Welcome to the first edition of our PRIMROSE study newsletter, just in time for the Holidays! In the coming months we will share progress of the study with you and keep you informed of all the latest updates.

The PRIMROSE project is a five year programme of research funded by the National Institute for Health Research’s Programme Grants for Applied Research (RP-PG-0609-10156). The research aims to improve the detection and management of cardiovascular disease (CVD) risk in people with severe mental illnesses in primary care. It will establish the evidence-base needed to design, implement and assess the effectiveness of a new package of care for CVD prevention in people with SMI.

The programme is led by Professor David Osborn and researchers at University College London in partnership with Camden and Islington NHS Foundation Trust and McPin Foundation. Co-investigators are also based at Kings College London, Imperial College London and the University of Southampton.

Professor David Osborn, chief investigator of the PRIMROSE study (pictured here on the left) was shortlisted for the category of Psychiatric Academic Researcher of the Year for the 2014 Royal College of Psychiatrists annual awards.

Congratulations to Dr. Paolo Dazzon for winning the award in this category.

We would like to send out a big THANK YOU to all practice staff and research nurses who are taking part in the PRIMROSE study. We look forward to welcoming more of you into the study in the coming months!
Recruitment Updates

**Patient Recruitment**

30.1% Practice Recruitment

Target: 60 practices and 360 patients

**40 GP practices and 110 patients have been recruited since Jan 2014.**

**Wave 1**, covering 8 GP practices in North London, has recruited 34 patients between April and September 2014.

**Wave 2**, covering 15 GP practices across Wessex, East Midlands and the West of England has recruited 76 patients so far.

**Wave 3** is currently recruiting practices across Wessex, West of England, West Midlands, Essex and North London until December 2014.

**Wave 4** recruitment will commence in January 2015

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**Reminders & Tips**

For research nurses collecting data

1. Please store patient consent forms in their respective site files.
2. Check eligibility criteria (see postcard opposite) before entering patients on to the database.
3. Please remember to label saliva sample tubes with the correct patient ID.

For GP practices

1. Site files must be stored safely in a place where all people who are involved in the study have access.
2. Please return your anonymised screening logs to us every two weeks so that we can document all patient identification activity within your practice.
3. A document containing eligible patient names and evidence that the lead GP has signed off each patient should be kept in the site file so that the research nurses have access to it.

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**Primrose**

Individuals may be eligible if they meet the following criteria:

- A diagnosis of schizophrenia, bipolar disorder (manic depression), delusional disorder, psychosis, schizoaffective disorder, psychotic depression
- Aged 30-75 years old
- A raised cholesterol of 5 or more and/or a raised total/HDL ratio of 4 or more AND one other risk factor:
  - BMI of 30 or more
  - Systolic blood pressure of 140 mmHg or more
  - Diastolic blood pressure of 90 mmHg or more
  - Current smoker
  - HBA1c of 42-47 mmol/mol (6.0-6.4%)
  - Impaired fasting glucose (5.5-6.9 mmol/L)
  - Diabetes
  - A diagnosis of hypertension
  - Willing to be contacted by researcher

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The PRIMROSE study is a cluster randomised controlled trial investigating whether a GP practice led service can reduce cardiovascular risk factors for people with severe mental illnesses.

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PRIMROSE Team

We would like to welcome Samira Heinkel to the team as our new trial Coordinator. Samira has previous experience of research with Rethink Mental Illness and working with people with severe mental illnesses clinically at Camden and Islington Foundation Trust.

If you would like a feature in our next News Flash please let us know. Ideas, suggestion and feedback are most welcome.

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Please visit us at
www.ucl.ac.uk/primrose

Follow PRIMROSE on Twitter: @UCLPrimrose

Happy Holidays