

Inside RESEARCH

Welcome to the May 2019 edition of *Inside Research*

It has been a busy time in research at Leicester's Hospitals over the last few months! We have entertained 60 children on International Clinical Trials Day, made international headlines, and behind the scenes we are busy working towards the first CQC inspection that will look at 'well-led research'.

For newsletter enquiries please contact, [Rachael Dowling](#) or call x4971.

Meet the LRI ICU research champions!

Emma, Daphne and Pamela in ICU (below, left to right) are some of our latest members of the research champions' crew! They've been busy putting together a research noticeboard using our packs – we can't wait to see the final results!



To request a noticeboard pack for your ward or department, please contact Kamla Mistry on x5973 or email kamla.mistry@uhl-tr.nhs.uk



The National Institute for Health Research (NIHR) has launched a new campaign called 'Be Part of Research'. The aim is to empower members of the public to seek out opportunities to get involved in research. If you would like campaign materials to display in your wards and departments, please contact Rachael Dowling.

Full details of the campaign can be found here:

<https://www.nihr.ac.uk/news-and-events/support-our-campaigns/be-part-of-research-2019/>

We had a ball on **International Clinical Trials Day** on 20 May! Sixty children from Hazel Community Primary School visited Research Space; research trolleys roamed outpatient clinics at the Royal and Glenfield; forty participants were enrolled in a study in the Biomedical Research Centre; goodie bags were distributed to in-patients in the Osborne building and stands popped up everywhere! Thank you to everyone who took part.



Following a survey and focus groups, we've revamped our website – check it out!

www.leicestersresearch.nhs.uk

Can you help promote **Join Dementia Research**? Only four per cent of people living with dementia currently take part in research and we want to change that. All we ask is you watch this short video and then take a simple quiz. You will get a snazzy certificate to print off! <https://learn.joindementiaresearch.nihr.ac.uk/>



Leicester's Research in the news

Faster walkers live longer, regardless of BMI



Prof Tom Yates and colleagues in our Biomedical Research Centre analysed health information from nearly half a million people. They found that people who said they walked slowly had lower life expectancy [Read more here](#).

This was covered in the Daily Mail, The Sun, and Leicester Mercury (among others).

Ground-breaking space technology teams up with health



Together with the University of Leicester, we've received £2m from the UK Space Agency to develop a new mobile app providing disease-specific exercise advice. For example it could let asthmatics know what type of exercise to do, based on the levels air pollution that day. [Read more here.](#)

This story was covered by BBC Breakfast (among others)

Up to a third of people with type 2 diabetes not taking their medications properly



Researchers from the National Centre for Drug Adherence Testing (NCAT) based at the Royal have used a urine sample screening process to show 28 per cent of the cohort studied was risking their health by not taking their diabetes, hypertension and heart medications as prescribed. [Read more here.](#)

This story was reported in the Diabetes Times and Pharmaceutical Journal (among others).

Breast cancer relapse could be detected up to two years earlier



Research conducted in the Experimental Cancer Medicine Centre at Leicester's Hospitals has revealed that a blood test is able to detect breast cancer relapse up to two years earlier than imaging in patients with early-stage breast cancer. [Read more here](#)

This story was reported in The Sun, The Mirror and the Leicester Mercury (among others).

Have you got an **idea for a research project**, but don't know where to start? We are holding a **grant proposal writing pit stop** with our NIHR partners and clinical librarian team on 15 July 2019. Twenty minute bookable slots are available: call x8351 or email riadmin@uhl-tr.nhs.uk



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