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FRESH - Facilitating Return to work through Early Specialist Health-based interventions

## FRESH: Facilitating Return to work through Early Specialist Health-based interventions

May 2014 NEWSLETTER

<https://www.nottingham.ac.uk/go/fresh>

### THE TEAM -

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**What is Fresh?** Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether a method of supporting people who've had a Traumatic Brain Injury (TBI) to return to work that was developed and works well in Nottingham can be delivered in three other NHS trauma centres (Preston, London and Leeds). We want to know if it's possible to train therapists in other centres to deliver it and whether patients are willing to be randomised to receive it and whether we can measure the effects and cost effectiveness of this support compared to usual NHS rehabilitation.

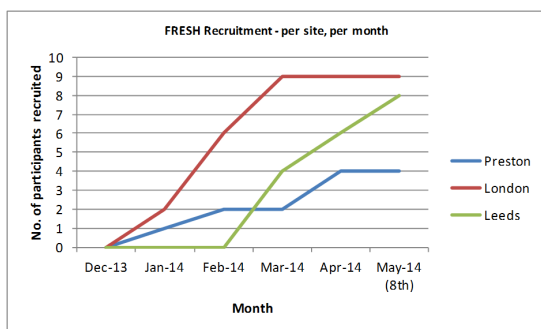
### Study progress :

Recruitment was 4 months late starting but now underway . We are exploring the possibility of extending recruitment and will discuss options with each site and with our Study Steering Committee in June. Lancs CTU are busy monitoring and supporting the sites with screening, recruitment and data capture. As a feasibility trial there are many new issues that need to be resolved. Thanks for your continued support in working through them! FRESH follow up training took place on 4<sup>th</sup> April. All FRESH therapists have now completed their training and are busy delivering Early Specialist TBI Vocational Rehabilitation (ESTVR). The Nottingham study team are preparing a paper describing the ESTVR model and training development .

### Recruitment Progress:

Following concerted efforts to boost recruitment, it has finally started to pick up. 21 participants have been recruited (nine in London, eight in Leeds and four in Preston). These recruitment figures are more encouraging but better in some sites than in others.

After a delayed start, Lindsay in Leeds is in full swing, keeping new FRESH therapist Suzanne Henshall busy!



### Evaluating the ESTVR Training :

We are looking forward to hearing what our FRESH occupational therapists have to say about the ESTVR training in interviews that are scheduled over the next few weeks. To offer objectivity and separation from the training team, Dr Bella Robbins will undertake these telephone interviews. Bella is an experienced social scientist and interviewer and we are very pleased that she has agreed to work with us on this part of the study. We envisage the interviews will provide us with important insights into the training and mentoring the occupational therapists have experienced.

### CTU Launch:

The Lancashire Clinical Trials Unit, based at the University of Central Lancashire (UCLan) in Preston and which performs the central co-ordination (including trial management, data management and statistical analysis) for FRESH is holding its formal launch event on Thursday 12 June (9.30—15.30). The Keynote speaker is Professor Peter Sandercock (Prof of Medical Neurology, Edinburgh) and includes a talk on FRESH from our own Chief Investigator, Dr Kate Radford. For enquiries about the event or to register for a free complimentary place please email Simone Finley ([lancashirectu@uclan.ac.uk](mailto:lancashirectu@uclan.ac.uk)) or phone 01772 893692

### Action for Brain Injury Week -12 - 18 May 2014

As part of Action for Brain Injury week Headway is campaigning to increase awareness of the plight of individuals and families affected by brain injury whose access to vital support services is being reduced as a result of funding cuts and welfare reforms. Headway are conducting a survey to understand how these cuts are affecting people with a brain injury. The highlight of the week will be Hats for Headway Day - check out the Headway website for details of the 2014 event. To support 'Hat4Headway Day' or more information go to

<https://www.headway.org.uk/action-for-brain-injury-week.aspx>



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