestyle factors, as well as exploring the impacts this has on personal and professional wellbeing.

Please get in touch if you wish to be involved in an EVOLVED interview:  
[Research@eastamb.nhs.uk](mailto:Research@eastamb.nhs.uk)

## Updates to Current Studies:

### CESSATION



**CESSATION Update...** We have now interviewed 21 women experiencing the menopause transition. Ten themes were identified: impact on work role, awareness and preparedness for menopause transition, personal impact of symptoms, desired support, appropriate sickness and menopause policy, managerial development, compassion and dignity, impact of working environment, impact on safety, lack of choice. Lack of understanding and support from colleagues and line managers were identified as the key issues.

We are currently preparing the CESSATION findings for publication in the British Paramedic Journal - look out for updates! – and planning a stakeholder panel to decide the next steps for this work.

### KARMA2



KARMA2 is exploring whether ambulance clinicians can reliably and safely use capillary blood ketone meters to identify high-risk DKA patients and administer fluid therapy.

The KARMA2 Final Report is currently being prepared and the findings will be shared as soon as possible. They are already being used to update the current JRCALC Glycaemic Emergencies Clinical Guidelines.

### PRE-FEED

The study is now closed to further recruitment. Thank you again, to all EEAST clinicians who have participated. EEAST was one of the highest recruiting trusts!



## **SEE IT**

EEAST were a control site for the SEE-IT trial during June to November 2022. This trial tested the use of live streaming from the scene of trauma incidents via 999 callers' smartphones



**More information is available:** [www.surrey.ac.uk/SEEITstudy](http://www.surrey.ac.uk/SEEITstudy)

## **REACT-2**

'Paramedic Decision Making in out of hospital Cardiac arrest 2' closed for recruitment in November. 128 Paramedics shared their views. We were the third highest recruiting ambulance Trust! Thank-you to Paramedics who took part! The publication of the report should be available soon.

## **CATNAPS STUDY**

CATNAPS is a national research study exploring how fatigue can be managed in the NHS ambulance workforce and the best ways to support staff to sleep better. It aims to develop a new approach to fatigue management that meets the needs of staff and operations and is most likely to improve patient and staff safety.

Further information about CATNAPS can be found: [Managing Ambulance Fatigue - aace.org.uk](http://aace.org.uk)

## **NHS Staff Retention in a Post COVID-19 World**

Thank you to all staff who participated in this study. A total of 203 EEAST staff completed the survey. The study has now been extended and a further survey will be available to complete. It will capture further challenges for NHS staff for covid-19 as well as the cost-of-living crisis. We will be sharing the link to access the survey soon.

## Upcoming Studies:

### **CRASH-4**

Sponsored by the London School of Hygiene and Tropical medicine in collaboration with hospitals and ambulance Trusts across the UK. CRASH-4 is exploring the use of Tranexamic acid in older patients with traumatic head injuries.



To find out more follow this link: **[CRASH 4 Trial \(Ishtm.ac.uk\)](https://www.ishtm.ac.uk)**

We aim to roll out this trial widely across the Trust- we will keep you updated with the trial set-up.

## More Ways to Get Involved with Research:

### **Research Involvement Group (RIG)**



Our EEAST RIG meetings are up and running and is a great opportunity for members to learn how they could become involved in ambulance research and discuss a variety of current research opportunities. Alongside hearing about research within EEAST, guest speakers are also invited to discuss research and other opportunities available!

The public members of RIG are keen to open membership to Trust staff. If you are interested in joining this group, or know someone who might be, please complete our Expression of Interest form: **[EEAST Research Involvement Group: Expression of Interest \(office.com\)](https://www.eeastamb.nhs.uk/office.com)**

## Other Research News:

### 999 EMS Research Forum Annual Conference



The RSS team are pleased to attend this year's 999 EMS Research Forum where we have submitted three abstracts (CESSATION, KARMA2, VITALS). We would love to see you there! Further information: [Welcome \(999emsresearch.co.uk\)](https://www.999emsresearch.co.uk)

### Diabetes UK

**DIABETES UK**

KARMA2 is being presented at the Diabetes UK conference and we are very excited to announce that it has also been short listed for an award! Find out more here: [Diabetes UK Professional Conference 2023](https://www.diabetesuk.org/professional-conference-2023) | [Diabetes UK](https://www.diabetesuk.org)

### Fundamentals of Clinical Research Delivery in the Ambulance Setting

Reminder that we are still able to offer the National Institute for Health and Care Research (NIHR) accredited course, 'Fundamentals of Clinical Research Delivery in the Ambulance Setting'.

To access the training, you will need an NIHR Learn Account: [Identity Gateway \(nihr.ac.uk\)](https://www.nihr.ac.uk)

If you are interested in completing this course, it can be found at:

<https://learn.nihr.ac.uk/course/view.php?id=865#section-0>



## Needing help with research articles?

The LKS ASE library service (<https://ambulance.libguides.com/home1>) provides free access to articles, journals, and databases for all EEAST staff. Here you can:

- Request articles by completing an online form
- Request a literature search by completing an online form
- Sign up for monthly Current Awareness updates
- Access a variety of Guides and help on topics related to searching, research and paramedic practice.



## Next edition of the research newsletter will be in Autumn 2023.

Do let us know if there is anything you would like us to include in future newsletters.

If you have an idea for future research projects or would like to get involved, please get in touch - we would love to hear your ideas!