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## PATCH-ED hits BBC's prime time news slot!

By Dr Matt Reed

On 11<sup>th</sup> October, the EMERGE research media dream team Mr Allan Macrauld and Dr Matt Reed were joined by PATCH-ED patient, Mr Rob Hannigan, Chest, Heart and Stroke Scotland (CHSS), Director of Communications Lawrence Cowan, and Graham Stewart from BBC Reporting Scotland to discuss the findings of the CHSS funded PATCH-ED study, published only days before in the Emergency Medicine Journal (*Emerg Med J* 2018; 35:477–485; doi 10.1136/emered-2018-207570).

The study showed that using an ambulatory ECG monitor in ED patients with unexplained syncope resulted in the identification of a symptomatic significant arrhythmia in 1 in 10 patients and a diagnosis in 3 in 4 patients.

Allan took the viewers through the technology and how to place iRhythm's Ziopatch onto the patient's chest before Rob took the reporter through the day of his ED attendance and the frightening episode of syncope that caused him to spill a cup of hot tea over himself. Rob's full story is powerful and emotive and demonstrates the massive impact that timely diagnosis and treatment can have on a patient's quality of life (<https://www.youtube.com/watch?v=l0nNscp9PsY&feature=youtu.be>).

Matt then explained how this type of technology has the potential to change the current management of syncope patients by reducing hospital admissions, changing first-line monitoring from low diagnostic yield Holter to higher yield patches and allowing earlier diagnosis and treatment of clinically important arrhythmias.

The report, which featured on the evening broadcast of BBC Reporting Scotland can be viewed at <https://www.youtube.com/watch?v=6v8PKDiNntA&feature=youtu.be> this has been captured for posterity.

**Huge thanks to CHSS for supporting the PATCH-ED study and to Mr Rob Hannigan for agreeing to re-tell his story to a wider audience.**



## Congratulations to Rachel O'Brien who won the Gail Woodburn Research Nurse of the Year Award at the Scottish Research Nurse & Co-ordinator Network Conference 2018!!!

The EMERGE team nominated Rachel for this award for her extensive work in setting up and maintaining a PPI group, her work with the clinical team and her can-do attitude!

**The EMERGE team are very proud of you!**



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# EMERGE10: Powered by Curiosity Conference

On the 22nd and 23rd of November we celebrated 10 years of the Emergency Medicine Research Group of Edinburgh through hosting the EMERGE10: Powered by Curiosity Conference.

We were joined by over 200 people from all over the UK to celebrate emergency medicine research and what it has achieved so far.

**We would like to thank everyone who attended!**



EMERGE Retweeted



**Yuri Yordanov** @Yorda... · 38m

Thank you so much @emerge\_research #EMERGE10 for the fantastic conference, many many fascinating talks and excellent speakers . A special bravo to the organising team members I managed to identify on twitter @robrien100 @EM\_Doc\_Caesar @emerge\_research @strokeblokeFAST !

2 3 9

*'Amazing speakers delivering excellent, thought-provoking, inspirational presentations and overall a fabulously welcoming team!'*

- Delegate

EMERGE Retweeted



**Dave Caesar** @EM\_D... · 22 Nov

Great buzz in the room for #EMERGE10 @EdinburghEM @\_AJG66 at the hub. Amazing to reflect on the progress made and how bright our future possibilities could be.



1 13 42

*'Friendly organisers, interesting talks, and most importantly, a ceilidh! Hats off for the emerge team!'*

-Delegate

*'I left the conference on Friday with a renewed passion for emergency medicine'*

-Delegate

# EMERGE Study Information – HOW YOU CAN HELP

Study	Clinical Presentation	Patient Group	How Can You Help?
	Suspected or confirmed ACS	-ECG changes not inkeeping with high risk disease -History of Ischaemic heart disease -Raised troponin	Highlighting patients, confirming eligibility, prescribing beta blockade if necessary
	Epistaxis (nosebleed)	-Patients aged 18 years or over -Atraumatic, unresolved epistaxis	Highlighting eligible patients, familiarising with new epistaxis SOP (ENT box in Exam) Clinical staff to be trained to conduct study
	Acute Ischaemic Stroke or Intracerebral Haemorrhage	-Patients with a NIHSS>6 -Patients aged 66 years or over -Within 12 hours of onset	Highlighting eligible patients
	Significant ankle ligament injuries (OAR positive- no bony injuries (except avulsion/flake fractures))	-Patients aged 18 or above presenting to the ED with isolated ankle injuries	Highlighting patients with significant ankle ligament injuries. Handing out introductory letters to patients who meet eligibility criteria out of hours.
<b>IONA</b>	Suspected Recreational Drug Use	-Patients aged 16 years old or over -Suspicion of novel psychoactive substances	Highlighting potential patients to the EMERGE team who will investigate further
	Paracetamol Overdose	-Patients aged 16 years old or over who have taken a paracetamol overdose	Highlighting potential patients to the EMERGE team who will investigate further
	Ischaemic Stroke	-Patients aged over 18 years old -Less than 4.5 hours after symptom onset -Male or non pregnant females	Highlighting potential patients to the EMERGE team who will investigate further
	Suspected Septic Arthritis	-Patients with suspected septic arthritis -no age restriction	Highlighting potential patients to the EMERGE team who will investigate further
	Humeral Shaft Fracture	- Patients with a humeral shaft fracture	Highlight patients to the EMERGE team who will investigate further
	Suspected Hereditary Angeodaema	-Patients aged over 16– 60 years old -Patients with suspected hereditary angeodeama -Recurrent episodic abdominal pain	Highlight eligible patients to the EMERGE team

## Coming Soon!

	Suspected upper or lower respiratory infection	-Patients with suspected upper or lower respiratory infection (URTI/LRTI) - Patients aged over 18 years old	Highlight eligible patients to the EMERGE team
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**Research Nurse Desk in the Emergency Department – 21315**

**EMERGE Office – 21284**

## Welcome Sian to the EMERGE team!

Sian completed her Masters of Nursing in Clinical Research with EMERGE and, following this, completed a clinical elective placement in an emergency department in the Philippines. In August 2017 she began working in critical care, which developed her confidence as a newly qualified practitioner and passion for acute care. After her experience with EMERGE during her masters, she jumped at the opportunity to work with the team again. Sian's particular research interests include neurology, pre-hospital medicine and military health.



## ★ Researcher of the Quarter has been awarded to Fenella Ritson! ★



Fenella has been awarded the Researcher of the Quarter for her tireless efforts to continuously contact the EMERGE team whenever a potential research participant visits the emergency department; even if this means hunting down the EMERGE nurse around the department.

**Big thank you to Fenella for being 100% research active and offering patients the opportunity to participate in research!**



## NEW STUDY-

### Epidemiology of Hereditary Angioedema - EHA

This study aims to recruit participants with angioedema and previous episodes of abdominal pain of no obvious aetiology to discover if they have a Hereditary Angioedema Disease. This is a rare disorder characterised by recurrent episodes of the accumulation of fluids outside of the blood vessels, blocking the normal flow of blood or lymphatic fluid and causing rapid swelling of tissues in the hands, feet, limbs, face, intestinal tract, or airway. The diagnosis is complicated because HAE is extremely rare and most physicians typically never see a patient with the disorder. In addition, most cases of angioedema are caused by an allergic reaction. However, the detection of HAE through blood sampling will permit early diagnosis and disease activity and progression to be assessed at an early stage and thus ultimately permit better treatment.

## Research-focused Courses

If you are interested in clinical research, below are some courses which we find valuable in our day-to-day practice and would recommend to everyone.

The Clinical Research Facility

Edinburgh provide a range of courses such as Good Clinical Practice and Informed Consent- a researcher's bread and butter!

**Next Good Clinical Practice Course:**

24th of January and the 19th of February

**Next Informed Consent Courses:**

21st of February at the Western General Hospital

**Email: [wtrcf.education@ed.ac.uk](mailto:wtrcf.education@ed.ac.uk)**

**Telephone: 0131 537 3355**



If you are not local to the area, The Royal College of Emergency Medicine provide a FREE Good Clinical Practice online course.



## An interview with the new Director of EMERGE– Dr Matt Reed

### Q1: Why did you decide to work in emergency medicine research?

I did general surgery when I first started training but I much preferred going down to see the new patients in the emergency department. I started doing a few research-y related things and I just really enjoyed taking something through from the idea to seeing it published and then hoping people use the findings. So I got the bug from that side of things. I decided that an MD in emergency medicine was the way forward. Then one evening on with Professor Gray, we were sitting in the ED just chatting away, trying to find something that I would be interested in writing an MD on, and we got onto syncope and it wasn't something I knew a lot about, apart from having a working knowledge for looking after patients, so I went and read up about it and thought this is quite interesting, went away, put together an MD proposal and decided that was the way forward.



### Q2: How does it feel looking back at the start of EMERGE to where the group is now?

So I suppose it started again in a coffee room back in 2008 just sitting down with Alasdair and Gareth and Colin Robertson, deciding that we probably needed to have a group doing research. So initially if you wanted to do emergency medicine research, part from Alasdair, Colin Robertson and Tom Beattie, there was no-one else to go to who was research active. So setting up EMERGE seemed the right thing to do and being involved from the beginning seeing where we were then, in a really small office, to where we are now in a huge office which we have filled up and need more space is amazing to see, and would be the most satisfying thing about being part of EMERGE.

### Q3: How would you summarise EMERGE in 3 words?

**Fun, energetic and rewarding!**

### Q4: What is your favourite experience of EMERGE so far?

The end of the first day at the EMERGE10 conference was probably a highlight of my EMERGE career... I was looking at everybody who was there from the team, there were a large number of people in the audience who had all come to celebrate our birthday and celebrate what we had achieved. Along with seeing the list of people coming up to speak who all gave really good talks and are all really big names in emergency medicine and hearing other people saying 'oh wow so and so was speaking, that was really interesting'. It was a real team effort, yeah that is probably my number one favourite moment.

### Q5: How do you think EMERGE will grow in the next few years?

To give all patients attending the emergency department an opportunity to participate in research, in a whole wide range of emergency medicine problems, so that we are improving as many diagnoses as we can. Some novel devices are coming up in the next few years, and I think we need to be very receptive to get involved in these studies. I think that is the stuff that is going to improve practice in the next few years.

### Matt has been with the team since the beginning, so let's see how much he knows about the team, the studies and, of course, EMERGE!

- |   |  |   |  |                               |   |
|---|--|---|--|-------------------------------|---|
| 1) When was EMERGE established (month and year)?          | <b>June 2008</b>   | ✗ | 6) Which Study logo featured a volcano?                    | <b>LAVAS</b>                  | ✓ |
| 2) Who has their cup of tea weak and milk?                | <b>Rachel</b>  | ✓ | 7) What is the EMERGE slogan?                              | <b>Powered by Curiosity</b>   | ✓ |
| 3) Who has two cats called Max and Cinnamon?              | <b>Caroline</b>  | ✓ | 8) Who used to be a rugby player?                          | <b>Fiona</b>                  | ✗ |
| 4) Name 3 journals that EMERGE have been published in?    | <b>New England Journal, The Lancet &amp; Resuscitation Leadership Research</b> | ✓ | 9) Name 2 studies that EMERGE recruit to starting with 'S' | <b>SNAP, SNAP40 and SABER</b> | ✓ |
| 5) What is the further site from RIE for the RAPID study? | <b>Jersey</b>  | ✓ | 10) What time do EMERGE meet for lunch?                    | <b>12</b>                     | ✓ |

**8** / **10**

# RESUSCITATION RESEARCH GROUP

All the latest updates from the RRG...  
**SAVE A LIFE FOR SCOTLAND**

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## LOOKING BACK ON 2018

From shopping to sports centres, Commonwealth Games to the European Championships, schools to nurseries and Scottish Craft Butchers, This Morning TV appearances, MPs, MSPs and with the help of Carol Smilie, and The Proclaimers, together in 2018 we've taken the CPR message well over 500 miles linking communities across Scotland with one clear message, that everyone can help save a life.

It has been a year of such brilliant variety with more and more opportunities for people to get CPR ready but it only happens when people come together and take action.

To every one of you who has spoken about CPR with friends, family or strangers, keep talking, each conversation matters.



To those who have helped pave the way for people to learn CPR, opening doors to communities, schools and businesses, thank you and please keep opening the doors for us all to reach as many people as possible.

To those who continue to bring life-saving skills to our young folks across Scotland in Primary and Secondary schools, giving their time and energy to enable them to have skills for life and pass these on to those around them, keep on keeping on to inspire our young people to be our strongest ambassadors.

To those who work in Public Service, the third sector or volunteer in their communities to respond with the aim of saving and preserving life, your work is essential and valued and at the heart of supporting and inspiring others to do so too. You keep the CPR message at the heart of communities where it belongs.

## Quote of the Quarter

*The key to success is action, and the essential in action is perseverance*

**-Sun Yat-sen**

## SAVE A LIFE PARTNERSHIP WINS PUBLIC SERVICE AWARD

At the 2018 Scottish Public Service Awards, the Scottish Government Healthier Scotland Marketing team, working in partnership with Save a Life for Scotland and The Leith Agency, won the Communications Award.

The award was for the success of the online video, (Gonna Be) 500 times with Carol Smillie, which was launched in April last year.

The partnership of Save a Life for Scotland came together at the launch and shared this video on their respective social media platforms. With close to a **million** people reached on Facebook so far, the video has been seen far and wide!

We are so chuffed the Save a Life for Scotland partnership has been recognised in this way. A fantastic team effort!

A huge thank you also to Carol Smillie for giving of her time freely to support the campaign and to The Proclaimers for enabling us to use their great anthem. Check out the Save a Life YouTube channel to view the video.



### WELCOME JEAN!

Jean joined the Resuscitation Research Group in December 2018. She completed her master's degree in Human Cognitive Neuropsychology at the University of Edinburgh in 2018 and is particularly interested in health psychology, neuroscience, and clinical research. She is looking forward to supporting the exciting work happening at Save a Life for Scotland and the Resuscitation Research Group!

### Get in touch with RRG & SALFS at:

[hello@savealife.scot](mailto:hello@savealife.scot) by email

[@SaveALifeScot](https://twitter.com/SaveALifeScot) on twitter

[Save a Life for Scotland on Facebook](#)

**For more information on EMERGE and our team, please visit:**

[www.emergeresearch.org](http://www.emergeresearch.org)

[@emerge\\_research](https://twitter.com/emerge_research)

**Newsletter edited by Emma Nugent**

*Merry Christmas and a Happy  
New Year from the  
EMERGE team*

