

WELCOME

Welcome to the May issue of our eSMART newsletter. Hands on trainings by Docobo and University of Surrey (Glasgow) Team members is almost over. More than one hundred trained clinicians, coming from 12 clinical sites across Europe, are now ready to begin the recruitment of patients. eSMART Clinical Training is pending in two more clinical sites in UK.

eSMART NEWS

“SET” TO COMMENCE OUR HISTORIC RESEARCH PROJECT!

It is hard to believe that a month has passed since our inaugural issue of the eSMART newsletter. As stated in the first issue, the newsletter themes for the first three issues will address the topics of READY, SET, and GO. In the current issue, we will review strategies to enhance patient recruitment and retention – so that we are “SET” to begin this trial. In the June issue, we will provide site specific recruitment targets and discuss the final steps to begin the recruitment of patients for our study.

So each and every one of us, as members of the eSMART research team, need to make patient recruitment and retention their highest priority. Without the enrollment of 1108 patients across Europe, we will not be able to determine the efficacy of our smart-phone application to improve symptom management in oncology patients. The first step to insure that we meet our recruitment goals is to evaluate EVERY patient who enters the clinic as a potential study participant. To achieve this screening goal, we need to engrain the study’s inclusion criteria in our memory bank. Patients will be eligible to participate in our eSMART study if they:

- are adults (>18 years of age)
- diagnosed with haematological cancers (lymphoma, non-Hodgkin lymphoma), breast or colorectal cancer
- are receiving first line chemotherapy treatment
- will receive at least 4 cycles of chemotherapy
- and are deemed to be physically/psychologically fit to participate in the study by a member of the multidisciplinary team.



Prof Christine Miaskowski
University of California

Once we determine that a patient meets the eligibility criteria, we need to share with the patients this exciting opportunity. We need to explain to patients why the eSMART study is needed and what we hope to learn from this study. It will be important to explain to patients that this study is a historic one. We need to share with them that we will recruit a large number of patients from across Europe. We need to let them know that if effective, this smart-phone intervention has the potential to change the care of oncology patients across Europe. In addition, we need to explain to patients the rationale for doing a randomized clinical trial that includes a control group. This approach is the “gold standard” in oncology clinical trials. While patients in the control group may not receive direct benefits from this study, patients in the intervention group should benefit from improvements in symptom management. In my experience, oncology patients who volunteer for research are extremely altruistic. They participate in research to help others. Therefore, if they understand the purpose of the control group, they will be more likely to volunteer to participate.

Your enthusiasm for this study will influence patients’ decisions about participating in the study. While we cannot coerce patients, we can provide them with all of the information about the purposes of the study; the procedures that they will need to follow; the expected benefits to themselves and others; and the importance of the study to the care of oncology patients. We should try and offer this opportunity to every patient who meets the eligibility criteria stated above.

A few words are needed about the retention of study participants. In the intervention group, reminders to complete the study questionnaires are “built into” the smart-phone application. In addition, patients will be contacted when their symptom severity scores exceed a pre-specified alert level. This type of ongoing communication with patients in the intervention group will facilitate their continued participation in the study. For patients in the control group, we will need to remind them, at each clinic visit, of the importance of completing the outcome questionnaires over the course of the study. We will need to remind them that they are contributing important information to allow us to determine the efficacy of the eSMART intervention. Without their contributions, we will not be able to answer our research questions.

As oncology clinicians, we know that symptom management is an essential component of high quality cancer care. Patients who report unrelieved symptoms have extremely poor functional outcomes and significant decrements in their quality of life. Every single patient that we recruit for our eSMART study will provide us with critical information to judge the efficacy of the smart phone intervention. If the intervention is efficacious, it will undoubtedly change the face of symptom management in oncology clinics across Europe. All of our patients should be given the opportunity to participate in this historic trial!

eSMART CLINICAL TRAINING












Dr Eileen Furlong
University College Dublin

In April 2015 the eSMART Clinical Training took place in Norway, Austria, Ireland, Greece and United Kingdom in each of the clinical sites to familiarise each clinician with the project and prepare them for their respective roles in the feasibility study. The training was facilitated by **Docobo and University of Surrey (Glasgow) Team members**, along with the co-investigators in each of the countries. It was an interactive process, where all attendees had an opportunity to learn about recruitment, enrolment and use the patient and clinical handset devices in ‘live’ mode. These training sessions were most beneficial in understanding the ASyMS technology and how it will work for patients and healthcare professionals.



Dr Patricia Fox
University College Dublin

 Medical University Vienna, Vienna	 University Hospital Waterford, Waterford	 St James's Hospital, Dublin	 St Vincent's University Hospital, Dublin	 St Vincent's Private Hospital, Dublin	 Agiou Anargiri Cancer Hospital, Athens	 Metropolitan Private Hospital, Athens
27 th - 28 th April, 2015	30 th April, 2015	23 rd April, 2015	23 rd April, 2015	24 th April, 2015	29 th April, 2015	30 th April, 14 th , 22 nd and 28 th May, 2015
2 medical doctors 2 research fellows 1 nurse	12 nurses 1 medical consultant	13 nurses	14 nurses	15 nurses	11 nurses	21 nurses
Annegret Schneider Adrian Flowerday	Adrian Flowerday John Tarrant	Sophie Parrack Margaret Moore	Sophie Parrack Margaret Moore	Sophie Parrack Margaret Moore	Constantina Papadopoulou Sophie Parrack	Constantina Papadopoulou Sophie Parrack Argyri Psychogiou
 Air Force General Hospital, Athens	 Innlandet Hospital Trust, Oslo	 Clatterbridge Cancer Centre, Surrey	 Royal Surrey Country Hospital, Surrey	 Mount Vernon Cancer Centre, London	 Guy's and St Thomas', London	 St George's London, London
28 th April, 2015	10 th April, 2015	pending	pending	15 th April, 2015	14 th April, 2015	29 th April, 2015
12 nurses	5 nurses 1medical consultant			TBC	TBC	TBC
Constantina Papadopoulou Sophie Parrack	Grigorios Kotronoulas Josh Flowerday Birgit Hovde Simone Kienlin			Josh Flowerday Sophie Parrack Jenny Harris	Josh Flowerday Sophie Parrack Jenny Harris	Ivor Tarrant Rob Smith Jenny Harris

The eSMART project aims to demonstrate benefits for cancer patients using a real-time, mobile phone based remote patient monitoring system, the Advanced Symptom Management System (ASyMS). It is anticipated to greatly improve patient outcomes and delivery of care both during and after chemotherapy treatment. [+ Find out more](#)

eSMART IN CONGRESS

▪King's Health Partners Nursing and Midwifery conference 2015

7th - 8th May, 2015

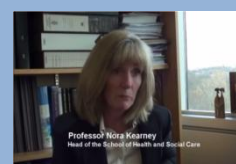
Jenny Harris, RN, BSc, MSc: “eSMART survivorship study: examining the effects of eSMART (electronic Symptom Management using the Advanced Symptom Management System (ASyMS)) on patient outcomes during the year following chemotherapy treatment”

▪The King's Fund's Digital Health and Care Congress 2015

16th - 17th July, 2015

Dr Annegret Schneider: “eSMART: Utilising ASyMS technology to improve outcomes for patients with cancer “

OTHER NEWS



Professor Nora Kearney, Head of the School of Health and Social Care at the

University of Surrey, talks about eSMART, a new programme of research into the use of mobile phone technology to remotely monitor patients who are undergoing chemotherapy. [+ Find out more](#)

eSMART PARTNERS



THE NEWSLETTER TEAM

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YOUR FEEDBACK

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