Bristol Brain Centre
Annual Report 2019-2020

Bristol Brain Centre - Highlights

The Bristol Brain Centre delivers outstanding research and care across movement disorders, cognitive disorders and multiple sclerosis neurological specialties. Despite the enormous impact of COVID, 11736 patients were seen clinically in the year to April 2020 and 364 patients were entered into research across 38 different studies – with many attending multiple times as part of complex trials of interventional products.

Highlights of our work up to April 2020 include a blossoming clinical academic training programme through appointment of 5 NIHR Academic Clinical Fellows and 2 NIHR Academic Clinical Lecturers alongside clinical and non-clinical PhD students. In addition to excellent clinical care and research, the brain centre teams have delivered teaching and research presentations locally and nationally and our public profile has been boosted by events such as the BRACE conference and an award-winning BBC2 documentary featuring the groundbreaking GDNF trial in Parkinson’s Disease.

We are very proud of the many Brain Centre staff who contributed to the North Bristol Trust COVID response, for example, the movement disorders nurses offered in-reach to support Parkinson’s inpatients and research staff were redeployed to COVID ward and vaccine research. Through meticulous reorganisation, the Brain Centre team created the first COVID secure environment in Southmead providing a safe environment for vulnerable patients to attend for investigations and treatments.

The following pages lay out more detail of brain centre activity.
Overview of Clinical Activity across the 3 clinical teams April 19-Mar 20:

<table>
<thead>
<tr>
<th></th>
<th>Consultant</th>
<th>Fellow</th>
<th>Nurse</th>
<th>Other</th>
<th>Physio</th>
<th>Registrar</th>
<th>Specialist Doctor</th>
<th>Grand Total</th>
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<tbody>
<tr>
<td><strong>Cognitive</strong></td>
<td>1002</td>
<td>-</td>
<td>286</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1288</td>
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<tr>
<td>Follow-up</td>
<td>706</td>
<td>-</td>
<td>279</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>985</td>
</tr>
<tr>
<td>New</td>
<td>296</td>
<td>-</td>
<td>7</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>303</td>
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<tr>
<td><strong>Movement Disorders</strong></td>
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<td>225</td>
<td>267</td>
<td>573</td>
<td>-</td>
<td>1</td>
<td>-</td>
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<tr>
<td>Follow-up</td>
<td>1380</td>
<td>153</td>
<td>262</td>
<td>399</td>
<td>-</td>
<td>1</td>
<td>-</td>
<td>2195</td>
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<tr>
<td>New</td>
<td>426</td>
<td>72</td>
<td>5</td>
<td>174</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>677</td>
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<tr>
<td><strong>MS</strong></td>
<td>2422</td>
<td>-</td>
<td>1404</td>
<td>2061</td>
<td>1309</td>
<td>376</td>
<td>290</td>
<td>7862</td>
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<td>Follow-up</td>
<td>2050</td>
<td>-</td>
<td>1404</td>
<td>2032</td>
<td>1307</td>
<td>371</td>
<td>290</td>
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<tr>
<td>New</td>
<td>372</td>
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<td>29</td>
<td>2</td>
<td>5</td>
<td>-</td>
<td>408</td>
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<tr>
<td><strong>Grand Total</strong></td>
<td>5230</td>
<td>225</td>
<td>1671</td>
<td>2634</td>
<td>1309</td>
<td>377</td>
<td>290</td>
<td>11736</td>
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Recruitment to Trials Snapshot:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Multiple Sclerosis</th>
<th>Cognitive</th>
<th>Movement Disorders</th>
<th>Other</th>
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</thead>
<tbody>
<tr>
<td><strong>Number of studies</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open studies</td>
<td>20</td>
<td>3</td>
<td>9</td>
<td>7</td>
<td>1</td>
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<tr>
<td>Studies in follow-up</td>
<td>13</td>
<td>9</td>
<td>1</td>
<td>3</td>
<td>0</td>
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<tr>
<td>Commercial studies</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Number of people recruited</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NIHR portfolio</td>
<td>14</td>
<td>9</td>
<td>79</td>
<td>42</td>
<td>4</td>
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<tr>
<td>Investigator led non-</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>19</td>
<td>21</td>
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<tr>
<td>NIHR portfolio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Recruitment to</td>
<td>348</td>
<td>16</td>
<td>195</td>
<td>3</td>
<td>0</td>
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<tr>
<td>commercial studies</td>
<td></td>
<td></td>
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<tr>
<td>**Total patient</td>
<td>364</td>
<td>25</td>
<td>274</td>
<td>64</td>
<td>25</td>
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<tr>
<td>recruitment**</td>
<td></td>
<td></td>
<td></td>
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</table>
Multiple Sclerosis, BrAMS

Education
- Denise Owen has successfully passed her PADRAP – Physiological & diagnostic reasoning for advanced practice.
- Denise Owen & Tania Burge successfully gave a talk at the MS Trust Conference on MDT team working
- Denise & Tania also assisted on an education programme for MS nurses that give them a skill set to enable them to improve patient care
- Denise also sits on the steering committee for the award winning Optimise MS – education programme for UK MS nurses – which is an ongoing programme written by MS nurses and delivered to MS nurses. The steering committee also deliver the course.
- Denise & Gemma Watkins also support teaching on the Neuro course run by UWE.

Educational Events:
- Neurological presentations in primary care, Rice C, PLANET GP Training, WSM, Aug 2019
- Multiple sclerosis – an update for primary care physicians, Rice C, PLANET GP Training, WSM, Aug 2019
- Multiple sclerosis – aetiology and pathophysiology, Rice C, iBSc UoB, March 2019
- Anti-Tr Paraneoplastic Ataxia Syndrome, Duncan and Rice, Southmead, Bristol, Nov 2019
- Smoking cessation in MS, Kaninia and Rice, SWENA, Taunton, Sept 2019
- Autoimmune encephalitis, Rice, SPR Teaching, Southmead Hospital, Bristol Nov 2019
- Nyctalopia, Francis and Rice, Regional Neurosciences Meeting, Southmead, Bristol Sept 2019
- Neurological complications of systemic disease SW Rheumatology Calman Day, Tiverton, Nov 2019
- Non-hepatic hyperammonaemia, Nye and Rice, NBT, Bristol Oct 2019
- Cognitive assessment in an MS cohort, Ball and Rice. MS Academy, Glasgow, UK, Dec 2019
- Granulomatous vasculitis Hand, Rice and Fiddes. NBT, Bristol, March 2020
- Insight into the living brain, Rice. Bristol, February 2020
- Diffuse leptomeningeal disease with positive aquaporin-4 antibody Kaninia and Rice. NBT, Bristol, Jan 2020

Staffing:
We welcomed a new nurse Lauren Buckley to our team as maternity leave cover for Sam Messenger, whilst she delivered a healthy set of twin girls.

On the wider MDT team we recently we have welcomed 2 new Consultants to our team Dr Mark Cossburn & Dr Barnaby Fiddes as well as a new MS physiotherapist Sofie Martin who is covering Tania Burge’s secondment to a new role of MS Advanced Champion for patients affected severely by the condition.
### Research Activity:

#### Studies actively recruiting during 12 months

<table>
<thead>
<tr>
<th>Study ID (NIHR portfolio Y/N)</th>
<th>PI</th>
<th>Number recruited in 12 months (total number over course of study – red (&lt;50% recruitment), amber (50-90% recruitment), green (recruiting to time and target) depending on recruitment status)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MuSicalE (Y)</td>
<td>Dr David Cottrell</td>
<td>11 (16)</td>
</tr>
<tr>
<td>ACTiMuS (Y)</td>
<td>Prof Neil Scolding/Dr Claire Rice</td>
<td>9 (77)</td>
</tr>
<tr>
<td>Real World Pharmacovigilance</td>
<td>Prof Neil Scolding</td>
<td></td>
</tr>
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</table>

#### Studies in set-up

<table>
<thead>
<tr>
<th>Study</th>
<th>PI</th>
<th>Number recruited</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHARIOT MS</td>
<td>Dr Mark Cossburn</td>
<td>N/A</td>
</tr>
<tr>
<td>ARTIOS (Y)</td>
<td>Dr David Cottrell</td>
<td>N/A</td>
</tr>
<tr>
<td>EVOLUTION (Y)</td>
<td>Dr David Cottrell</td>
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<tr>
<td>HERCULES (Y)</td>
<td>Dr David Cottrell</td>
<td>N/A</td>
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<tr>
<td>GEMINI-2 (Y)</td>
<td>Dr David Cottrell</td>
<td>N/A</td>
</tr>
<tr>
<td>STAT-2 (Y)</td>
<td>Dr Claire Rice</td>
<td>N/A</td>
</tr>
<tr>
<td>STAR-MS (Y)</td>
<td>Dr Claire Rice</td>
<td>N/A</td>
</tr>
<tr>
<td>TAS RRMS (SmartSleep) (N)</td>
<td>Dr Claire Rice</td>
<td>N/A</td>
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</table>

#### Studies in follow-up

<table>
<thead>
<tr>
<th>Study</th>
<th>PI</th>
<th>Number recruited</th>
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</thead>
<tbody>
<tr>
<td>Actelion B202</td>
<td>Dr David Cottrell</td>
<td>12 patients</td>
</tr>
<tr>
<td>EXPAND</td>
<td>Dr David Cottrell</td>
<td>3 patients</td>
</tr>
<tr>
<td>ESTEEM</td>
<td>Dr David Cottrell</td>
<td>30 patients</td>
</tr>
<tr>
<td>TOP</td>
<td>Dr David Cottrell</td>
<td>7 patients</td>
</tr>
<tr>
<td>PASSAGE</td>
<td>Dr David Cottrell</td>
<td>9 patients finished this financial year</td>
</tr>
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#### Grants

<table>
<thead>
<tr>
<th>Funder (amount)</th>
<th>PI</th>
<th>Title of grant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above and Beyond and BrAMS (£28,927)</td>
<td>Dr Claire Rice</td>
<td>Feasibility study of timed acoustic stimulation of sleep in RRMS</td>
</tr>
<tr>
<td>David Telling (£24,885)</td>
<td>Dr Claire Rice</td>
<td>Equipment grant for EyeLink 1000 Plus</td>
</tr>
<tr>
<td>Goldman Sachs (£115,000)</td>
<td>Dr Claire Rice</td>
<td>Leucocyte trafficking in neuroinflammatory disease</td>
</tr>
<tr>
<td>ECTRIMS (55,000 euro)</td>
<td>Dr Claire Rice</td>
<td>Monocyte-macrophage polarization as a therapeutic target in progressive MS</td>
</tr>
<tr>
<td>Showering Fund (£9,625)</td>
<td>Dr Claire Rice</td>
<td>Stromal cells in health and disease</td>
</tr>
<tr>
<td>BrAMS (£50,000)</td>
<td>Dr Claire Rice</td>
<td>Bone marrow dysfunction in MS</td>
</tr>
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</table>
Publications:
myocarditis. *Neurology: Clinical Practice.*
DOI:10.1212/CPJ.0000000000000772


**New Appointments:**
Jane Turk started part-time PhD in cognitive impairment associated with MS
Dr Stefania Kaninia took up an ECTRIMS Clinical Fellowship

**Other News for MS, BrAMS, Bristol Brain Centre:**
Dr Claire Rice – appointed board member of Centre for Health Sciences Education, University of Bristol
Dr Claire Rice – appointed to Clinical Advisory Group – ALSPAC, Children of the 90’s
Dr Claire Rice – appointed as Deputy School Education Director, University of Bristol
Cognitive Team, Bristol Brain Centre

Teaching:

- Dr James Selwood - Dementia workshop for Year 4 medical students at UoB on their psychiatry placement. This runs roughly every six weeks during term time.
- Dr James Selwood - Psychosis and schizophrenia teaching session in December 2019 delivered to students on the postgraduate Digital Health and Care programme run by the Faculty of Engineering at UoB.
- Dr James Selwood - Supervised an MSc molecular neuroscience student for his Unit 7 research project in summer 2019. He assisted with recruitment for the AMPLESleep study and conducted a preliminary analysis of the baseline data.
- Dr Coulthard presented on sleep and dementia at BRACE conference November 2019
- Dr Elizabeth Coulthard co-led a “Train the PI” training session for the West of England Clinical Research Network
- Dr Elizabeth Coulthard co-leads the UoB INSPIRE project helping medical students to start medical research
- Dr Elizabeth Mallam taught at the Calman day 2019
- Dr Margaret Newson Msc applied neuropsychology teaching
- Will Carr gave a presentation at the Neuroscience Gala, an event hosted at University of Bristol for the public and prospective neuroscience undergraduates
- Will Carr gave a presentation for the INSPIRE taster day

- Dr Hamish Morrison - Year 2 Bristol Medical School undergraduate teaching during 2019/20 including Cranial Nerve Practical and Headache series lecture
- Dr Hamish Morrison - Year 5 Bristol Medical School undergraduate bedside teaching
- Dr Hamish Morrison - PACES teaching
- Functional Neurological Disorder Society “Functional Cognitive Disorders” Harriet Ball, PhD and Laura McWhirter
  https://www.fndsociety.org/fnd-education/past-webinars

Staffing updates:
April 2019 – Employment of first cognitive disorders specialist nurses (Natalie Rosewell & Rebecca Pracownik)

May 2019 – Employment of first senior research nurse for Neurology (Catherine Watkins)

October 2019 – Employment of cognitive clinic coordinator (Nazanin Jahed-Armaghani)

March 2020 – Employment of new research assistant (Christina Lawrence)
Grants

Natalie Rosewell – grant from Alzheimer’s Research UK to travel to ARUK conference 2019

2020 Optimising sleep to slow dementia progression and improve quality of life E Coulthard (PI) and Georgina Russell. Above and Beyond £143149, Jan 2020-December 2021

2020 Long term memory testing to predict the presence of Alzheimer's disease pathology E Coulthard (PI) and Alfie Wearn and Craig Ritchie. BRACE £69926, Feb 2020-Feb 2021

E Coulthard 2018 Network Grant Alzheimer’s Research UK (renewal) £47000, 2018-2019, as PI on behalf of Bristol and Bath ARUK network


2017 Momentum Award – Dementias, Medical Research Council, £878,055, April 2017-April 2020, Yoav Ben Shlomo (PI), E. Coulthard, I. Craddock, M. Newson and R. Santoz-Rodriguez as co-applicant

J Selwood - Early Career Researcher grant (£3500) awarded by Alzheimer’s Research UK (ARUK) for a pilot sleep project.

Public engagement:

- Dr Hilary Archer is Director of the Dementia Health Integration Team across Bristol, North Somerset and South Gloucs
- Dr Hilary Archer is a member of the ARUK Clinical Policy Advisory Panel
- Dr Hilary Archer is a member of the South West Dementia Brain Bank Research Governance Committee
- Dr Hamish Morrison - BRACE Pilot Grant (£13,887) awarded August 2019: Assessing circadian rhythms in Lewy Body Dementia
- Dr James Selwood - Delivered two dementia webinars for the local BRACE charity. These sessions were jointly run with two law firms (Stone King and Gregg Latchams Solicitors)
- Dr James Selwood - Presented the CUBOID project at a Design for Dementia event held at Bristol Robotics Laboratories on 15th May 2019
- Rebecca Pracownik (RMN) and Rebecca Cousins (RGN) Presentation on behalf of BRACE with Q&A, ‘Dementia- How to reduce our risk and Dementia Research’ on 9th July 2019
- Patient and public involvement in research

- Dr Elizabeth Coulthard Established PIMS group (Patient Involvement in Memory Studies) – helps build strategy for all our dementia studies
- Will Carr ran individual PPI sessions with regards to my project "Oscillatory dynamics of memory replay in sleep" (the project was due to start in March but has now been postponed). This involved engaging the target patient population, pre-surgical epilepsy patients while on ward.
- Will Carr was also involved in helping with the PPI session run by Alfie Wearn with regards to his project
- Dr Hamish Morrison - Presented proposal for sleep and circadian rhythm assessment in LBD at PIMS meeting 2nd September 2019
- Neil Carrigan - Researching Sleep to Treat Dementia (RESTED) - Stakeholder meeting 10th March 2020. Involving dementia PPI group.
Prizes and markers of esteem

Dr Hamish Morrison, Dr Elizabeth Coulthard, Dr Harry Rolinski and Dr Alan Whone - Jointly awarded ‘Coup de Coeur’ award from the technology company Dreem© for 10 headbands (market value of 4000 Euros) to measure sleep at home in patients with dementia.

Dr James Selwood - Travel fellowship award through the RCPsych Gatsby Foundation and Wellcome Trust Neuroscience Project. This is a national project that aims to improve neuroscience in psychiatric training. The travel fellowship was to attend the BNA Festival of Neuroscience in April 2019.

Dr Elizabeth Coulthard was selected for the Academic of Medical Sciences Future Leaders programme (FLIER scheme).

Publications:


12. Will Carr (PHD student) is second author on a paper that is currently under review, "Dopamine-gated memory prioritisation during slow wave sleep" with Hanna Isotalus as first author.

13. Dr Hamish Morrison has 2 further manuscripts under review related to Covid 19

Other team successes:
Natalie Rosewell completed MSc in Advanced Nursing at UWE.

Natalie Rosewell started a brand new Nurse-Led Brain Health Clinic for patients seen in the Mild Cognitive Impairment (MCI) Clinic (one of the first of its kind nationwide).

Rebecca Pracownik & Natalie Rosewell successfully set-up and established the Nurse Led Helpline for cognitive clinic patients.

Natalie Rosewell & Rebecca Pracownik set up new Cognitive Nurse Clinic for patients seen in the cognitive clinic for post-diagnostic support and referral onto appropriate community teams.

Dr Elizabeth Coulthard has been appointed to the Alzheimer’s Society biomedical grant panel (tenure from March 2018 for 3 years), British Neuroscience Association Council (Membership Secretary) and Programme Organising Committee (Dublin 2019) and Council (2017 ongoing)

Dr Elizabeth Coulthard is chair of Programme Organising Committee for Alzheimer’s Research UK 2020 and 2021 annual conferences

Dr Elizabeth Coulthard is a member of the Association of British Neurologists Advisory Group for Cognitive Disorders (June 2013 ongoing)

BBC Points West news item for the Generation study. Following this successful screening of more than 1000 potential participants for the Generation study (Elena Bellavia, Natalie Rosewell, Rebecca Pracownik, Rebecca Cousins, Louise Gethin & Catherine Watkins)

Various stalls at different events to promote research (Elena Bellavia, Rebecca Cousins & Natalie Rosewell)

Several members of the team have achieved competency in venepuncture

NBT Research infrastructure away day presentation (Elena Bellavia, Natalie Rosewell, Louise Gethin)

Rebecca Pracownik trained as a PPE Champion in light of the COVID-19 Pandemic

Research staff redeployed to clinical areas to support on the wards during peak of COVID-19 pandemic (Rebecca Cousins, Louise Gethin, Christina Lawrence, Elena Bellavia)

Research staff redeployed to 100% Brain Centre Cognitive Disorders clinical activity during the peak of COVID-19 pandemic (Rebecca Pracownik & Natalie Rosewell)

Research staff redeployed to support COVID-19 research and vaccine study (Catherine Watkins, Elena Bellavia, Rebecca Cousins, Louise Gethin)
Movement Disorders Team, Bristol Brain Centre

Education:
1. Complex Therapies Education Day, 11th February 2020, attended by over 100 clinicians from across the South West.

On Tuesday, 11 February 2020, the Parkinson’s and Other Movement Disorders (MOVE) Health Integration Team (HIT) brought together over 100 clinicians from across the South West to learn more about the complex therapies available to support patients. North Bristol NHS Trust provides deep brain stimulation (DBS), Duodopa and apomorphine therapies. These treatments can help control the symptoms of Parkinson’s and they each have thorough processes associated with referral, assessment and ongoing care.

Through a series of talks from clinicians involved in all aspects of the treatments, attendees learnt more about the therapies and how best to identify and support suitable patients. Importantly, clinicians heard directly from patients who shared their experiences. All attendees rated the day as ‘very good’ or ‘good’. 98% of attendees said it improved their understanding of eligibility and there were increases in confidence to refer for the different treatments.

Attendees said:

“I have gained a better understanding of DBS and updated my knowledge on apomorphine and Duodopa.”

“An excellent day with video and patients’ experiences.”

“Very well organised meeting. Very helpful talks, enthusiastic speakers.”

2. 5/9/19: Dr Konrad Szewczyk-Krolikowski, Advanced Therapy in PD, Derriford Hospital, Plymouth; 20 participants
3. 19/9/19: Dr Konrad Szewczyk-Krolikowski, Advanced Therapy in PD, SWENA meeting, Taunton; 25 participants
4. 3/10/19: Dr Konrad Szewczyk-Krolikowski, Advanced Therapy in PD, talk at the Geriatric Society meeting, Exeter; 50 participants
5. 21/11/19: Dr Konrad Szewczyk-Krolikowski, Medical care in PD, GP education programme, Vassall Centre; 20 participants
6. 30/1/20: Dr Konrad Szewczyk-Krolikowski, Movement disorders in GP practice, GP education programme, Litfield House Medical Centre; 50 participants
7. 16/05/19: Lucy Mooney, Deep Brain Stimulation for Parkinson’s, Parkinson’s Course, Swansea University; 25 participants from across the UK
8. 20/06/19: Lucy Mooney, DBS and Duodopa for Treatment of Parkinson’s, Parkinson’s Academy Consultant Masterclass, Sheffield; 40 participants
9. 28/06/19: Lucy Mooney, Presented Duodopa Case Studies & Facilitated Meeting, Abbvie Expert Exchange Meeting, London; 40 participants
10. 30/09/19: Lucy Mooney, Deep Brain Stimulation and Duodopa, Neuroscience Nursing degree module, Southmead Hospital; Approx 20 participants
11. 17/10/19: Lucy Mooney, DBS Directional Programming for Parkinson’s, DBSNA (Deep Brain Stimulation Nurse Association) Programming Course, Newcastle; 30 participants
Staffing Updates:
Cissy Thomas, Movement Disorder Nurse Specialist, Band 6
Jeanette Brookes, Movement Disorder Nurse Specialist, Band 6
Rebecca Butler, Movement Disorder Nurse Specialist, Band 6
Wendy Reeves, Movement Disorder Nurse Specialist, Band 6
Sophie Chilcott, Movement Disorder Nurse Specialist Band 6

Research Activity

<table>
<thead>
<tr>
<th>Studies actively recruiting during 12 months</th>
<th>PI</th>
<th>Number recruited in 12 month (total number over course of study – red (&lt;50% recruitment), amber (50-90% recruitment), green (recruiting to time and target) depending on recruitment status)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study ID (NIHR portfolio Y/N)</td>
<td>Dr Alan Whone</td>
<td>18</td>
</tr>
<tr>
<td>PRoBaND Parkinson’s Repository of Biomarker Samples and Network Datasets</td>
<td>Dr Alan Whone</td>
<td>10 subjects in follow-up</td>
</tr>
<tr>
<td>Vercise Deep Brain Stimulation Registry</td>
<td>Dr Alan Whone</td>
<td>Not yet recruited due to impact of COVID on operating theatres</td>
</tr>
</tbody>
</table>

SPARKS 3174: Simpler and Safer Deep Brain Stimulation for Parkinson’s

Patient and Public Involvement in Research:
- MOVE HIT (Health Integration Team for Parkinson’s and other Movement Disorders) PPI Group meetings
  Between 1 April 2019 and 31 March 2020, we held four patient and public involvement group meetings.
  16 April
  25 July
  16 October
  11 December
  At the meetings, we have reviewed and improved research proposals and plans, uncovered priority service issues for local patients and supported links with Parkinson’s UK to provide education sessions for local exercise providers.
  - Duodopa Patient Support Groups in 2019: 22nd March – with 29 attendees, 9th August – with 37 attendees, 13th December – with 19 attendees (reduced numbers due to size of meeting room available)
  - The first Deep Brain Stimulation (DBS) Patient Support Group: This was held on 4th March 2020, with 28 attendees. It had been over-subscribed and we had intended to hold another meeting in April, but had to cancel this due to COVID.
  - 12/10/19 Medical Care in PD, Nailsea Parkinson’s UK branch; 100 participants
Publications:


Any Other News:

**BBC Parkinson’s documentary featuring HIT directors wins national award**

20 November 2019

A documentary featuring directors of the Parkinson’s and Other Movement Disorders (MOVE) Health Integration Team, Dr Alan Whone and Lucy Mooney, has won Best Science Documentary at the Grierson 2019 British Documentary Awards. The award was presented at a special ceremony at the Queen Elizabeth Hall in London on 14 November. *The Parkinson’s Drug Trial: A Miracle Cure?* first aired on BBC2 in February 2019. Filmed over six years, it followed a group of volunteers with Parkinson’s take part in a ground-breaking medical trial at Bristol’s Frenchay and Southmead Hospitals testing a controversial drug called GDNF.

Forty-two patients underwent complex brain surgery and months of infusions via a port embedded into the side of their skull. They put their trust in Professor Steven Gill and the trial’s principal investigator, neurologist Dr Alan Whone who is also a director of MOVE HIT, along with their team of medical experts.

Parkinson’s is the world’s second most common neurodegenerative condition. An estimated 10 million people are affected globally.

The judges said: "The winning film stood out for its lean storytelling of a complex subject, its scale and its heart. The film was ‘an examination of the nature of progress’, managing to straddle both the science involved with clarity and the emotional, human dimension with real compassion."

Link: [BBC Parkinson’s documentary featuring HIT directors wins national award](https://example.com/bbc-parkinsons-documentary-featuring-hit-directors-wins-national-award)

**Co-Director of MOVE HIT wins award**

24 October 2019

Lucy Mooney, Co-Director of the Movement Disorders Health Integration Team and Lead Movement Disorder Nurse Specialist at North Bristol NHS Trust, has won the Parkinson’s
Disease Nurse Specialist Association Committee Award 2019. 
This award is voted for by peers working in the highly specialised field of care for people with Parkinson’s. 
Lucy won the award for her work in the Health Integration Team on developing care pathways for patients on advanced therapies for Parkinson’s and her work on the high profile GDNF trial.

Link: Co-Director of MOVE HIT wins award

News Story: 
MOVE HIT increases exercise opportunities in Bristol for people with Parkinson’s 17 January 2020

Our Parkinson’s and other Movement Disorders (MOVE) Health Integration Team’s (HIT) patient and public involvement (PPI) group has worked with Parkinson’s UK to develop training sessions about the condition for exercise providers in the Bristol area.
The sessions helped over 25 providers to understand how best to work with people with Parkinson’s.
From tennis lessons to personal training and yoga to Nordic walking, people with Parkinson’s in Bristol now have even better access to a variety of exercise opportunities provided by people with a good understanding of their needs. Exercise can help people with Parkinson’s manage physical symptoms, as well as improving sleep, mood and mental health. Research has shown that increasing physical activity to at least 2.5 hours a week can slow the progression of symptoms.
Tailoring exercise opportunities to make them safe for the person with Parkinson’s and suitable for their condition is vital to help people realise these benefits.
All providers who took part in the training, and details of the support they provide can be found on the Parkinson’s UK Bristol Branch website.
“As I represent the MOVE HIT and sit on the committee of the Bristol and District branch of Parkinson’s UK, my remit has been to ensure a broad portfolio of activities are available for people with Parkinson’s of all abilities. I could not think of a better way to ensure a good standard of provision for people with Parkinson’s, and enable networking and sharing of best practice, than to have Parkinson’s UK support and recognise the local activities through Neil’s workshop,” said Nic Mortensen, Chair of the MOVE HIT Patient and Public Involvement Group.
Neil Smart, Area Development Manager (West), Parkinson’s UK said: “There is evidence that taking up some form of exercise can increase your overall health and wellbeing if you have Parkinson’s. There are so many opportunities for exercise in the wider community and it is really encouraging to see that there are providers willing to support. By increasing their knowledge and understanding of the needs of people living with Parkinson’s, we hope to encourage more opportunities for people to take up regular forms of exercise - from swimming to dance to yoga to Nordic walking.”

Link: MOVE HIT increases exercise opportunities in Bristol for people with Parkinson’s

Lucy Mooney changed her role from Secretary to Vice Chair of the UK’s Deep Brain Stimulation Nurse Association (DBSNA) in March 2019. She attended face to face committee meetings on 7th August and 6th November 2019, and virtual meetings during 2020.
Enhancing Clinical Collaboration:
The introduction of a new Health Care Assistant funded by North Bristol NHS Trust to support outpatient work across the whole Centre and dedicated reception staff has increased cohesiveness and COVID with its many challenges has brought together the 3 senior nurses to work together more closely.

The Rheumatology service has been impressed by the MS phlebotomist (Hannah Nelson) and her efficient way that patients could still access baseline bloods, when GPs were difficult to access, so they could commence life changing treatments.

We were the first COVID secure area in the NMSK division. Each nursing team assisted with temperature checking, cleaning & provision of PPE stations for the unit as our resident HCA cover was needed back on gate 36.

The 3 senior nurses attended the PPE champion course and were the designated PPE champions. They have responded rapidly as the as the rules & advice changed by supporting the wider team.

The 3 teams have had nurses’ onsite throughout this challenging time and although face to face were at a minimum, our telephone contacts increased. The MS nurses & the Cognitive specialist nurses, being located side by side, recognise that although our patient groups are different there are a lot of similarities so we are approaching next year’s challenges with greater collaboration.