

Issue
15-17

June-August
2016

Newsletter



eSMARTproject.eu
@eSMART_EU
esmart@surrey.ac.uk

eSMART: Randomised controlled trial to evaluate **e**lectronic **S**ymptom **M**anagement using the Advanced Symptom Management System (**ASyMS**) **R**emote **T**echnology for patients with cancer

Welcome to the June, July and August issue of the eSMART newsletter. I hope everyone had a good summer break, and is ready to rise to the challenge of our recruitment. This newsletter gives a summary of the overall number of patients recruited, set against some of the key time points of the study. There is also an interview with the chief investigator, Professor Roma Maguire, with reflections on the past, present and future! Thank you for all the hard work you have put in to the study so far and the best of luck with your continued efforts.

Recruitment Figures to eSMART

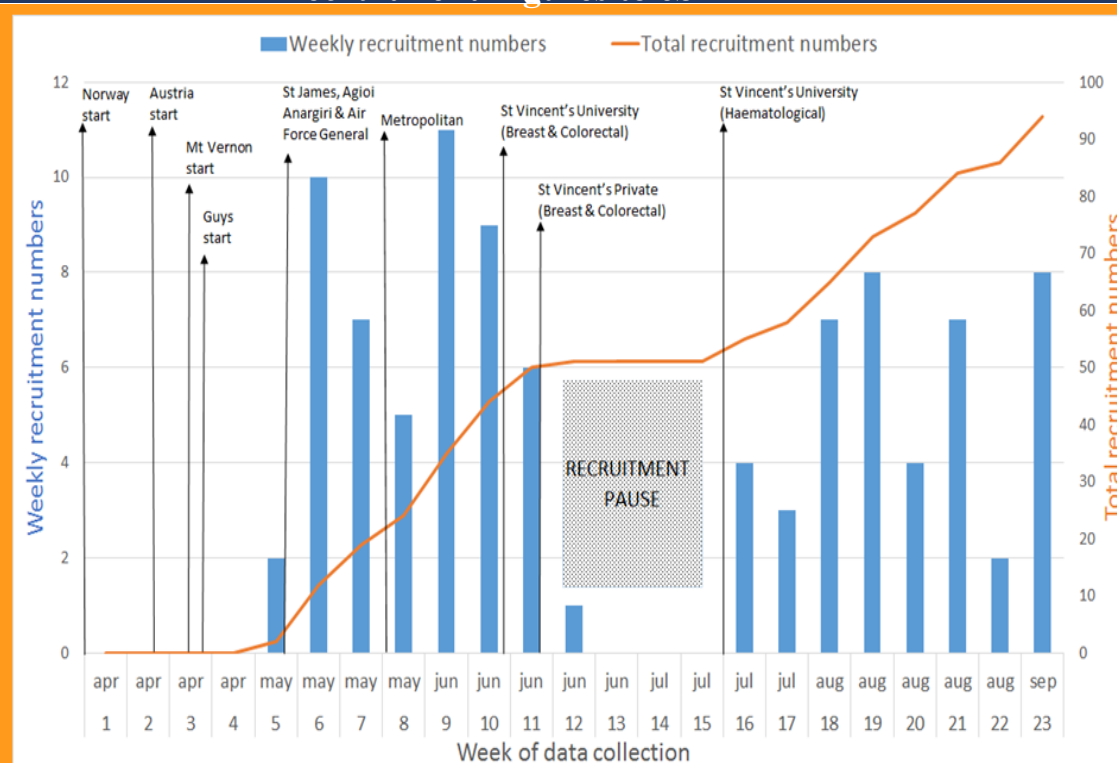


Figure 1 above shows recruitment to date in the study. The left-hand axis relates to the weekly totals (blue bars), while the right-hand axis relates to the overall totals (orange line). The dates when individual sites started recruiting to the study are shown, as is the duration of the recruitment pause. Up to the week ending 10th September 2016, we have 96 patients recruited to the study.

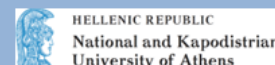
Previous/Upcoming Events

3rd-5th June 2016, M-HEALTH and E-HEALTH: [Understanding the Future of Cancer Care.](#)

27th of September 2016, AppGastein 2016 Announcement presentation on Health-Apps by ECPC

30 Sept-2nd Oct 2016, [4th Oncology Nursing Symposium, Patra, Greece](#)
"The experience of implementing a nursing multicentre randomized controlled trial in Greece"

25-26th of October 2016, Athens, Gr [eHealth Forum](#) 2016, presentations on eSMART & mhealth in cancer care



Location of eSMART Partners map



Location of eSMART Partners map



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289

Issue
15-17

June-August
2016

Newsletter

eSMART Interview



Prof Roma Maguire
University of Surrey

What has driven you to oncology nursing, and research?

As a student, I nursed lots of people with cancer in various surgical and medical wards. I took an interest in this patient group as I felt that they had a high level of supportive care needs that were often unmet. At the same time, I also had personal experiences of family members having cancer and this resulted in me directing most of my nursing career in this area.

In terms of research, my training was at the University of Glasgow where I obtained a Bachelor of Nursing Degree. I really enjoyed the research components of my course...so really from the point of being an undergraduate nurse I had the 'research bug'. I knew that ultimately I wanted to become more

and more involved in nursing research. Ultimately, to me research is about improving patient outcomes, and that is what really drives me.

Are there other settings besides Chemotherapy where ehealth can be used in supportive care?

Absolutely! The eSMART trial is looking at real-time remote monitoring of chemotherapy toxicity... however the ASyMS system has the potential to be used as part of care delivery for other long-term conditions such as cardiac disease and COPD. I have a real interest in multi-morbidity and would like to focus on developing a system that cares for people with several conditions including cancer.

What is your role in the project?

I'm the Chief Investigator and Co-ordinator for the study. I lead and manage the eSMART trial, in partnership with our Principal Investigators and clinical teams at each site. I feel very lucky to work with such a great team of people to take forward this important study in the field of cancer care.

How do you believe that the study will benefit patients?

Yes...I think that the remote monitoring of chemotherapy toxicity in real time has lots of potential. Reporting symptoms in 'real time' is

clinically very powerful as they can be managed as and when they happen. The potential benefits for people with cancer are significant such as reducing symptom burden and supportive care needs, improving quality of life and reducing anxiety.

What is your best moment till now conducting research for eSMART?

There have been many good moments and lots more to come! One of the best moments was when we recruited our first patient to the trial which was very exciting!

Moving forward, what are your thoughts for the future?

The next steps potentially are looking at a similar system for use during cancer survivorship. There is also the potential to add biometric monitoring (real time and continuous measurement of pulse and temperature) to the eSMART system which would complement the PROMs that are collected. Coupling this type of monitoring with PROMs gives you a very comprehensive clinical data set for clinical teams to act upon. There is also the potential to look at transferring the system for use in long term conditions management, in particular, multi-morbidity management.

The Newsletter Team



Prof Elisabeth Patiraki
University of Athens
Editor



Prof Christine Miaskowski
University of California, San Francisco



Dr Stylianos Katsaragakis
University of Peloponnese



John Connaghan
University of Surrey



Mr Francesco Florindi
ECPC

YOUR FEEDBACK

We value your opinion and invite you to share your thoughts about the eSMART newsletter with us:
esmart@surrey.ac.uk

Location of eSMART Partners map



Partner	Clinical Site
Vienna	Medical University Vienna
Dublin	St James's Hospital University Hospital Waterford St Vincent's University Hospital St Vincent's Private Hospital
Surrey	TBC TBC

Partner	Clinical Site
Athens	Agioi Anargiri Cancer Hospital Metropolitan Private Hospital Air Force General Hospital
Oslo2	Innlandet Hospital Trust
London	Mount Vernon Cancer Centre Guy's and St Thomas' St George's London

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289

Issue
15-17

June-Aug,
2016

Newsletter

ECPC ACTIONS ON mHEALTH



[3rd draft mhealth assessment guidelines](#)

On the 14th of September, the European Commission Working Group on mhealth assessment guidelines met in Brussels to discuss the 3rd draft of the guidelines that will be published in December. ECPC is represented at the Working Group by Kathi Apostolidis, Vice President, and during the last meeting in September the WG worked on the 3rd draft.

[AppGastein 2016 Announcement](#)

ECPC Public Affairs Coordinator, Francesco Florindi, has been invited to the European Health Forum in Gastein (EHFG) to speak at a session on mHealth called "Here to stay? Health apps and their place in European health systems". The session, taking place on the 27th of September at 13h00, is co-organised by Patient View. ECPC will talk on the topic of liability and data protection, which is very much related to the work that ECPC has done in relation to the Code of Conduct on mHealth apps and to the issues raised during the eSMART project.



ECPC Public Affairs Coordinator, Francesco Florindi,



Kathi Apostolidis, ECPC vice President

eHealth Forum 2016

The [eHealth Forum 2016](#) has been announced for the 25-26th of October 2016 in Athens, Greece. The eHealth Forum has a short but powerful history; In 2014 it brought together participants from 38 countries, organised under the Greek presidency of the EU Council and in 2015 it marked the first Greek event for the promotion of eHealth.

The organizers aim to make it the annual mhealth event for the Balkans, S.E. Europe and the Middle East. Kathi Apostolidis, ECPC vice President and representative of ECPC within the eSMART project is a member of the organizing committee and will be a speaker during the event in a session dedicated to mhealth in cancer care. Dr. Lisa McCann, deputy co-ordinator of the eSMART project has also been invited to present on eSMART.

PREVIOUS ISSUES

The eSMART Newsletter is a monthly way to share the latest news and information about eSMART project.

If you wish to receive the eSMART Newsletter automatically every month, please provide us your email address. You can also find previous issues of eSMART Newsletter [here](#).

YOUR FEEDBACK

We value your opinion and invite you to share your thoughts about the eSMART newsletter with us: esmart@surrey.ac.uk

Find out more on:

eSMARTproject.eu
@eSMART_EU
esmart@surrey.ac.uk



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289