

AUTUMN NEWSLETTER

Welcome to the latest update from AARMY...

It's been a while since our last newsletter in October 2016 but fear not, we have been busy working behind the scenes to bring you the latest in audit and research projects happening throughout Yorkshire.



For those perhaps reading their first ever AARMY newsletter- a little bit about us. We carry out multi-centre audit, quality improvement and research projects. As a trainee-led group, we are supported by many consultants across Yorkshire at a regional as well as a local level. AARMY is one of 19 regional networks coordinated at a national level by RAFT the Research and Audit Federation of Trainees which is endorsed by the NIAA.

For more information visit:

- <https://www.aarmy.co.uk>
- <http://www.rafrtrainees.com>
- <http://www.niaa.org.uk/article.php?newsid=925#pt>.

Meetings Update 2016-2017

RAFT Annual Project Development Meeting

This years meeting was held in Cardiff in July in association with GAT. The project submissions from each regional group were reviewed with a view to selecting the coming year's RAFT project. Caroline attended the meeting and submitted AARMY's vote. Following discussion by an expert panel the RAFT Project for 2017 was awarded to ATOMIC. Further details can be seen below.

OUR AIMS

1. Facilitate large scale multi-centre audit and research in the Yorkshire and Humber Deanery.
2. Allow trainees to participate, lead and continue their projects as they rotate around the region.
3. Increase the opportunity for anaesthesia trainees to participate in research and provide opportunity to meet the requirements of Annex G of the Royal College of Anaesthetists training program.
4. Attract funding for research, audit and quality improvement projects.
5. Provide a network of communications and a voice for trainees interested in such projects

YSA

A well attended meeting with AARMY representation by Carl who delivered a short talk on our latest projects and interests. Tim Cook praised the involvement of trainee networks and encouraged support going forwards in the development of new projects.

CRN

John attended this event on behalf of AARMY and gave a short presentation about our recent endeavours which was well received. AARMY is hoping to host a small event in association with a CRN meeting in the near future.

TUFTY Club

A presentation was given at the July post final FRCA teaching day in Wakefield on behalf of AARMY by Vikas. This was used to highlight the great work the network has been undertaking. Past, current and future projects were discussed and the opportunity used to recruit more trainees to join the network and hopefully lead their own AARMY projects in the future.

WANT TO JOIN US?

We're always looking for new members both Trainees and consultants!!

Simply ask your local member or head to our website for details on how to get involved/contact us.

WWW.AARMY.CO.UK

YAT 2017

AARMY will be presenting an update on our latest projects at YAT 2017. We will be recruiting at this event so look out for our stand for a chance to sign up.

Completed Projects

Complications of CVC Snapshot

As some of you may have seen, this project was published in *Anaesthesia* in March (<http://dx.doi.org/10.1111/anae.13774>). This is a fantastic outcome and could not have been achieved without your hard work and effort. All 12 hospitals in the region were involved and 38 Yorkshire trainees. All contributors were listed, so don't forget to add that publication to your CV!



iHYPE

Intra-operative Hypotension in the Elderly (iHypE) was the second national RAFT- coordinated study which completed its data collection in Jan 2017. A total of 198 centres were involved across the UK including all of the hospitals within our region. The preliminary outcomes of this study were presented at ESA Geneva in June. 64 collaborators- 207 anaesthetist surveys and 333 patient data sets.

AARMY can be credited with gaining funding for our hospitals and improving the research status/profile of those involved. Very well done everyone.

Upcoming Projects

DALES

Drug Allergy Labels in Elective Surgical patients

Nominated as the RAFT project for 2016, this 3 day study aims to evaluate the prevalence allergy to drugs relevant to anaesthetic practice. Additionally it also hopes to learn more about anaesthetists' knowledge and attitudes to allergy. This is to be achieved by a multi-modal approach including patient survey, anaesthetist survey and patient follow up on Penicillin Allergy, Opiate allergy and NSAID allergy.

The protocol was presented for feedback at HSRC meeting 12 July 2017 and data collection is due to start at the end of the year. DALES is a Yorkshire homegrown project so what better way to support and promote research in our area than to take part in this study? Make sure you don't miss out!

Contact raftdales@gmail.com for further details

PADLES

Penicillin Allergy De-labelling in Elective Surgical patients

With a seeming ever increasing incidence of self reported penicillin allergy amongst our patients, this study proposes a means to de-label those who have a low risk of true allergy to this clinically invaluable antibiotic.

The pilot study which commenced earlier this year, aimed to initially de-label 150 patients using a graded challenge test with oral Amoxicillin. So far 8 have been successfully de-labelled and the project will undergo an interim review in the Autumn. AARMY will support PADLES and assist with its expansion through the region.

ATOMIC (RAFT National Project 2017)

Assessment of Tracheostomy Insertion and Care

The study will investigate variation in patient care relative to NCEPOD's 'on the right trache' guidance and determine the impact this has on subsequent clinical outcomes.

GOT A PROJECT?

Want a hand getting an idea off the ground or expanding a project? We can help!

Contact us via the website or email:
aarmyorkshire@gmail.com

BYE CAROLINE!

Caroline has done an amazing job with AARMY and worked hard to promote us at a regional & national level. She will continue to provide support as a consultant.

Best of luck in your new consultant post!

All patients undergoing tracheostomy insertion (excepting elective ENT procedures) will be eligible and be followed-up until cannulation. Data collection for the study is proposed to commence from November 2017 and will use REDcap an online collection tool to gather the results.

The authors hope to include hospitals from all 19 regions so we will once again need lots of people to be involved with this project. It's an excellent opportunity to get involved in research happening in your area so keep your eyes peeled for further updates from us!

EPIC III

This is a 24-hour point-prevalence study to include all patients on ICU looking at prevalence and management of sepsis. Data for the study was collected on September 13, 2017 (World Sepsis Day). We'll give you a progress update with the next newsletter!

FLO-ELA

Fluid Optimisation in Emergency LAparotomy

Recent years have seen much interest in the topic of haemodynamic therapy for major surgery. Multiple trials have suggested an important role for cardiac output monitoring to guide management strategy with the potential to reduce morbidity and mortality in such patients. FLO-ELA plans to conduct a pragmatic multi-centre open randomised trial supported by data from the ongoing [National Emergency Laparotomy Audit \(NELA\)](#) and expand on the existing evidence base.

As trainees we are very well placed to be involved with both recruitment and trial intervention phases and the principle investigators of some sites are already keen to bring in interested parties. This is likely to be a very large scale project with far reaching outcomes and therefore offers trainees a chance to be involved in something which actively influences and potentially improves patient care.

For further information and details about the study protocol etc visit: <http://www.floela.org/about>

Upcoming Meetings

BJA Research Forum/ARS Winter Meeting 2017

BJA Research Forum/ARS meeting will be a 2 day meeting of research and cutting edge lectures at the College Court, University of Leicester, November 23rd and 24th, 2017. The aim is to be high quality scientific meeting with a focus on current research from anaesthesia and its related disciplines. Some of you may already have registered for this great meeting and also submitted an abstract. The abstract submission deadline is 13/10/17. More information at <https://www.ars.ac.uk/ARS-Winter-Meeting-2017>.

POM CTN 2nd Annual Autumn Meeting

The 2nd Perioperative Medicine Clinical Trials Network Autumn Meeting will be held on Thursday 2nd November 2017 in Manchester. More information at <https://www.niaa.org.uk/POM-CTN-2nd-Annual-Autumn-Meeting>.

AARMY Committee

The committee is always looking for new members, if you would like to join please contact us, below is the list of the core committee members .

President:	Prof PM Hopkins
Consultant Directors:	Dr S Howell, Dr D Yates, Dr R Jackson, Dr C Thomas.
Chairman:	Vikas Kaura
Secretary:	Abigail Clarke & Bex Lathey
Communication:	Rhona Martin
I.T. Lead:	Andy Chamberlain
Treasurer:	Dan Harper
Other Key Members:	Carl Ilyas & John Stones