



Katherine Twining Network Newsletter Spring 2019

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ABOUT THE KATHERINE TWINING NETWORK

The Katherine Twining Research Network, established in 2011 facilitates multidisciplinary research in reproductive health and childbirth and the development and delivery of women's health services.

OUR VISION

The Katherine Twining Research Network aims to bring together doctors, nurses, midwives and researchers working towards improvement in Women's Health in East London and beyond.

The Network is well positioned to reach out to one of the most diverse and vibrant communities. Working with collaborators around the world, the network endeavours to facilitate multidisciplinary

studies in reproductive health. Our unique expertise in education and research provides an ideal environment to promote clinical research and to nurture the next generation of researchers.

POWER OF THE NETWORK

There has been a dramatic increase in the number of women recruited to trials across hospitals within the Network since conception.

STEVE FORWARD by PROFESSOR STEVE THORNTON



Vice Principal for Health at Queen Mary, University of London, Professor of Obstetrics and Executive Dean of the Barts and The London School of Medicine and Dentistry.

I am delighted to introduce the 2019 Katherine Twining Network letter, which showcases the breadth of research dedicated to addressing key challenges associated with maternal and fetal health. In 2018, Public Health England and England's major health bodies, including the Department of Health and Social Care (DHSC), RCOG and RCM, declared reproductive health to be a public health issue for the first time. Without a doubt, this has changed medical and policy perceptions around reproductive health as a priority, with significant implications for providing support and care for women across all areas of reproductive and gynaecological medicine.

It is fantastic to review, against this backdrop, the impressive advances being made by the Katherine Twining Network in addressing approaches to women's health in fields often associated with stigma by patients. The Core Outcomes in Gynaecological Condition project is developing the minimum requirement for clinical trials and studies in the fields of Heavy Menstrual Bleeding, Atypical Endometrial Hyperplasia, Fertility Sparing Cervical Cancer and Endometrial Cancer by working directly patients and health care professionals to improve the effectiveness of research.

The mental health impact of infertility on couples who are undergoing IVF can be substantial. The Network has taken forward the TILT trial, which compares the effect of incubation with time-lapse imaging systems with standard incubation, on the rate of live births. Since launching the first trial at the Homerton, the Network have opened a further five sites in the UK and in Hong Kong through a co-sponsoring collaborative agreement.

Maternal deaths arising from post-partum complications are too high, and I am delighted that the Network has committed to undertaking research that will have international application and ramifications for some of the most health-deprived communities in the world. The ACROBAT Study, which evaluates the effect of early cryoprecipitate transfusion against standard care in women who develop severe postpartum haemorrhage, was launched in March 2019 in order to determine the feasibility of delivering cryoprecipitate within 90 minutes of major haemorrhage protocol activation, tackling the leading cause of death during pregnancy that claims up to 86,000 lives per year.

This research will improve the care and outcomes of women and their babies locally and nationally, with significant potential for global application. As a clinician, I frequently come up against many of these challenges and I am acutely aware of their implications on the mental and physical health of our patients. Only through research projects such as those progressed by the Katherine Twining Network can we improve the clinical outcomes for our patients.

meet

MS. PRIYA BHIDE MD FRCOG.



- >> Associate Specialist, Reproductive Medicine and Assisted Conception, Homerton University Hospital NHS Foundation Trust,
- >> Clinical Senior Lecturer, Obstetrics and Gynaecology, Centre for Primary care and Public Health, Blizard Institute, Queen Mary University of London,
- >> Module Lead, Obstetrics and Gynaecology, Undergraduate Teaching, Bart's and the London School of Medicine and Dentistry

Ms. Bhide is an experienced member of the senior clinical team having worked for more than a decade at the Homerton Fertility Centre. Besides managing couples with sub-fertility and providing assisted conception treatments, she has a special interest in reproductive endocrinology, reproductive hypothalamic-pituitary disorders and PCOS (polycystic ovary syndrome). She leads the audit program and is a member of the quality management and clinical governance teams at the fertility unit.

Ms. Bhide is research active and has worked with the research team at Women's Health Research Unit since 2015. This collaborative work has led to publications, grants and ongoing projects. She is a co-applicant, co-investigator and lead clinician on the international multi-centre Time-Lapse Imaging Trial (TILT). As principal investigator, she has experience of recruitment to multi-centre, national and international RCTs leading to successful high impact publications. She has published original research including those on ovarian reserve, anti-Mullerian hormone (AMH) and polycystic ovary syndrome (PCOS). She is a member of the Reproductive Medicine Clinical Studies Group (RMCSG) of the RCOG and the Cochrane Gynaecology and Subfertility group.

Ms. Bhide has participated in undergraduate teaching at QMUL since 2015 as a part of the lecture faculty and examiner and has taken over as module convener since 2018. **She is a certified preceptor for postgraduates for all modules of the British Fertility Society.** She is an experienced supervisor, having trained several doctors and nurses in the course of their clinical training in fertility and assisted reproduction. She supervises for MD at QMUL and the Advanced Professional Module (APM) of the RCOG. She enjoys training and supervision and is dedicated to invest time and effort into supervision of doctors registered for clinical research, MD and APM.

SPOTLIGHT *on* HOMERTON HOSPITAL



**With Helen Premannandan embryologist
at homerton fertility center.**



What is embryology?

Embryology is the branch of biology and medicine concerned with the study of embryos and their development. Within the context of obstetrics and gynaecology, embryologists are an integral part of assisted conception and IVF units. Through the increasing demand of assisted reproductive technology (ART), the demand for embryologists is on the increase.

Embryology and research

As with many fields in science, embryology and development within this field is highly dependent on research to ensure that the best possible treatment is offered for patients and the chances of successful treatment are maximised through evidence-based practice. It is estimated that over six million babies worldwide have been born thanks to ART. A multi-disciplinary team works together within a fertility unit - nurses, doctors, healthcare assistants to embryologists - to make the dream come true for many couples wishing for a baby.

For embryologists, clinical work is time critical. To include research into the working days routine requires organisation and impeccable teamwork from all laboratory staff. As the Homerton Fertility Centre is extremely encouraging of staff to participate in research, it opens up the opportunity for all of us to be a part of today's advancements.

Embryology and research at Homerton

At the Homerton Fertility Centre, significant importance is given to research within the unit. With the help of all fertility staff, we have completed several small- and large-scale trials.

The Homerton University Hospital NHS Foundation Trust runs a large multi-centre randomised controlled study, known as the Time-Lapse Imaging Trial (TILT). This international study aims to identify the effectiveness of time-lapse imaging incubators and their usefulness to monitor embryo development. Current best evidence is inconclusive. TILT examines the pregnancy outcomes in standard incubators vs time-lapse incubators.

Another trial that our Centre recruited for is the E-freeze Trial. E-freeze was a multi-centre randomised controlled trial. It compared fresh embryo transfer to frozen thawed embryo transfer for couples undergoing ART. This trial has completed recruitment and we await results following the wait to live birth.

We also successfully participated in the HAB Select Trial funded by the UK NIHR-EME grant. This was a large randomised controlled study that evaluated pregnancy outcomes in comparing results from injecting sperm that bind to hyaluronan compared to conventional ICSI.

As we like to say, the embryology laboratory team forms the heart of the fertility unit, and whilst embryologists work in a very niche environment, the work they do has a big impact on patient lives. However, none of this would be possible without research and continuous improvements into the science behind ART, and we would not be where we are now without the support and investment of all teams to carry out research.

BARTS RESEARCH CENTRE *for* WOMEN'S HEALTH



BARC
BARTS RESEARCH CENTRE
FOR WOMEN'S HEALTH

b+tlc BARTS
CHARITY

What is BARC?

The Barts Research Centre for Women's Health was funded by Barts Charity for £2 million, to perform innovative research that is directly relevant to the health of mothers in East London. Over the course of four years, BARC's mission is to:

- >> Deliver a portfolio of full-scale as well as pilot studies
- >> Embed research within practice across the obstetric and perinatal sites.
- >> Engage patients and public in the design and delivery of research.
- >> Establish training programme supporting career and leadership development for a wide range of research and clinical professionals
- >> Establish a nationally and internationally recognised

<https://www.barc-research.org/>

Here's the current status of all five Barts Charity funded studies (in order of activation):



Effectiveness and acceptability of myo-inositol nutritional supplement in the prevention of gestational diabetes: a pilot placebo controlled double blind randomised trial
EMmY completed recruitment in early September 2018, and follow-up was completed in March 2019. Final qualitative and quantitative analyses are ongoing and will be presented to the steering committee at the end of June.

Number of patients: 200

Number of sites: 5

Sites: Royal London, Newham, Whipps Cross, Manchester St Mary's, St George's

Study start: February 2018

Duration: 20 months



A pragmatic, multi-centre, three-arm randomised controlled trial to assess the clinical effectiveness and safety of time lapse imaging in in-vitro fertilisation treatment.
TILT is a full-scale Randomised Controlled Trial and compares the effect of incubation with time-lapse imaging systems (either with the use of time-lapse assessment or through undisturbed culture only) to standard incubation, on the rate of live birth. TILT was activated on schedule in June 2018, with Homerton University Hospital taking the lead over the first few months. A further five sites in the UK have now been activated, and we have also launched in Hong Kong through a co-sponsoring collaborative agreement. At time of print, we have recruited over 300 couples to the study. We remain open for new sites; recruitment will end in June 2020.



— preventing type 2 diabetes with metformin —



Effectiveness and acceptability of metformin in preventing onset of type 2 diabetes after gestational diabetes in postnatal women: A feasibility study for a randomised, blinded, placebo-controlled trial

The study was activated at all 3 Barts Health sites in the last quarter of 2018. Women who had gestational diabetes will be randomised to receive either metformin or placebo for a year with the aim of preventing onset of Type 2 Diabetes; the study will explore the feasibility of a large-scale trial by exploring women's views and readiness to be randomised and to adhere to the intervention. At time of print, we've randomised over half of the target of 160 women.

Number of patients: 200

Number of sites: 5

Sites: Royal London, Newham, Whipps Cross

Study start: October 2018

Duration: 20 months



administering cryoprecipitate in obstetric bleeding at an earlier time



The effect of early cryoprecipitate transfusion versus standard care in women who develop severe postpartum haemorrhage: A pilot cluster randomised trial

This pilot study was launched at all sites in March 2019. Two hospitals have been randomised to the intervention and two hospitals act as control sites. The primary objective is to determine the feasibility of delivering cryoprecipitate within 90 minutes of major haemorrhage protocol activation. Additionally we aim to collect preliminary effectiveness data to inform a full-scale trial, as well as identifying and evaluating pathways and processes to ensure effective delivery. At time of print, we have recruited over 30 women.

Number of patients: 200

Number of sites: 4

Sites: Royal London, Newham, Whipps Cross, Homerton

Study start: March 2019

Duration: 12 months



Mediterranean diet for prevention of type 2 diabetes



Prevention of progression to type 2 diabetes in women with gestational diabetes: A feasibility study for a randomised trial on a Mediterranean diet.

MERIT is the companion study to OMAhA (see above). Women who had gestational diabetes will be recruited to receive a Mediterranean diet intervention (as previously used in our ESTEEM study), mediated through an app-based health coach support, starting from their routine postnatal 6-13 week visit until 1 year after childbirth. At time of print, MERIT is about to be activated at two of our Barts Health sites.

Number of patients: 65

Number of sites: 2

Sites: Royal London, Whipps Cross

Study start: May 2019

PORTFOLIO STUDIES SUPPORTED ^{by} THE KATHERINE TWINING NETWORK



Sequencing of excess invasive samples for participants with any structural abnormality



Cerclage Suture Type for an Insufficient Cervix



The Evaluation of the Quipp App for Triage and Transfer



GaPP 2

Gabapentin vs. placebo for Chronic Pelvic Pain



Peacock looking to create prediction model using PGIF & Phoebe is looking at women who had preterm pre-eclampsia & if a planned delivery improved postpartum maternal cardiac function



Understanding the basis of abnormal hematopoiesis in babies with Down Syndrome



Pre-eclampsia in Hospital: Early Induction or Expectant Management



ENCIRCLE

Emergency Cerclage in Twin Pregnancies at Imminent Risk of Preterm Birth



Arabin pessary for twin pregnancy



Blood Pressure Monitoring in high risk pregnancy to improve the detection & monitoring of hyper-tension



Pregnancy Circles Trial



mifepristone and misoprostol versus misoprostol alone in the medical management of missed miscarriage

EVENTS

Vaginal progesterone for the prevention of spontaneous preterm birth in twins



Predictive and diagnostic biomarkers in women with chronic kidney injury



To understand more about what causes cleft, what the best treatments are & the psychological impact of cleft



Personalising examination after death to improve experience for bereaved parents



Quantitative Fibronectin to help Decision-making in women with Symptoms of preterm labour



Evaluating fetal Fibronectin (fFN) test as well as Actim Partus & Partosure tests

STATIN

Randomised controlled trial with pravastatin versus placebo for prevention of preeclampsia



Emergency Cervical Cerclage to Prevent Miscarriage and Preterm Birth

RECRUITMENT TO PORTFOLIO STUDIES KATHERINE TWINING NETWORK 2018-2019

Total Recruitment figures for Portfolio Studies to Date

PORTFOLIO STUDY NAME	2018-2019
BUMP	216
BuUMP Survey	191
CSTICH	198
CSTICH2	Just opened
EQUIPTT	129
EVENTS	55
GBS2	347
REACH	70
STATIN	85
STOPPIT2	126
MifeMiso	28
QUIDS/QUIDS2	200
GAPP2	4
Phoenix	62
Phoebe/Peacock	12
Personalising examination after death for bereaved parents	34
Total	1757

KATIE'S TEAM



Katie's Team

The East London
women's health research
patient and public advisory group

Who we are: Katie's Team is the KT Network's Patient and Public Involvement (PPI) Advisory group, launched in 2015 and currently funded by the Barts Charity grant for BARC (Barts Research Centre for Women's Health).

What's been going on: It's been an eventful year for Katie's Team. Our regular quarterly meetings have been packed with a varied programme. There has been a particular focus on continuously involving Katie's Team across the lifecycle of the BARC studies. For instance, members have contributed throughout the EMmY study from planning to ongoing improvements through to the findings of the qualitative research. Likewise, they have contributed to the design and consent approach for the ACROBAT study through various iterations, and have been able to comment on the feedback received from the ethics committee.

We're developing: Katie's Team members have been more and more involved – sharing their experiences of taking part in BARC study committees as well as involvement opportunities outside of women's health, and two of our members have participated in international events.

Help us grow: For the coming year, we are keen to expand our membership, and would particularly welcome women who have participated in one of our studies. It would also be great if our colleagues across the KT network can spread the word about Katie's Team and recruit women who have shown a particular interest in research.

Get in touch: If you are a KT Network researcher and would like to work with Katie's Team e.g. through our meetings or 2-monthly newsletters, send a message to ktnetwork@gmul.ac.uk and we can send you details, including our Terms of Reference for Researchers. Katie's Team now also has a presence on our dedicated BARC website: <https://www.barc-research.org/katies-team>





ANNA

**Alan Naftalin Newham
Academic Faculty**

Alan Naftalin Newham Academic Faculty for Maternal Health was found in 2016, aiming to provide intense postgraduate teaching and training via regularly organized courses on CTG interpretation, USS skills-based learning, Critical Care etc.

ANNA is directly linked with KT Network providing joint research opportunities, and focuses in the development of leadership skills through innovative initiatives. Newham University Hospital is proud to be part of the WHRU KT Research Network through ANNA. ANNA is led by Ms Luxmi Velauthar, who is a consultant in Fetal Medicine, and actively supported by numerous consultants, academics and trainees across the region.

ELLY APPEAL



The East London International Women's Health Appeal (ELLY) team are based across East London in the hospitals and academic centers across the KT Network. The ELLY team work to produce outreach programmes targeting pregnant women from a range of different backgrounds and aiming to improve their access to basic health care information.

ELLY runs various global programmes and for the last few years have run emergency obstetric skills courses in India with our partner organization. To date we have trained 230 doctors and nurses/ midwives in both urban and rural settings, with overwhelmingly positive feedback. We also trained trainers so that the work is sustainable and continues in our absence, we have also together with ANNA also run this course in Sri-Lanka. The Obstetric Fistula Camp continues to run five times a year at Kitovu Hospital, Uganda and is recognized by the RCOG and FIGO for complex fistula training. This is a real lifeline for women suffering from this debilitating condition.



INTERVIEW *with* **DR ELIZABETH EGBASE**

**Barts Health Education Academy Fellow
O&G Whipps Cross Hospital**



1 What is your role as an education fellow?

My work has been split 50:50 between education and clinical work most of which is based at Whipps Cross Hospital. From the education perspective my primary responsibility is delivering post graduate training for O&G at Whipps. I'm involved in all aspects of the training at Whipps from induction to live drills. Outside of O&G I help facilitate on human factors training days and other simulation based training run in our medical training suite. I am also responsible for driving the trust education agenda with regards to simulation based medical education and patient safety from serious incidents. I have also recently been involved in establishing debriefing after clinical incidents using a new debriefing method – the Descriptive Timeline Technique – created by our education team at Whipps cross.

2 How did you get this role?

The job was advertised on NHS jobs as part of the expansion of Barts Health Education Academy and I applied for it as out of programme experience. Having been a senior trainee with a range of clinical experience as well as teaching experience has helped me with the role. Previously, I was the only trainee in the faculty for joint obstetric and anaesthetic simulation training in the trust as a junior SPR. Following this, I wanted to develop education services in O&G, deliver teaching of various modalities and co-ordinate the clinical teams' students examinations and assessments.

3 What have been the challenges in your role?

One of the biggest challenges has been moving deaneries. Having spent 5 years in Brighton it was a shock to the system moving back to central London especially factoring in that I was starting a pilot role in a trust I had not worked in. I am pleased to say I have been embraced by both my clinical and education departments. As this was a new role there were strict outcomes and this allowed from some 'blue sky' thinking time allowing innovation. Another challenge has been returning back to education as a postgrad. Postgraduate education is quite broad, the theory is complex and sometimes feels like I am learning a different language. Luckily, I have been on the journey with other education fellows and we have helped each other through the last 2 years.

4. How have you benefitted the most from your role?

There have many benefits from this last 2 years; it's hard to narrow them down. I would encourage everyone to take an OOPE. This job has enabled me to spend 50% of my time teaching and developing my teaching skills and learning new skills such as sim debriefing, human factors training and academic writing. Alongside this I have been heavily involved in patient safety initiatives and QUIPS that extend outside the scope of Obs & Gynae. Working in Barts Health Education Academy alongside many fellows from many different specialties has given me an invaluable opportunity to collaborate cross specialty and inter professionally. Definitely seeing my education innovations evolving and the sustainability of what I have put in place has been really exciting and of course having my medical education masters funded by the education academy has been a privilege. I would have to especially thank my supervisor Ms Thamban, Rachel Gill, Meghan Hall-Jackson and Gomathy Kandasamy.

INTRODUCING THE KATHERINE TWINING KIRSTY PATERSON PRIZE *for* MEDICAL EDUCATION



The Kirsty Paterson Memorial Prize for medical education, is in memory of Kirsty Paterson, Obstetrician and Gynaecologist, Medical Education Fellow (1984-2018) and North East Thames trainee.

KIRSTY PATERSON MEMORIAL PRIZE

Background

Many of the trainees across the region knew and worked with Kirsty. She was a talented and caring O&G trainee with a real passion for the discipline. Kirsty also had a real interest in education within our speciality and took on the role as a medical education fellow from 2016- 2018 where she was involved in teaching medical students and post graduate students across Queen Mary University of London.

Prize

The two prizes of £350 each will be awarded annually at the Katherine Twining Network Meeting starting 2020 with the purpose of the prize being used to fund a medical education course or project.

Eligibility

There will be two prizes, one to be awarded to a doctor in training within the North East/North Central sector of the London Specialty School of Obstetrics and Gynaecology, and one to a midwife working within Bart's Health NHS Trust with an interest in education

Application

The prize will be advertised via the North East Thames O&G Facebook site, email updates and via posters in Barts' Health Hospitals. The heads of midwifery on each Barts' Health site will be encouraged to email their staff to raise awareness.

Candidates will be asked to submit an application to the panel along with their CV, with a closing date of one month before the Katherine Twining Network Meeting

So watch this space.....

CONGRATULATIONS

HIGHER DEGREES



Adela Hamilton PhD; Adela was awarded a PhD in 2019. Her thesis was a qualitative study on women's, partners' and health care professionals experiences of a dietary intervention for women with metabolic disorders. She is a Darzi Fellow, and is presently working as Patient Experience Lead at Barts Health Maternity Unit at the Royal London Hospital. Her supervisors were Prof Shakila Thangaratnam and Prof Angela Harden (UEL).



Martin Hirsch MD (Res) – Martin completed his MD (Res) in early 2019 after evaluating diagnostic, therapeutic and methodological challenges in endometriosis research. This has formed the basis of a core outcome set in endometriosis delivered in association with Cochrane Gynaecology and Fertility. Martin is now working in a clinical role at UCLH managing women with severe endometriosis. He is due to finish training in obstetrics and gynaecology in April 2020.

KATHERINE TWINING NETWORK RESEARCHERS' PERSPECTIVE:

ADELE HAMILTON

What made you decide to get involved in research and what was your research about?

I chose to leave my job as Midwifery Programme Director and Admissions Tutor to follow my dream which was to complete a PhD. As a Senior Lecturer I had to read lots of research and was enticed by the idea of carrying out my own piece of research. I started work as audit midwife and then wrote a proposal for a qualitative piece of work.

My PhD involved working alongside a multidisciplinary team working on a randomised controlled trial. The trial was looking at the effect of a Mediterranean diet on pregnant women with metabolic risk factors (high BP, obesity, high blood pressure) to see if this improved their and their babies' health. My work was designed using interviews to find out how women and their partners experienced the diet and participation, in the research. I was interested in the concept of engagement, to see what factors improved or hindered engagement with the intervention. Researchers and health care professionals were also interviewed (focus groups) to find out how they viewed the feasibility of the study.

How would you advise a young trainee who is doing a PhD?

I would advise them to keep doing something, just keep the momentum going and keep writing and thinking and eventually, it does come together..

I would also say don't stay in your own professional group, move outside and learn and see other perspectives, from which you may borrow, and gain insights and ideas.

What are the challenges as a PHD researcher and how would you face them?

The challenges for me were trying to keep my clinical skills up to date, (midwifery) mandatory training as well as writing, reading, attending courses and tutorials.

Although I valued the advice and tutorial support from my profs, I did go off on a tangent at times, which was annoying. I had to try to stay on track. Although I set goals and timelines, I was not very good at sticking to these.

How did KT Network contribute to your Research and Education?

The KT Network provided opportunities to present my work in a safe environment, meet other like-minded people, share public health ideas and initiatives as well as our research. The team is friendly, insightful and motivated to improve the care we provide for people. I really enjoyed seeing how others doing research made progress and this helped me as I said to myself, "then I am also moving forward here too". As a midwife, I found that the KT network allowed me to enjoy sharing and learning from other professionals.

Katherine Twining Network - Newsletter Spring 2019

KATHERINE TWINING NETWORK THE TEAM

KATHERINE TWINING NETWORK
MEETING LEAD 2019

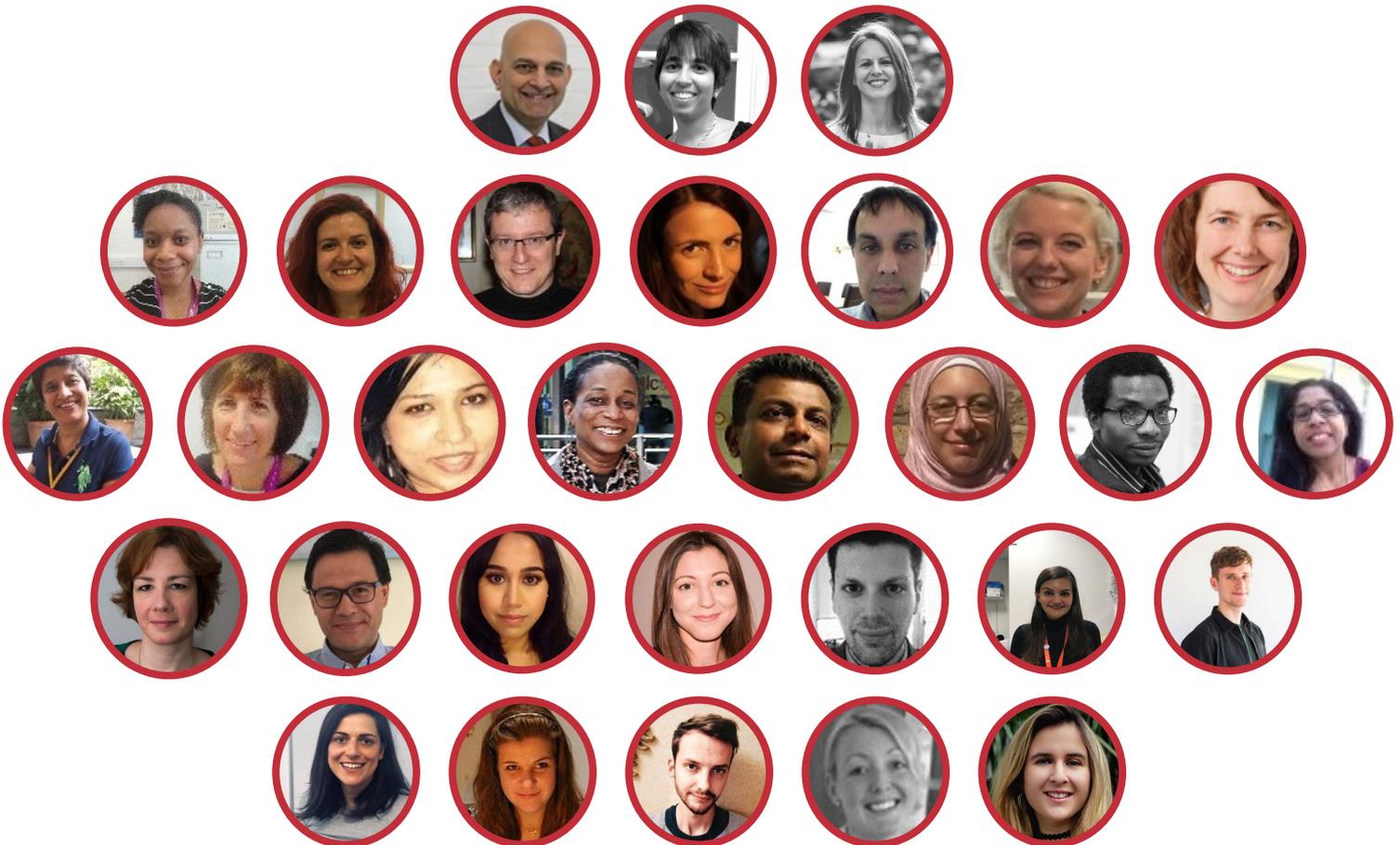


Ms PRIYA BHIDE
Homerton NHS Trust
Chair - 9th Annual KT Network Meeting

KATHERINE TWINING NETWORK ANNUAL
MEETING COORDINATOR 2019



DR JAHNAVI DARU
PhD student and SpR in Obstetrics and
Gynaecology



Barts Research Centre for Women's Health (BARC)
Barts Institute of Population Health Science
Blizard Institute Barts and The London School of Medicine and Dentistry Yvonne Carter Building 58 Turner Street London E1 2AB
Tel: +44 20 7882 2525 | Email: ktnetwork@qmul.ac.uk | Website: <https://www.barc-research.org/> | Follow [@kt_network](https://twitter.com/kt_network)