



Research Support Services Newsletter

Edition 2 – Spring 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 12-month study will examine triage models used in ambulance call centres and on scene of a 999 call during the COVID-19 pandemic. The safety and effectiveness of these triage models will be explored, so patients receive a proportionate response that allows for high quality patient centred care and efficient utilisation of resources.

The hosting research team aim to publicise their findings as swiftly as possible to enable ambulance services to implement the best triage model possible for sorting and treating suspected COVID-19 patients.

Look out on Need to Know for the opportunity to get involved!

UK-REACH

The United Kingdom Research Study into Ethnicity and COVID-19 Outcomes in Healthcare Workers (UK-REACH) urgent public health study is currently underway! The Health and Care Professions Council are currently inviting people to take part, on behalf of the UK-REACH study team.

If you are aged over 16, live and work in the UK and work in healthcare you can participate in this study. UK-REACH are particularly eager for people from ethnic minorities to get in touch.



UK-REACH will explore the link between COVID-19 outcomes in people of different ethnicities who work in health and social care and their working conditions, job types, living circumstances and health. The findings will be used to help protect health and social care workers by making rapid recommendations to the Government.

Participants will have the chance to win Amazon vouchers/cash in a prize draw! Visit the [UK-REACH website](#) for further information and to sign up.

Blue Light Project

An opportunity has arisen for 10 Mid-Essex staff to participate in a preliminary study being carried out by Anglia Ruskin University called the Blue Light Emergency Services Wellbeing Feasibility Study. Participants will receive a 3-day lifestyle assessment which includes heart rate monitoring and an interview with a researcher!

This is an exciting pilot study to help understand staff responses to stress, which may aid development of wellbeing initiatives and provides the prospect of a large study across Blue Light Emergency Services.

If you work in Mid-Essex A&E Ops and are interested in participating in this study, please contact the Blue Light Project study team direct at: arctu@aru.ac.uk for further information.

STRETCHED



The STRETCHED study is a national study looking at the impact of strategies used to manage the use of the 999 emergency ambulance service by callers with sustained high needs (frequent callers). It will look 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, EEAST will be interviewing patients, staff members and care providers to understand their views in order to help improve patient outcomes in the future.

! UPDATE: During March and April 2021, we will be advertising in NeedtoKnow for staff to take part in telephone interviews – please keep your eyes peeled!

Recently Reported:

East Region Involvement in COVID-19 Vaccine Research

As I am sure you are all aware COVID-19 vaccine research is of the utmost importance. Three COVID-19 vaccines have been/are being trialled in the Eastern region: Oxford-AstraZeneca, Novavax and Janssen.

The Oxford-AstraZeneca COVID-19 vaccine has been approved for emergency use in the UK and is showing sustained protection of 76% during the 3-month interval until the second dose, with a final vaccine efficacy of 90%.

Novavax vaccine research is currently underway and is showing itself to be a promising candidate against COVID-19. Novavax has published data for its COVID-19 vaccine, showing it to be 89.3% effective in preventing coronavirus in participants.

Data published regarding the Janssen COVID-19 vaccine show the vaccine to be 66% effective in preventing COVID-19 following a single dose, with research for the 2-dose regimen ongoing.

EEAST served as a Participant Identification Centre for the Oxford-AstraZeneca COVID-19 vaccine trial. After screening, 14 EEAST staff members were enrolled into the trial and we thank you for your contribution to this vitally important research!

Results of Restart a Heart 2019

The impact of Restart a Heart 2019 in EEAST has been reported, showing it to be a successful event! A total of 8,245 people, predominantly secondary school children received hands on training due to this programme.

Data collected from 439 participants at two secondary schools showed 45% said they had received CPR training previously, but only 14% had received training using a defibrillator before. The majority of participants surveyed scored the training highly, and their confidence in identifying and responding a cardiac arrest improved significantly.



Many thanks to all staff who contributed this initiative!

Future Studies:

KARMA2

Exciting news!! Our research study, KARMA2, has now been funded by Diabetes UK! This study will be looking at the use of ketone meters to improve ambulance care of hyperglycaemic patients. We are currently in the process of recruiting a new EEAST Research Paramedic who will be responsible for the day-to-day delivery of KARMA2 in the Trust. Keep your eyes peeled on Need to Know in the coming months for more information about this study!

CESSATION

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

KARMA2 and CESSATION will be launching in the summer!

More Ways to Get Involved:

2021 999 EMS Research Forum Conference

The annual 999 EMS Research Forum conference will take place online on 23rd March 2021. The focus of this year's conference will be 'Research in prehospital care: Past, pandemic, present & future'. This conference is great opportunity for those who hold an interest in research to explore this further.

This conference is free to attend and two of our own EEAST Research Paramedics will be presenting posters at this conference! To sign up or for further information please visit: <http://999emsresearch.co.uk/annual-conference>.

Research Involvement Group (RIG)



We are now preparing for our second EEAST RIG meeting in March. At our first meeting last year (December 2020), members learned how they could become involved in ambulance research and discussed a variety of current research involvement opportunities. One of the highlights was a presentation by Dr Sarah McLachlan about an upcoming 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 \(office.com\)](#).

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 will be in Summer 2021

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