

Research at Kingswinford medical practice

Research is absolutely crucial to delivery of evidence based healthcare, and forms the bedrock for the guidelines which clinical staff work from within the NHS both when you see your GP or practice nurse to if you undergo surgery or require emergency care. The NHS has a long and proud history of conducting research with many world firsts including dialysis, heart transplant, hip replacement, and IVF to name but a few.

We are keen to support this wonderful history and increase our research activity at Kingswinford Medical Practice, to not only improve evidence based healthcare outcomes but also provide our patients with the opportunity to contribute to medical research. We are delighted to be working with the National Institute for Research (NIHR) West Midlands and we are very fortunate to be hosting a RDN (Research Delivery Network) Research Nurse Kiera Sanghera. Kiera will be working within the practice supporting research studies as well as running research clinics at KMP.

You may notice posters in our waiting room, or text messages inviting you to participate in research studies. This is your personal choice and feel free to contact the study team on any texts or posters as you are never obliged to participate in research if you do not wish.

National institute for health research

In 2006, the Department of Health set up the National Institute for Health Research (NIHR) to improve the health and wealth of the nation through research.



The NIHR Research Delivery Network was introduced to provide the infrastructure to the NHS to allow high quality research to be set up and delivered efficiently and effectively.

Kingswinford medical practice is a part of the network of local practices participating in research activities under the RDN West Midlands.

To find out more about the work of the NIHR Research Delivery Network go to their website:
[National Institute for Health and Care Research | NIHR.](https://www.nihr.ac.uk/about-us/)

What is primary care research?

Research is the process of asking a question and finding the answer in a structured way. Any process of finding an answer to a question is a form of research, but a research project (known as a study) will often look for a new way of doing something, what different people do or think, or which option out of many is the best.



Primary care research primarily involves studies that look at:

- Healthier lifestyle promotion
- Management of long term illnesses (such as hypertension, or diabetes)
- The treatment of common conditions (such as tonsillitis)
- Diagnosis and prevention of disease)
- Prevention of future ill-health

How does this affect me?

If we feel you would be a suitable participant for a study, you may be sent information via email, text, or through the post. Sometimes, a member of the team may approach you during a consultation to see if you may be interested in taking part in a study.

You would receive clear information about what the study would involve, and there will always be opportunities to ask questions and obtain further details.

Participation is entirely voluntary, and you can remove yourself from a study at any time, without any need for an explanation. You should never feel pressured or obligated to take part in a study, and the care that you are provided by the practice team will not be affected in any way if you choose not to participate.

Nobody from outside this practice will have access to your medical records or contact details without your consent.

Study portfolio

Current research studies



The '**Safe-D**' research study is aiming to evaluate a new blood test to aid in the early detection of pancreatic cancer in adults that have been newly diagnosed with type two diabetes. There is currently no approved screening test for pancreatic cancer.



The MEDAL trial is looking at patients with lower back pain. The study team would like practices to recruit participants to be randomised to one of 6 different pain medication regimes if required to see which of these are most effective.



Our surgery is taking part in this research study for patients who have had a heart rhythm problem called atrial fibrillation (AF). The aim of this NHS study is to see whether patients who have had AF would benefit from receiving blood thinners earlier than they would usually receive.



METEOR2 is a study we are promoting at Kingswinford Medical practice for people who have had some meniscus (cushioning cartilage) removed from their knee, don't have diagnosed arthritis of the knee but still have pain more than 6 months afterwards. For more information please follow this link: [METEOR2 \(warwick.ac.uk\)](https://www.warwick.ac.uk/meteor2)



This study is looking at the best way for children aged 6-15 with mild asthma to use their inhaled corticosteroids. New guidelines recommend that taking a preventer inhaler every day may not be required in all children.



The restore trial team is looking to find out if a stroke rehabilitation programme, supervised by trained staff and delivered online to people living at home, can help people with long-term problems after a stroke feel better.



SNAPPER is a trial looking to evaluate the clinical effectiveness of stimulant medication, compared to non-stimulant medication for adults with attention deficit/hyperactivity disorder (ADHD) and a history of psychosis or bipolar disorder.

Meet the team

Dr Lloyd Baron

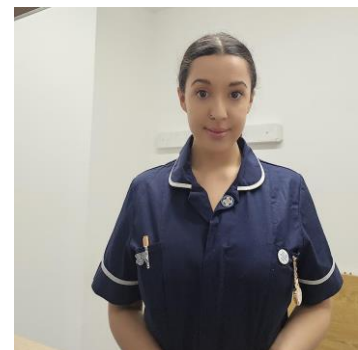
Lloyd was brought up in the Dudley Borough before relocating to Liverpool and completing his first degree in Psychology and Neuroscience. His initial career was non-medical and he took up a post as a Researcher and Lecturer at the Centre for Public Health hosted by Liverpool John Moore's University. This work inspired Lloyd to pursue a clinical career and he returned to the Midlands and graduated from the University of Warwick Medical School. He completed junior doctor posts at Cannock Chase, Royal Stoke and Russell's Hall hospitals.



He is a current partner at Kingswinford Medical Practice, a Specialty Doctor within the substance misuse service based at Atlantic House in Lye as well as DIHC's Clinical Advisor for Health Inequalities.

Kiera Sanghera

Kiera is our host research Nurse from the Research Delivery Network West Midlands. Kiera is passionate about research in primary care, and is keen to promote research within our practice and across the wider area. If you take part in a study you may come into contact with Kiera as part of a research clinic.



Steven Bryan

Steven is our research Coordinator. He has worked at Kingswinford Medical Practice for 16 years. He has worked within all departments in the Practice over his time at Kingswinford Medical Practice. His main role within the surgery now is long term conditions Co-ordinator, which is booking patients for reviews on a yearly basis. He is working as a research coordinator to help alongside Dr Baron and the research nurses in inviting patients and identifying patients who are eligible.

Further information:

[Be a part of research](#)



[Join Dementia Research](#)



[Patient Data and Research leaflet](#)

