

Participant Newsletter

Issue 1 - May 2017

Welcome to the first edition of the UPSTREAM Newsletter!

About UPSTREAM

UPSTREAM is a study of men who have urinary symptoms, such as difficulty passing urine. When assessing men with these symptoms there are two main approaches; the most commonly used is to do a physical examination and a “flow rate” test. However, sometimes these tests don’t clearly reveal the cause of the symptoms, so some hospitals do an additional test called a “urodynamics” test. This can determine whether enlargement of the prostate is the cause of the problem or whether the symptoms are caused by problems with the bladder. **The aim of the UPSTREAM study is to compare the two approaches one with urodynamics and one without to see if using a urodynamic test improves outcomes.**

At the moment we don’t know whether tests including urodynamics are better than tests without urodynamics. So, **UPSTREAM is a research project which is working out what the results of treatment are for men who underwent tests with or without urodynamics.**

The key aims of the UPSTREAM study are to:

Compare the two approaches to treating men with urinary problems, one using a urodynamic test and one without to see if including a urodynamic test improves the symptoms men experience after 18 months.

Establish whether including a urodynamic test reduces the number of patients who have surgery.

How could this study help?

We would like to see if the additional information provided by the urodynamics assessment helps urologists make more accurate diagnosis of the cause of urinary problems and more accurate decisions about whether surgery is likely to be helpful for a man’s urinary symptoms.



If you would like to read more about the study, please visit the original press release webpage: <http://www.bristol.ac.uk/news/2015/march/upstream-trial.html>

Why am I receiving this newsletter?

At some point over the past couple of years, you kindly agreed to be part of the UPSTREAM study; you will recall speaking with a research nurse, or Consultant Urologist, at your local hospital when you visited about your urinary symptoms.

As a way of saying Thank You, **we wanted to share some updates about the study with you so that you can find out how things are getting on, and how valuable your involvement is.**

Recruitment Progress

26 NHS hospitals across England are involved with UPSTREAM. Volunteer recruitment for UPSTREAM started in October 2014 and **by the end of December 2016 the study had recruited 820 men; which means we achieved our recruitment target – THANK YOU!**

We do not plan to recruit anymore men as the challenge now is to follow each volunteer participant for a period of 18-months (after enrolment on the study). This will keep the UPSTREAM team and hospital staff very busy!



**NEEDS YOUR
HELP!!!**

We are keen to find out how you have been getting on since your initial assessment for your urinary symptoms (LUTS).

To do this we would be grateful if you could complete a couple of brief questionnaires about your urinary symptoms, even if your symptoms have improved/resolved or if you have had surgery or been discharged from clinical care.

We appreciate how busy you are, but we believe this to be an important study for men's health, and any information you can provide is of great value. Although some of the questions may not seem relevant we would ask that you complete the questionnaires fully, where possible. You are not obliged to answer every question but we do request you complete the IPSS (International Prostate Symptom Score) questions fully as this is critical information to aid the results of the study; **you can find these 8 simple questions on page 3 of your symptoms questionnaire booklet.**

At 6- and 12-months you will be sent the questionnaires via the post, and at 18-months you will be contacted by your local hospital to ideally return for a follow-up clinical appointment. Alternatively you can fill in the questionnaire online or via telephone if you need.



If you have any worries or problems in completing the questionnaire, a friend or relative may be able to help you. If still in doubt, please contact the UPSTREAM Study Office on 0117 331 4519 / 0117 331 3907.

We would also like to say...

THANK YOU

Several of you have now completed your final, 18-month follow-up assessment, which involved returning to your local hospital for a clinic appointment and completing a couple of questionnaires. Without this information we would not be able to fulfil the aims of the study. UPSTREAM, is to our knowledge, the first study to ask such questions. The results will inform other patients, clinicians and policy makers about whether urodynamic assessment should be more widely used for men with bothersome lower urinary tract symptoms who are seeking further treatment, including surgery.

Without your time and willingness UPSTREAM would not be possible, so Thank You kindly!

We will send you a summary of the results of the study once it is fully completed (end 2018).

Meet the UPSTREAM team



Mr Marcus
Drake



Mrs Samantha
Clarke



Dr Amanda
Lewis



Miss Charlotte
McDonald



Mrs Aneta
Taylor

Mr Marcus Drake, a Consultant Urologist at Southmead Hospital (Bristol), is the **Chief Investigator**.

Mrs Samantha Clarke is the trial **Lead Research Nurse** at Southmead Hospital.

Dr Amanda Lewis is the **Trial Manager**, and **Miss Charlotte McDonald** and **Mrs Aneta Taylor** are the **Trial Administrators**; each based at the **University of Bristol** and are working hard managing participant involvement, data collection and the general running of the trial.

Have your contact details changed?



Moved address?
New email address?
Have a new mobile
phone?

Study Office Contact Details

UPSTREAM Trial (Dr Amanda Lewis)
School of Social and Community Medicine,
University of Bristol, Canynge Hall,
39 Whatley Road, Bristol, BS8 2PS

Tel: +44 (0) 117 331 4519 / (0)117 331 3907

Email: upstream-trial@bristol.ac.uk;
charlotte.mcdonald@bristol.ac.uk

Funding Acknowledgement: This project was funded by the National Institute for Health Research HTA programme (project number 12/140/01).

Department of Health Disclaimer: The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS or the Department of Health.

BRTC Acknowledgement: This study was designed and conducted in collaboration with the Bristol Randomised Trials Collaboration (BRTC), a UKCRC Registered Clinical Trials Unit (CTU) in receipt of National Institute for Health Research CTU support funding.

REDCap Acknowledgement: Study data were collected and managed using REDCap (Research Electronic Data Capture, Harris PA, et al. J Biomed Inform. 2009 Apr;42(2)377-81) hosted at the University of Bristol.

Sponsorship: The study was sponsored by North Bristol NHS Trust.