



# INSIGHT



## LENS trial newsletter

April 2022 – Number 3

Welcome to the third 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 thus far. Please let us know if there are 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



### An update on the LENS trial

The COVID-19 pandemic has had a significant impact on the NHS and on many research studies. However, thanks to the huge efforts of the research nurses working in all 11 mainland NHS Scotland health boards, and the teams in Glasgow and Oxford, the LENS trial has continued to make very good progress. We completed recruitment in **July 2021** with 1151 individuals from across Scotland having joined the study.

The key information we collect comes both from regular phone calls with you and from 'linkage' to NHS Scotland health records. This provides information on, for example, retinal screening results and any visits to hospital that you may have had. Linkage is done securely using your CHI number. This has allowed the LENS team to work closely with NHS Scotland to obtain health information relevant to the trial.

Research nurses will continue to call you every 6 months. You will receive two paper questionnaires (about your vision and quality of life) 2 years after you joined the study. The trial will continue until **late summer 2023**, about 18 months from now. That is when the research nurses will conduct the *final* follow up calls with you. We will also ask you to complete the paper questionnaires (about vision and quality of life) one last time. After that we will be in a position to analyse all the trial data to see if fenofibrate has been beneficial.

### The importance of staying in touch and attending NHS retinal screening

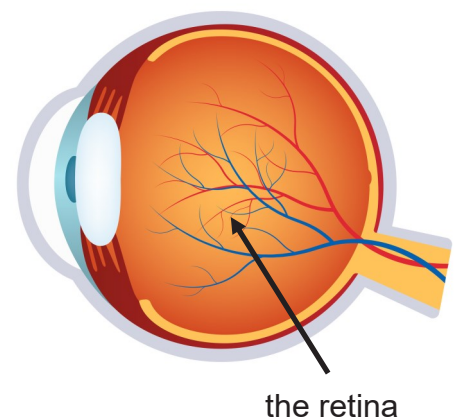
The following steps are all important:

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

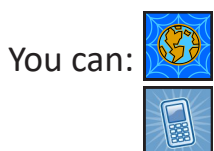
**Follow up calls:** it is very important for LENS that we know about your health during the trial, regardless of whether you are taking study tablets or not. This is why a research nurse will call you every six months to ask a few questions about your health. These calls only take about five minutes to complete.

**NHS retinal screening:** it is vital for your eye health that you regularly attend NHS retinal screening whenever you are offered an appointment. It also provides crucial data for LENS. Please try your best to attend all retinal screening appointments.

Image of the eye



### 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: Freephone 0808 164 5090

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## Meet the Team

In this edition of **INSIGHT** we are introducing Jackie, Dina and Linda, research nurses who have supported the study from Day 1.

### What is your role in LENS?

Hi, Jackie, Dina and Linda here. We are the NHS Lanarkshire LENS Research Nurses. We checked details of 650 interested patients to establish if they were eligible for the LENS study. If eligible they were then invited to attend and we saw them at one of the three Lanarkshire hospitals. Once seen by us, if still eligible and happy to proceed, they were randomised onto the study and receive either fenofibrate or placebo.

### How did you get into your current job?

We are all Registered General Nurses, with a special interest in Research. We have worked for private companies and the NHS. Between us we have over 60 years research experience. You would think we should know everything there is to know about research by now – unfortunately we don't!!!

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

Retaining patients until the end of each study. Life happens in between – people move away, people change their minds (especially on trials that can last for several years) and, unfortunately, some people can become ill or die.

We recruited over 200 patients to LENS, from an original target of 114. Follow up involves a telephone call to each patient every 6 months, so over 400 calls each year. All our patients are extremely busy folk so it can take anything between 1 and 5 calls before we actually get hold of them! Then a long chat ensues (especially if you are Dina!!). The last 18 months have also been particularly challenging for every-one.

### What is the best bit of your job?

Meeting all the different characters, building a rapport with them and following their journey throughout the 3-5 years of this study. We have heard of numerous degrees, weddings, retirements, and new babies!

### What do you enjoy doing in your spare time? (keep it clean!)

Jackie is an avid knitter and gardener, and she loves spending time with her dog Cocoa. Red wine is her drink of choice. Her pet hate – naked skydiving – too windy!

Dina loves everything blingy and sparkly. She loves eating out and hosting dinner parties and is a great cook. She also watches every reality TV show on the planet. Prosecco is definitely her drink of choice. Her pet hate – overcooked brussel sprouts – too windy!

Linda loves to travel, visiting her daughter in Dubai as often as possible and spending time with her granddaughter. Pina Colada is definitely her drink of choice. Her pet hate – smelly cats – too windy!



## Thank you for your continuing support!



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LENS is coordinated by the *Clinical Trial Service Unit*,  
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