

Current studies



Last updated: 31st May 2017

The research studies that we are currently supporting at St Leonard's Practice are:

Study name	Brief description	Who is running the study?
PRINCIPLE	<p>Platform study designed to test a number of different treatments in people with early symptomatic COVID-19. The goal is to discover treatments which are effective in preventing worsening of symptoms and hospitalisation.</p> <p>Patients who are over 65 or 50-65 with certain conditions which put them at higher risk are eligible if they have had COVID-19 symptoms for less than 15 days. Patients should self enrol at the trial website www.principletrial.org</p>	NIHR
Trimaster	<p>Study testing how patients with type 2 diabetes, already on two anti-diabetic medications, but with high blood glucose levels, respond to different third line treatments for diabetes.</p> <p>Recruitment is ongoing.</p>	University of Exeter RD&E
ARRISA	<p>Study to determine whether the creation and integration of an at-risk register in primary care for patients with at-risk asthma, decreases the percentage of patients at-risk of an asthma-related crisis event over 12 months compared to control practices.</p> <p>The practice is currently involved in this study</p>	University of East Anglia

Previous studies



Last updated: 18 January 2017

*In the past, St Leonard's Practice has supported a wide range of other studies, including:
(Please note that recruitment has now closed for these studies)*

Study name	Brief description	Who is running the study?
PMR – Polymyalgia Rheumatica Study	Study to observe a group of patients with newly-detected Polymyalgia Rheumatica (PMR) for 2 years after their diagnosis. Information will be collected from patients (using questionnaires) and from their medical records. The aim of the study is to improve the way doctors diagnose and manage PMR.	Keele University and Arthritis Research UK
Early Arthritis/CCP study	Study assessing anti-CCP antibody, a new blood test, which can help predict persistence of rheumatoid arthritis. Patients with a parent or sibling with rheumatoid arthritis or with new symptom of bone or muscle pain can take part.	University of Leeds
CANDID (CANCer Diagnosis Decision rules)	Study looking to find out what symptoms and examinations are best for predicting lung and bowel cancer. People with lung or bowel symptoms will be asked to take part in this research. For a few people there may be a relationship between these symptoms and a future diagnosis of cancer. Although this is rare, the study is trying to identify which symptoms might be important and therefore assist with an earlier diagnosis and those that are less important to help avoid unnecessary referrals.	University of Southampton, University of Bristol.
Retirement in Action (ReAct)	A programme looking at whether taking part in group physical activity sessions can help older people maintain their independence and physical ability to get around.	University of Exeter University of Bath University of Birmingham
STILTS2	Observational study to find out why some people gain weight easily and other stay thin or unable to gain weight	University of Cambridge/

	<p>even if they want to. The study aims to identify some of the genes that may contribute to thinness and find out more about how the body regulates weight. Recruitment is ongoing.</p>	Addenbrooke's Hospital, Cambridge
DARE	<p>Understanding how to prevent complications from diabetes is a major health priority, and looking at people who do not have diabetes, and its associated complications, is an effective way to identify factors that mean some people go on to develop complications and others do not. The study team wants to compile a large community database of people with diabetes in the South West region, and collect updated clinical and genetic information on their diabetes. Recruitment to this study has ended for now – but we will be following up participants to see how they are getting on.</p>	University of Exeter RD&E
PreFIT	<p>Trial to compare different ways of preventing fall injuries in older people who live in the community. Recruitment ended a long time ago and participants are being followed up.</p>	University of Warwick
Cloudy with a chance of Pain	<p>Study using a smartphone app to link pain symptoms to weather.</p>	University of Manchester
TIME (Treatment In Morning vs Evening)	<p>Study aimed at finding out whether it is better for patients to take blood pressure lowering medicine in the morning or in the evening. Recruitment to this study has now ended</p>	University of Dundee British Heart Foundation, British Hypertensive society.
Retrain	<p>A trial of a community-based rehabilitation training programme for individuals that have had a Stroke. Recruitment to this study has now ended – but we will be following up participants to see how they are getting on.</p>	University of Exeter
MooDFOOD	<p>Randomised controlled trial investigating two nutritional strategies in the prevention of depression.</p>	University of Exeter

STARTRIGHT	Study investigating whether early testing of blood samples helps to improve diabetes treatment.	University of Exeter
GARFIELD	Observational study of adults with recently diagnosed atrial fibrillation and at least one other risk factor for stroke. Recruitment to this study has now ended – but we will be following up participants to see how they are getting on.	University of Birmingham
PRIBA	Observational study to help improve the treatment of type 2 diabetes with incretin-based agents in adults. The study is trying to identify factors that predict response to treatment to help doctors when they select treatments.	Peninsula Medical School / Royal Devon & Exeter Hospital
ComPoD	Randomised trial of the Living well, Taking control diabetes prevention programmes.	University of Exeter, University of Birmingham.
PROMs (Patient Reported Outcome Measures)	Study to develop and test ways for the efficient collection and feedback of Patient Reported Outcome Measures (PROMs) in Primary Care for people with multiple health conditions.	University of Exeter
HEAT (Helicobacter Eradication Aspirin Trial)	Trial to find out whether a one-week course of H.pylori eradication treatment reduces hospital admissions for ulcer bleeding in patients who are taking aspirin.	Universities of Southampton, Birmingham, Nottingham and Durham
MIR trial	Trial to find out whether adding Mirtazapine to existing treatment of depression (using SSRIs) improves outcomes in treatment-resistant depression. Participants will be asked to take either Mirtazapine or a placebo drug in addition to their current medication for depression.	University of Bristol, University of Exeter.
Coughs Complications Cohort (3Cs) Study	Observational study of cough symptoms and complications in adults. The study aimed to help doctors predict which patients with cough are likely to develop severe complications (such as pneumonia). Recruitment to this study ended in April 2013 and participants have been followed up.	University of Oxford

COBALT	<p>Trial comparing the effectiveness of cognitive behavioural therapy in addition to antidepressants in treatment-resistant depression.</p> <p>The results of this study have been published in <i>The Lancet</i> (2013).</p>	University of Exeter – Mood Disorders Centre
Influenza A/H1N1/v (swine flu) in pregnancy	<p>Observational study following up pregnant women who had symptoms of swine flu, or were offered antiviral treatment, or were offered vaccination against A/H1N1v.</p> <p>The results of this study have been published in <i>Health Technology Assessment</i> (2010).</p>	UK Teratology Information Service (UKTIS) and Health Protection Agency (HPA)
PARTNERS	<p>Observational study collecting information to improve services and health outcomes for people with severe mental illness.</p> <p>The results of this study have been published in <i>PLoS One</i> (May 2012).</p>	NIHR School for Primary Care / MRC General Practice Research Framework
PRIMIT (Primary Care Infection Control Website trial)	<p>Trial of an interactive website to provide tailored advice to households to help them minimise the risk of catching and spreading respiratory viruses, including pandemic flu. Recruitment to the study has now ended and participants have been followed up.</p>	University of Southampton
TARGET – Improving the targeting of antibiotics for children with respiratory illness	<p>Observational study to develop a ‘prediction rule’ that doctors can use to help assess the risk of children with respiratory illnesses developing complications and to help doctors target the use of antibiotics in children aged 3 months to 16 years. Recruitment to the study ended in May 2013 and participants have been followed up.</p>	University of Bristol
TENEASE – study of a new intervention to treat tennis elbow	<p>Pilot study to find out whether using a high-frequency vibration unit strapped on to the elbow once a day in addition to standard treatment helps to relieve symptoms of tennis elbow. Recruitment has now ended.</p>	Royal Devon & Exeter Hospital.
TREAD	<p>Trial of physical activity as a treatment for adults with a new episode of depression – comparing facilitated</p>	University of Bristol, Peninsula Medical School and University of Exeter.

physical activity plus usual GP care
with usual GP care alone.

The results of this study have been
published in the *British Medical Journal*
(2012).