



Research Support Services Newsletter

Edition 3 – Summer 2021

Healthcare can progress when developments resulting in improved patient care are uncovered. Improving patient outcomes and staff wellbeing are important to EEAST, hence why EEAST value research. 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.

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

The Research Team:

If you wish to discuss any aspect of research, please don't hesitate to contact us via research@eastamb.nhs.uk or directly:

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! Do you know how to find us on EAST 24?

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

! Do you know we are on Twitter? @EEAST_Research

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

Current Research:

What Triage model is safest and most effective for the Management of 999 callers with suspected COVID-19? A linked outcome study (TRIM)

Swansea University is collaborating with multiple ambulance trusts including EEAST on a study to examine which triage model is the most safe and effective for the management of 999 callers with suspected COVID-19.



This complex study is well under way and due to report in early 2022. The vast amount of data collected from EEAST alone has meant a lot of hard work for our research team! Over 56,000 Covid-related calls were received between 1st March and 31st August 2020. Reduced ePCR usage during the pandemic resulted in 1,000's of NHS numbers needing to be searched for manually using an NHS Digital provided system. By way of feedback, this task would have been much less time consuming by careful capture of patient's names and date of birth by frontline colleagues!

Shona Brown, TRIM Research Paramedic, has also conducted interviews with various members of EEAST staff, including our own Medical Director, Dr Tom Davis. The interviews were designed to gain a personal and organisational view of staff involved in delivering 999 advice, care and management. We look forward to seeing what themes emerge from this when the study is published.

STRETCHED

STRETCHED is a national study led by Swansea University looking at the impact of strategies utilised to manage the use of the 999 emergency ambulance service by callers with sustained high needs (frequent callers). It is looking at the type of

people who call frequently and their views and experiences on how ambulance services support them.

Led by Research Paramedic, Tessa Mochrie, the large data part of STRETCHED has been completed, and the study team are now busy interviewing staff, care providers and patients to understand their views and help improve patient outcomes in the future.

! UPDATE: Staff interviews are ongoing – we would love to hear from you if you have experience working with callers with sustained high needs. Please email tessa.mochrie@eastamb.nhs.uk

KARMA2



Following his appointment in June, EEAST's new Research Paramedic, Tom Strudwick, has been busy with KARMA2. This is the Trust's new feasibility study that aims to determine whether ambulance clinicians can reliably and safely identify DKA using blood ketone meters, and commence fluid therapy as directed. The findings of KARMA2 will determine if a large-scale clinical trial for the evaluation of the clinical and cost-effectiveness of ambulance blood ketone meters is warranted.

Research Support Services (RSS) are currently busy preparing for the start of the study, which is anticipated will be this August. Our first milestone is obtaining NHS Research Ethics Committee and Health Research Authority (HRA) approvals. Once these have been obtained, we will be able to start KARMA2 and commence patient recruitment.

We are looking for 120 ambulance clinicians who work from Cambridge, Huntingdon or Peterborough stations to take part in KARMA2 – we have had great interest so far!

We would like to encourage clinicians of any grade who have not yet registered their interest to do so with the following link: <https://forms.office.com/r/HxuP0xTYf1>.

Once we have obtained the necessary research approvals, we will be in touch with those who have registered interest with further study information, including details to complete the online study training.

COMPARE

What has been the impact of the COVID-19 pandemic on EMS-led resuscitation in out-of-hospital cardiac arrest?

Working with South Western Ambulance Service, EEAST recently took part in the COMPARE study which aimed to explore the views of EMS staff on the impacts of COVID-19 on resuscitation during out of hospital cardiac arrests. The study focused on issues around communication during resuscitation, undertaking resuscitation procedures and the perception of risk to EMS staff.

Frontline clinical staff within EEAST who had undertaken resuscitation during the COVID-19 pandemic were invited to share their experiences through an online interview with the study team. Thanks to those of you that took part.

It is hoped the findings of the study will provide evidence on the impact of COVID-19 on EMS-led resuscitation. This evidence will help to inform future pre-hospital guidelines.

** AHP Perceptions of Research in the NHS **

Are you an Allied Health Professional (AHP)? Do you work in the NHS or provide NHS healthcare at least one day per week? Do you care about high-quality patient care, research evidence, and professional development?

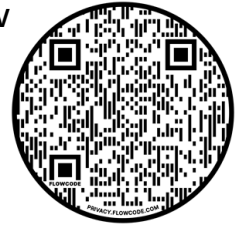
The Council for Allied Health Professions Research (CAHPR) and National Institute for Health Research (NIHR) would like all AHPs working in the NHS to complete an important national survey, whether you are involved in research or not.

The survey asks about your research skills and confidence, and about the support from your employer to engage in research activity / use research findings to inform practice.

Your responses will provide crucial information to help shape the support needed to increase research skills for all AHP's. Further details can be found in the participant information that is provided at the start of the survey.

The survey will take about 20-25 minutes to complete and will need to be completed in one sitting. Please use the link or QR code below to access the survey.

Survey link: <https://leeds.onlinesurveys.ac.uk/ahp-perceptions-of-research-in-the-nhs-copy>



Future Studies:

Experiences of staff providing telephone CPR instruction

The University of Stirling is collaborating with the British Heart Foundation for a study evaluating prompt bystander cardio-pulmonary resuscitation (CPR) in out-of-hospital cardiac arrest.



Mortality from out-of-hospital cardiac arrest (OHCA) is still high, and prompt bystander CPR is the single most important factor determining survival, but in a large proportion of cases is not initiated. The provision of CPR instructions over the phone by trained emergency service staff has been shown to increase rates of CPR and improve survival from OHCA. However, there are still a significant proportion of cases where CPR is not given, even when instructions are provided.

The study would like to talk to about **5 call-handling staff** in EEAST to better understand the experiences of providing CPR instructions over the phone, identify what helps people to do CPR and what gets in the way.

If you are a call handler and would like to get involved, or find out more information, please email Dr Barbara Farquharson: bf19@stir.ac.uk.

CESSATION

Some exciting news!! RSS have received a College of Paramedics Small Grant Award to continue our work on menopause awareness and impact on female staff in the ambulance setting. This study will be looking for EEAST staff involvement, so do keep your eyes peeled on Need to Know in the autumn to find out how you can be involved.

CESSATION will be launching soon – watch this space!

More Ways to Get Involved with Research:

Research Involvement Group (RIG)



We are now preparing for our third EEAST RIG meeting in September. In our first two meetings, members learned how they could become involved in ambulance research and discussed a variety of current research opportunities. One of the highlights was a presentation by Dr Sarah McLachlan about a proposed EEAST/Air Ambulance head injuries study.

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.eeast.nhs.uk/research-involvement-group/expression-of-interest)

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.



Other Research News:

2021 999 EMS Research Forum Conference



The annual 999 EMS Research Forum conference took place online on 23rd March 2021. The focus of this year's conference was 'Research in prehospital care: Past, pandemic, present & future'. This annual conference is a great opportunity for those who hold an interest in research to explore this further and hear about the current and ongoing pre-hospital research being done around the world!

Two members of RSS were successful in submitting abstracts for an online poster presentation of their research. Larissa's work was titled "Use of capillary blood ketone meters to improve ambulance service care of hyperglycaemic patients: protocol for a stepped-wedge, controlled feasibility study (KARMA2)" and Tessa's work was titled "The experiences and attitudes of ambulance staff towards the counter-terrorism "PREVENT" training: a survey-based service evaluation". The abstracts will soon be published online in the Emergency Medical Journal.

If you would like to see the posters or read the abstracts, please email larissa.prothero@eastamb.nhs.uk or tessa.mochrie@eastamb.nhs.uk who would be happy to send you a copy!

To sign up for information about next year's conference, or for further information please visit: <http://999emsresearch.co.uk/annual-conference>.

Other Publications

The findings from our recent vitamin D study have been accepted for publication in the British Paramedic Journal. The paper is titled "A survey-based evaluation of ambulance staff awareness of vitamin D and risk of deficiency in a UK ambulance service."



Keep an eye out for the next edition **due out in September** and have a read!

Future workshops

The RSS team is looking to organise research engagement workshops in the near future. More information about the content, dates and location will be advertised via Need2Know in the Autumn!

REAP Level 4

The Trust is currently at REAP 4 as we face increasing demand for RSS services. We are committed to delivering our new and ongoing research studies but we are also helping to support frontline operations where possible.

Next edition of the research newsletter will be in early 2022. Do let us know if there is anything you would like us to include in future newsletters.