

Issue

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Newsletter



eSMARTproject.eu

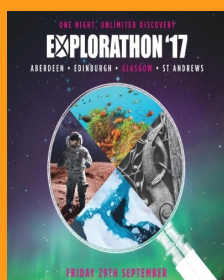
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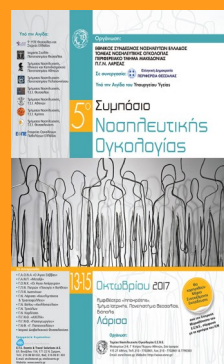
eSMART: Randomised controlled trial to evaluate electronic Symptom Management using the Advanced Symptom Management System (ASyMS) Remote Technology for patients with cancer

The autumn 2017 eSMART Newsletter is here to keep you updated about the project's news and recruitment achievements! In this issue, which has been prepared with the contribution of the Austrian team from the Medical University of Vienna, you'll be informed about the current recruitment performance, the experiences of the eSMART research team in Austria and important study news and eSMART partners research activities.

eSMART autumn events



Explorathon Glasgow
29-30 September 2017,
Glasgow, UK
Prof Roma Maguire and
Dr Lisa McCann presented eSMART project at the Explorathon Extravaganza.
Find out more on p.3



5th Hellenic Oncology Symposium
13-15 October 2017,
Larisa, Greece
Maria Christou, research assistant at "Agioli Anargiroi Cancer Hospital", presented the "Smart" symptom monitoring and management system for patients during Chemotherapy, on Friday 13th October 2017.



SIOG 2017 Annual Conference
9-11 November 2017, Warsaw, Poland
Dr Lisa MaCann talked about "Smart phone real time symptom assessment and management", during the Track 5 : Geriatric assessment, nursing/allied health and patient care "Caring for older patients with cancer: experiences, assessment and management", at the SIOG Nursing and Allied Health Interest Group & EONS Joint session, on Thursday 9th November 2017.



MEDICAL UNIVERSITY OF VIENNA

A warm welcome to the September-November eSMART Newsletter! The current issue has been prepared by the Medical University of Vienna

team.

On the next pages of this issue you can read about the daily study business from the perspective of the alert handlers as well as the scientific staff of the Austrian project's team members.

We will introduce you to our new members of our alert handling team. You will also get a short summary of the Consortium Meeting and the Public Seminar in Vienna and you will be updated about recent eSMART events and current recruitment performance.

We are so excited about the recruitment of our 100th patient to eSMART in the last month at Medical University of Vienna! We wish all sites a good enrollment phase till the end of the year. You are all amazing!

We do hope you enjoy our Newsletter! Your Medical University of Vienna team!

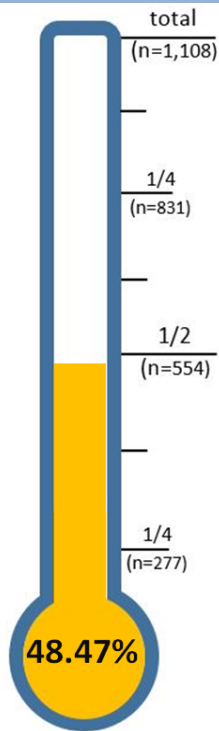


(Left to right) Katharina Krammer, Alexander Gaiger, Simone Lubowitzki, Amelie Blaschke, Heidrun Nycz, Christian Gatterer



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

Recruitment Update



The data collection started in May 2016, and the eSMART study has now recruited 537 patients from the 13 participating clinical sites across the UK, Ireland, Greece, Norway and Austria:

- 388 with breast cancer,
- 94 with colorectal cancer and,
- 55 with haematological malignancies

381 patients have entered the follow up phase. Table 1 shows the great response rates we have had at each time point up to 31/10/17

	3 months	6 months	9 months	12 months
Patients number	299	202	138	46
Completed PROMS	216	138	95	27
Response rate	72%	68%	69%	59%

Although, there are several challenges of conducting an international nursing study of a technological innovation, patients are willing to accept randomisation into the study and attrition remains low. We are very happy to announce that the "Metropolitan Private Hospital" from Greece has reached its recruitment target and the Medical University of Vienna, Austria, has enrolled its 100th patient into the study! The recruitment is ongoing and data collection will end in September 2018.

Further information of recruitment rates from all clinical sites are illustrated in the graphic below (Figure 1).

Recruitment thermometer

eSMART Recruited Figure

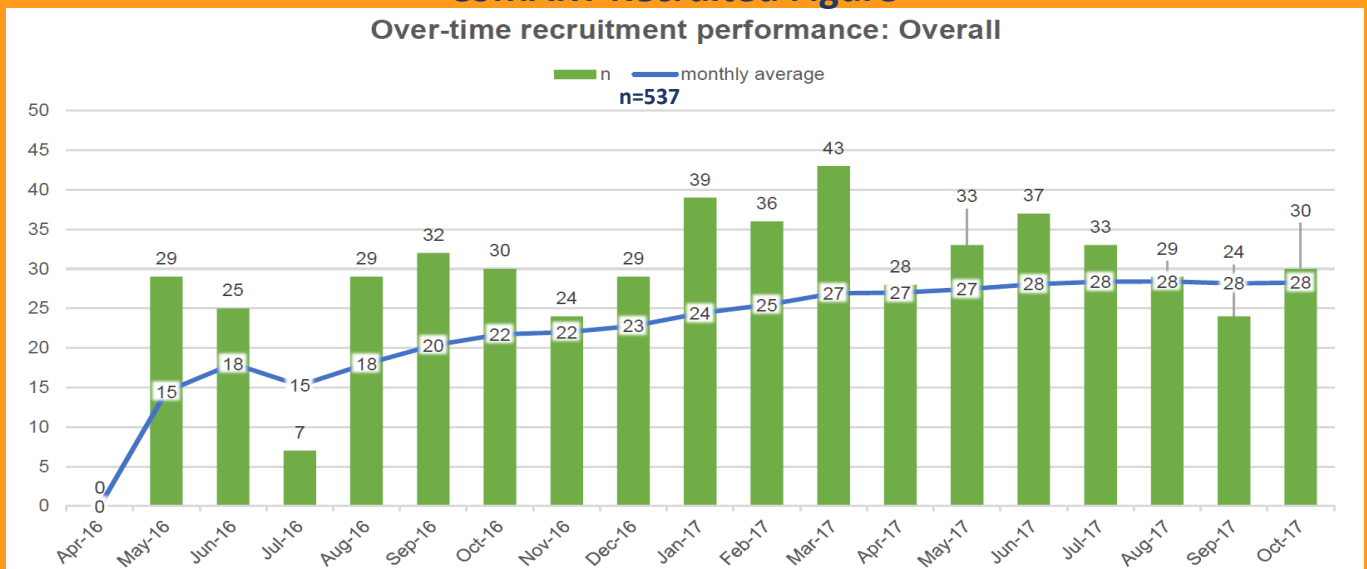


Figure 1. Total recruitment performance over time. Up to 31-10-2017, we have 537 patients recruited in total to the study.



Recent eSMART events

Explorathon 2017



On Friday 29th September 2017 Prof Roma Maguire and Dr Lisa McCann represented eSMART at the Explorathon Extravaganza at the Riverside Museum in Glasgow. Explorathon, the European Researchers' Night Scotland, is a Scottish-wide celebration of research. It involves a range of public engagement events that take place across cities in Scotland (Glasgow, Aberdeen, Edinburgh, St Andrews), to showcase the various EU funded work taking place across the different institutions. The events provide a fantastic platform for communities to "get up close and hands on" with the world leading research taking place in Scotland.

Over the course of the evening, Lisa and Roma spoke to over 120 individuals about the eSMART project, showcased the technology via hands-on demonstrations, including a video, and provided people with short information flyers about the programme of work. The event was family friendly and so they were able to speak to people of all different ages at the stall, from young to old. Everyone they spoke to was impressed at the scale of the eSMART study and could see the value in the technology, particularly as many had personal experience of being diagnosed or knowing someone else who had been diagnosed with cancer. The event was a great success and a great opportunity to showcase the work of our successful consortium. We will be back next year! Read more about the event [here](#).



eSMART Consortium Meeting in Vienna

After six months of prearrangements, this year's eSMART Consortium Meeting was held in Vienna, Austria, from March 28th till 30th 2017. We welcomed 23 attendees from all Sites, had constructive meetings and a lot of fun – still a mixed crowd of lovely people!

So we started in the morning of March 28th 2017 from 9am till 5pm. A number of Meetings were held, even with those, who have stayed at home and who participated through tele-conference. In between meetings we also found time for coffee, lunch and a social event: a guided tour through the Josephinum, a collection of wax anatomical and obstetric models.

To round off the evening, we had our Consortium Evening Meal at the Ristorante Settimo Cielo, where we learned from each Partner's representative how to give a toast in their foreign language – as you can see, we continued education throughout the social events!

On the second morning, there were two more work package meetings, followed by a walking tour with the host Alexander Gaiger through the Campus of the Medical University of Vienna. In the afternoon the items on the agenda were a Public Seminar and a second Consortium evening meal. The meal was served at the Plachutta where our guests enjoyed a Viennese delicatessen called "Tafelspitz".

The third and final day began with the remaining but not less im-

portant meetings and finished up with a final social event, a guided tour through the "Fool's tower" ("Narrenturm"), the Pathological-Anatomical Museum own a collection of specimens of physical abnormalities and deformities and imitations of body parts.

It was lovely having you all here in Vienna and showing you a little bit of our culture and daily work place (more on this later). But impressions can say more than words...



The daily life of the scientific staff at the Medical University of Vienna

It's not easy for patients to decide to participate in an extensive study like eSMART on the day of the first cycle of chemotherapy. Though, there are still enough patients who would like to participate with pleasure and interest.

Most of the patients find the study very exciting after a brief explanation and the transparency of the TOP 10 and look forward to receiving more detail explanations. The decision to participate usually follows after copious consideration. The consideration is easier when new patients are sharing a room with study patients who are already part of eSMART, which is often the case. Already enrolled and participating eSMART patients are usually a great help when they share their personal experiences with the potential new ones. In most cases, the group phenomenon occurs and it doesn't take much for a „YES“ to participate in the eSMART study.

We receive almost exclusively positive feedback from those patients who participate in eSMART, particularly during the personal contacts to complete the PROMS. In many cases they point out the guarantee of being able to reach someone at any time, but they are also pleased through the personal contacts to the scientific staff. Often we receive lovingly baked cakes and chocolate as their gratitude. They are very grateful to participate in our study. Below you can see an e-mail we received from a patient:

*“Dear all,
I would like to thank you once again for choosing me for the eSMART study. I couldn't do anything better during my chemotherapy and I'm still very grateful today. During the time between the chemotherapies, I felt that there was always someone there, looking after me and how I was doing at home. Study nurse Heidi helped me a lot when I triggered an alert. The reaction times were phenomenal. Simone and you, dear Katharina, have treated me so competently and lovingly during my chemotherapy cycles in hospital. Patient monitoring during the chemotherapy is simply great and you have implemented it very well. You were just great!!!! I just can't say enough thanks to all of you. I can only wish every patient to benefit from eSMART.”*

Experiences in alert-handling Team Austria

Our Team includes 4 people who are involved in alert handling, Heidi, Christian, Kathrin, and Amelie. We each have a roster and due to that we have to be reachable for the patients who participate in our study. We are responsible to stay in constant contact with the patients and provide them guidance and support concerning post chemotherapy symptoms. Depending on the kind of alert coming in (red or amber), we have to react and get in touch with the patient. Luckily, most patients have a very high medical literacy and compliance which makes working through telemedicine much easier.



Christian Gatterer

I am part of the eSMART team since April 2017. I have studied medicine in Innsbruck, and worked as a medical resident in the most mountainous region in Austria,

Vorarlberg. I am currently working at the Ministry of Health in Vienna. I am convinced that most diseases need a broad approach in order to tackle their burden. Take diabetes, lung cancer or obesity for instance – as a medical professional in the hospital you can give guidance and advice regarding healthy nutrition, life style modification, counseling and offer withdrawal programmes. However, at the hospital we cannot address the causes of the causes. What are the causes of high sugar intake, of tobacco consumption, and immobility? When talking about diseases, health care workers also need to take into consideration the “social determinants of health” – income, social status, education, gender to name a few, have a high impact on people's health and well-being. I'm convinced that medical

professionals need to look beyond the primary causes of diseases e.g. viruses, bacteria and unhealthy nutrition, and need to address the real, underlying causes. Therefore, I work in the Ministry of Health now. Adherence to medication and compliance to treatment is crucial for the recovery and well-being of our patients. Good communication between the health care worker and the patient is a fundamental pillar of successful treatment. In my point of view, eSMART is a very good tool and has a high potential. Our experience has shown that patients do not feel left alone and really do appreciate the service that 24/7 a medical professional, who already knows them and their condition, can be reached and contacted. If eSMART increases the adherence to medication and provides patients with greater capacity and resilience in order to tackle their disease, remains uncertain and needs to be investigated. Globally, mhealth and ehealth are becoming increasingly important and offer a unique opportunity in transforming the health care systems and accessibility for patients and eSMART is an important project in this direction.



Amelie Blaschke

I am part of the eSMART Team Austria since March 2017. I studied medicine at the Medical University Innsbruck from 2010-2016. Besides working as an alert-handler within the eSMART-team, I work as a medical resident at the Kaiserfranz-Josef Spital (SMZ-Süd) in Vienna, Austria.

I think eSMART is an extremely progressive clinical trial that demonstrates how technology can be reasonably used in the delivery of patient focused care. During my work as an alert-handler in these past months I could see how participating in the study helps patients to reduce their symptoms burden and therefore improves quality of life of our cancer patients. Most patients are extremely thankful for the guidance and the support they receive which is the best motivation for me to be part of this trial.



Heidrun Nycz

I am a Research Nurse at MUV and I've been working in the oncological day-care area for 12 years, so I would say I know the side effects of the patients between the cycles of chemotherapy very well. But I was surprised to what extent these can occur. Through continuous patient care within the framework of the eSMART study, I have learned the severity and duration of these events, as well as the need for comprehensive guidance and counseling between the therapeutic administrations. Unfortunately, in the day-setting often there is no time to talk with the patient in detail about the accompanying symptoms. My work as a research nurse for the study has changed myself insofar, that I am increasingly focused on patient counseling and I'm more sensitive when patients report side effects.



Kathrin Eichinger

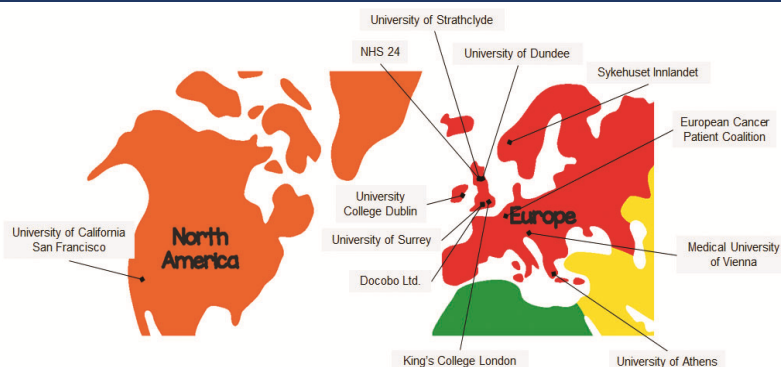
And last but not least, the new member of the alert handling team. I studied humane medicine at the Medical University Innsbruck with the graduation in January 2017. From June 2017 and ongoing, I am working as a medical assistant with rotations in different departments like surgery, cardiology and oncology. My hobbies include travelling. During my studies I had various stay abroad including an Erasmus study period in Spain (Valladolid), an internship in the field of gynaecology in Mexico (Guadalajara) and an internship at the Tropical Medicine Institute in Thailand (Bangkok). In my spare time I enjoy spending time in the mountains with rock climbing or skiing and I love dancing, especially Salsa.



eSMART PARTNERS



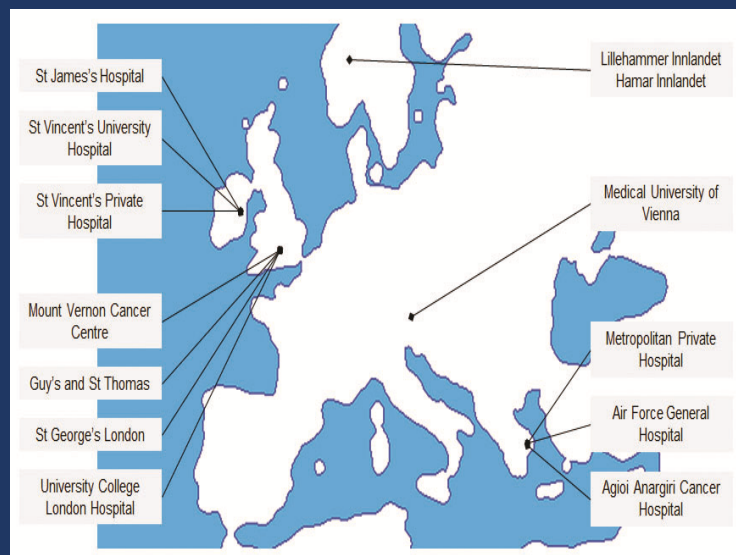
Location of eSMART Partners map



Partner	Clinical Site
MUV	Medical University Vienna
UCD	St James's Hospital
	St Vincent's University Hospital
	St Vincent's Private Hospital
UoA	Agioi Anargiri Cancer Hospital
	Metropolitan Private Hospital
	Air Force General Hospital

Partner	Clinical Site
UoStrath	University College Hospital London
Sykehuset Innlandet	Innlandet Hospital Trust
	Hammar Innlandet
UoSurrey	Mount Vernon Cancer Centre
	Guy's and St Thomas'
	St George's London

Location of eSMART Clinical Sites



YOUR FEEDBACK

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

PREVIOUS ISSUES

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