



# INSIGHT



## LENS trial newsletter

January 2020 – Number 1

Welcome to the first edition of **INSIGHT**, the newsletter of the LENS Trial. We hope that you will find it interesting and enjoyable to read. Thank you very much for your interest and participation in the trial so far. Please let us know if there are any topics that you would like to see discussed, or feel free to send in an interesting picture or story for us to include in future editions.

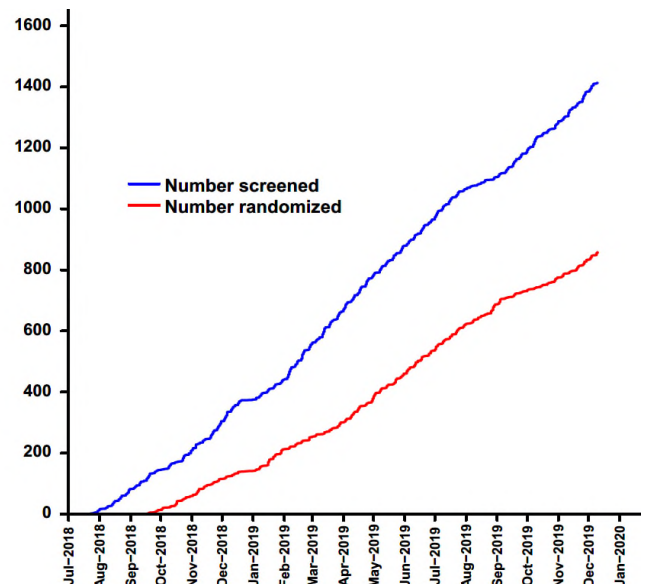
Associate Professor David Preiss and the LENS team



### LENS recruitment is nearly complete...

The Figure shows LENS recruitment. The blue line represents the number of patients who have attended a screening visit. The red line shows how many patients have been randomized. Not every patient who is screened is eligible to join LENS.

The very first LENS screening visit was held in July 2018 and first participant was randomized in September 2018. By the end of 2019, over 1400 patients had attended a LENS screening visit and almost 900 patients (80% of the target) had been randomized. We hope to announce the completion of recruitment in the next issue of **INSIGHT**. This excellent progress is thanks to the fantastic work of LENS research nurses across Scotland.



### ...but recruitment is only the beginning!

The following steps are all important:

**Change of contact details:** please let us know if your address, phone number or email address changes.

**NHS retinal screening:** it is vital for your eye health that you regularly attend for NHS retinal screening. It also provides crucial data for LENS. If you miss an appointment, please let us know, we can help.

**Taking study treatment:** For LENS to get a clear answer, we also need good *adherence*. This means we need as many participants as possible to take their study tablets regularly. There are sometimes good reasons to stop study treatment. However, it

may just be that you've forgotten to take your study tablets for a while and wonder whether it's worth restarting. The answer is definitely "yes!", each time a participant takes their study tablets it helps the study. Please continue to take the study tablets even if your NHS retinal screening results change during the study. You can call the LENS study doctors at any time if you have a query, or speak to your GP.

**Follow up calls:** it is very important for LENS that we know about your health during the trial, regardless of whether you are taking study tablets or not. This is why a research nurse will call you every 6 months.

### Where can participants find out more?

You can:



visit the LENS website: [www.ctsu.ox.ac.uk/lens](http://www.ctsu.ox.ac.uk/lens)



call a member of the study team: Freefone 0808 164 5090

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## Meet the Team

As part of **INSIGHT** we will be introducing members of the LENS team and explaining what their role is in keeping a trial like LENS running smoothly. So, it seems appropriate to start with the two people at the very heart of the LENS team, our animal-loving Project Managers: Diann Taggart in Glasgow and Sarah Howard in Oxford.



### What is your role in LENS?

*Diann* – I work with the research nurses that are seeing patients in LENS across Scotland. I train the research nurses and answer any queries on a daily basis. I also oversee the work needed to invite patients to join the trial. I monitor how many patients are being seen at each hospital and try to ensure that they are seen as quickly as possible after they respond to our invitation letter.

*Sarah* – I do a lot of the behind the scenes work. I coordinate the team that receives the reply slips from interested patients and any questions that come from their GPs. I take many calls from the research nurses about whether certain patients are able to join the study and I work with the study doctors to get answers to these questions as quickly as possible. I also organise the paperwork for the safety of the trial, run meetings to oversee the management of the trial, and compile reports for various bodies whom we report to.

### What is the biggest challenge in your job?

*Diann* – Research nurses in the hospitals are working on a range of studies and each study has a project manager like me nipping their ear to keep everything on track. I work hard to develop good relationships with the nurses, to understand any issues may affect progress with the study and find ways to help.

*Sarah* – My role is based around problem-solving – a phone call from a participant or a research nurse or a hospital may raise an issue that needs sorting out urgently. It can be challenging at times to plan my days and also to get routine tasks finished when other things take priority, but the variety is enjoyable.

### What do you enjoy doing in your spare time?

*Diann* – I have a 3-year-old German Shepherd called Jura who requires a lot of walking. He is also a mud magnet, so after any walk needs a good hose down from lying in even the smallest of muddy puddles! I like spending time with my family and friends and socialising – I have been known to have the odd gin or two!

*Sarah* – The interest that takes up most of my time is my horse, Moose, who I have owned for 16 years. I have always loved horses. He has taken me to three national dressage championships the last of which was a Veteran Horses Championship in 2017. We were the last competitor, in the last class, on the last day of the event and we came 2nd! (The horse that won was 20 [4 years younger than Moose] and I was at least as many years again older than the rider!)

**Thank you, and very best wishes for 2020!**



Freefone 0808 164 5090

LENS is coordinated by the *Clinical Trial Service Unit*,  
*University of Oxford*



[lens@ndph.ox.ac.uk](mailto:lens@ndph.ox.ac.uk)



[www.ctsu.ox.ac.uk/lens](http://www.ctsu.ox.ac.uk/lens)