

Public and Patient Engagement Event

This presentation was given at Mount Vernon Cancer Centre and focussed on research at that site. The Trust has an excellent record of research and innovation at other sites but this is not included in this presentation.

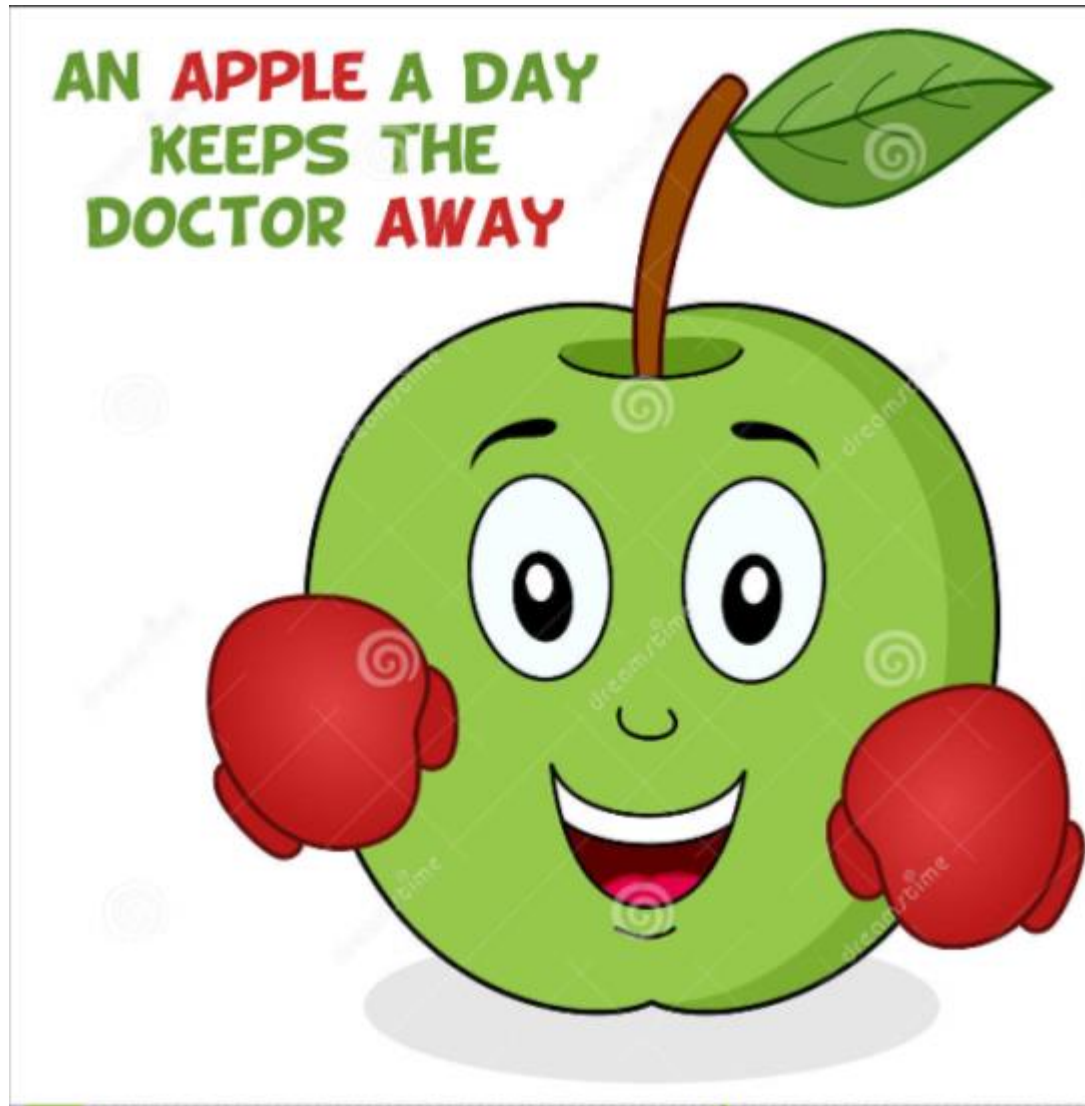
15th Sept 2016

Dr Phillip Smith
Associate Director Research & Development

We want to hear what you have to say



Some thoughts about research



The study tells us that the "an apple a day keeps the doctor away" aphorism was coined in 1913 but was based on the original form with a different rhyme, some 149 years ago in Wales: "Eat an apple on going to bed and you'll keep the doctor from earning his bread," went the proverb in Pembrokeshire.



The daily apple eaters in the study were more likely to successfully avoid prescription medication use than people who did not eat apples.

The University of Michigan School of Nursing researchers in Ann Arbor believe giving such medical proverbs an empirical evaluation "may allow us to profit from the wisdom of our predecessors."

For the study's measure of keeping the doctor away, Matthew Davis, PhD, and co-authors evaluated an outcome of no more than one visit a year to the doctor as a means of investigating the proverb's success in daily apple eaters compared with non-apple eaters.

GUINNESS



IS GOOD
FOR YOU

**Some information is not
accurate or is misleading...**

Factsheet

Introduction

Research shows that alcohol is a major risk factor for cancer. About 12,000 individuals are diagnosed with cancer each year in the UK. Alcohol is the most preventable cause of cancer after smoking. Drinking less or not at all can significantly reduce the risk of developing cancer.

Research shows a strong link between alcohol consumption and cancer. The more alcohol you drink, the higher your risk of developing cancer. Drinking less or not at all can significantly reduce the risk of developing cancer. Research shows that alcohol is a major risk factor for cancer. About 12,000 individuals are diagnosed with cancer each year in the UK. Alcohol is the most preventable cause of cancer after smoking. Drinking less or not at all can significantly reduce the risk of developing cancer.



Worldwide, one in five of alcohol-related deaths are caused by cancer.

Alcohol consumption increases the risk of developing cancer. Drinking less or not at all can significantly reduce the risk of developing cancer. Research shows that alcohol is a major risk factor for cancer. About 12,000 individuals are diagnosed with cancer each year in the UK. Alcohol is the most preventable cause of cancer after smoking. Drinking less or not at all can significantly reduce the risk of developing cancer.

Alcohol & Dementia

Factsheet

Introduction

Dementia is a general term used to describe a set of symptoms that affect memory, thinking, problem solving, and language. There are many different types and causes of dementia, with varying degrees of severity.



What is the relationship between alcohol and dementia? Research shows that alcohol consumption is a risk factor for dementia. Drinking less or not at all can significantly reduce the risk of developing dementia. Research shows that alcohol is a major risk factor for dementia. About 12,000 individuals are diagnosed with dementia each year in the UK. Alcohol is the most preventable cause of dementia after smoking. Drinking less or not at all can significantly reduce the risk of developing dementia.

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Alcohol & Hypertension

Factsheet

Introduction

Hypertension, a form of cardiovascular disease, is a condition characterized by high blood pressure. It is a major risk factor for heart disease and stroke. Research shows that alcohol consumption is a risk factor for hypertension. Drinking less or not at all can significantly reduce the risk of developing hypertension.

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What is Hypertension? Hypertension is a medical term for having persistently high blood pressure. It can lead to heart disease and stroke.



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Alcohol & Depression

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Research shows that alcohol consumption is a risk factor for depression. Drinking less or not at all can significantly reduce the risk of developing depression. Research shows that alcohol is a major risk factor for depression. About 12,000 individuals are diagnosed with depression each year in the UK. Alcohol is the most preventable cause of depression after smoking. Drinking less or not at all can significantly reduce the risk of developing depression.





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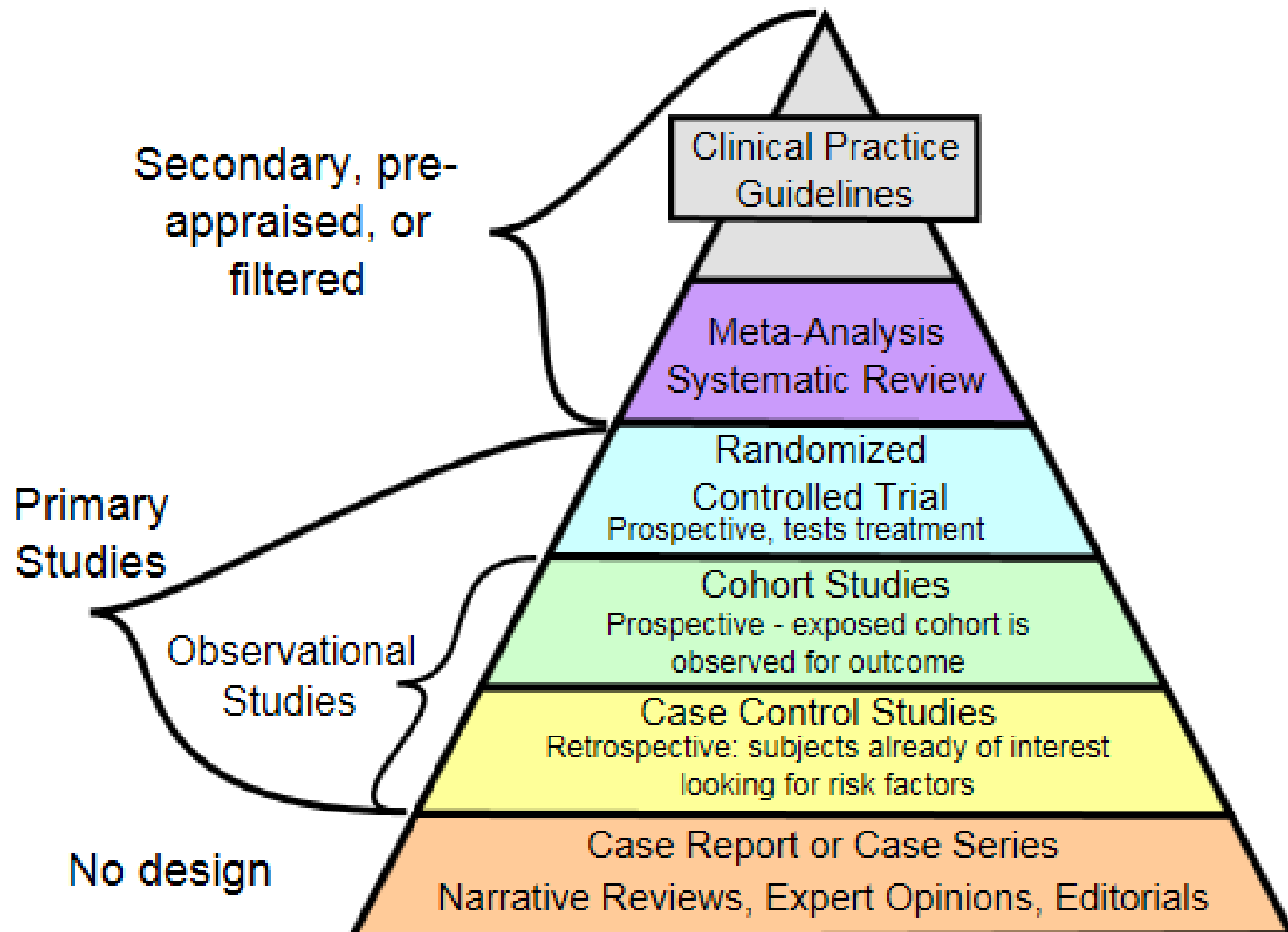
Kill a
cigarette
and save
a life -
yours

Trust sees research as a priority

- Trust views research to be important
- Research-active Trusts appear to do better
- Patients first seen at a research-active hospital are more likely to receive chemotherapy
- Academic output correlates with better mortality
- Treatment of patients on clinical trials associated with considerable cost savings.



But what is research in the NHS?





Part of a national team

National Institute for Health Research (NIHR)

2014/5

- 260,000 people took part in NIHR research studies
- £97.8 million was invested in training programmes
- £135 million has been invested in cancer research
- £1 billion external research investment was attracted
- more than 250 NICE guidelines used NIHR-generated evidence

Research Strategy 2016-9

The Trust to be an internationally recognised centre of excellence for research and patient outcome		
Research is embedded into the planning and delivery of routine patient care for all patients	Enhancing patient experience and outcome by offering research opportunity and innovation for all patients and all staff	Patients and public to be engaged with, participate in, and benefit from research and innovation
Research is well governed, managed and supported so studies are delivered, as promised	Research is funded via external grant applications, from Industry and with the support of Charities	

Acting locally to improve patient treatment e.g. patients with advanced prostate cancer

- STAMPEDE - 135 patients were enrolled at Mount Vernon (108) and the Lister (27)
- 14th highest of 107 centres overall in terms of entering patients
- Best of 5 NHS Trusts in the East of England

Lancet 2015 “docetaxel chemotherapy, given at the time of long-term hormone therapy initiation, showed evidence of improved survival accompanied by an increase in short-term side effects”

Mount Vernon consultant recognised nationally for research excellence

Dr Paul Nathan and team

- The melanoma/renal unit has the largest commercial trial portfolio within the cancer centre.
- We compete with units internationally to secure these studies, which are often early phase clinical trials of the most promising investigational treatments.
- This means that we are able to offer our patients potential access to the most innovative medicines.



Prof Peter Hoskin & team from East & North Hertfordshire NHS Trust: Fixation template device for the delivery of high dose radiation (brachytherapy) in prostate cancer treatment





Research
Projects
Team members



Research at the Lynda Jackson Macmillan Centre

The Supportive Oncology Research Group (SORT) is responsible for a wide range of research projects.

Some focus on complementary therapies: using acupuncture to manage hot flushes associated with taking Tamoxifen as an adjuvant treatment for early breast cancer, and introducing Reiki as a service are two examples.

Others explore 'self help' and 'self management': patients attend courses or learn new techniques in order to take responsibility for managing their health.

SORT is also actively developing questionnaires and measurement tools to monitor areas such as quality of life, spiritual wellbeing and distress.

Much of this work is done in collaboration with the EORTC Quality of Life Group. We also participate in ongoing clinical trials at the cancer treatment centre, which investigate new drugs or new regimes.

We recently participated in one postal survey to find out patients' views on complementary therapies and a second to ascertain their experiences whilst having radiotherapy or chemotherapy treatment.

Members of the research team have academic links with local universities and sit on a number of prestigious national research committees.

Contact [Teresa Young](#) for more information about SORT's ongoing research programme.



EORTC group for research into Quality of Life

> [read the article about SORT in the Summer 2014 newsletter...](#)

Research Strategy

2016 - 2019

**Enhancing patient experience and outcome
through research opportunity and innovation
for all patients and all staff**



**Placing
patients at
the heart of
what we do**

**>2,000
patients into
Research at
the Trust in
2015/6**