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

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

What is Fresh?

otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether an early job retention intervention for supporting people with Traumatic Brain Injury (TBI) to return to work that was developed in Nottingham can be delivered in three new NHS trauma centres (Preston, London and Leeds) and whether we can measure the effects and cost effectiveness of this intervention compared to usual NHS rehabilitation. The findings will inform the design of a definitive trial.

FRESH study progress;

We are now in our recruitment Autumn but with 61 participants recruited and only two months left we would like a few more!!! Without a final drive throughout November and December we are unlikely to achieve our 102 target.

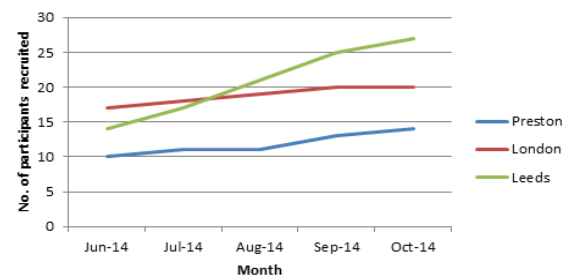
Leeds have made steady progress, and are likely to achieve their centre target, whilst a new helipad near our London centre appears to have diverted patients elsewhere. Top recruiters this month are Alex in Preston and Lindsay in Leeds.

We recognise the differing challenges faced in each centre and really appreciate the continued efforts of all our recruiting staff. Well done to all! Keep Going!!

Recruitment : Total number of participants recruited as of 1st Nov n= 61

- Preston – 14
- London – 20
- Leeds – 27

FRESH Recruitment - cumulative total per site



Trial Management: Lancashire CTU

FreshTrial@uclan.ac.uk

Trial Administrator: Patricia Dziunka

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Collecting data from carers: trials and tribulations.

Recruited patients are invited to nominate a carer, i.e. "...a person who they feel will contribute the most support to them after their injury." The site team give nominated carers an information sheet, time to consider involvement and ask any questions. Those agreeing to take part, provide written consent and are then asked to complete assessment of the impact (financial and wellbeing) the TBI patient's injury has had on them as a carer, at 6, 12 and 52 weeks. Thirty nine carers have so far been nominated and 23 agreed to take part (59%). There are differences by site for carers nominated and agreeing. Preston, for example, had 11 nominated and 7 agreed (64%), London 9 nominated and 7 agreed (78%) and in Leeds 19 were nominated and 9 agreed (47%). Lancashire CTU collects the 3 month follow up data from Preston and London (postal follow up) but Leeds collects their own (face to face). Currently 3 carers have been lost to 3 month follow up (2 in London, 1 in Leeds). Of the 3 month follow up data currently due, we have for London, 4/4 (1 not due), Preston 6/7, and Leeds 5/8. As this is a feasibility study the reasons for the differential recruitment/retention of carers will be important in the design of subsequent trials. Collecting carers follow up data can be challenging. Our 'late returns protocol' includes resending questionnaires, offering telephone help, texting reminders and calling out of office hours and weekends.

Dr Mal Auton & Alison Hadley (Data Man. team Lancashire CTU)

Training and Mentoring Update

On 2nd October FRESH therapists and mentors shared case studies to explore implementation of ESTVR. Therapists said they found it useful to hear other cases and be questioned on their own. The Nottingham team gleaned a lot about the contexts in which the therapists are working. This will be helpful when teasing out the feasibility issues associated with a definitive trial. We appreciate the honesty of the therapists in this session.

Good News: Congratulations to Karen Hoffman our PI in London who was awarded her PhD last week – so it's now Dr Hoffman!



National Institute for Health Research

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