

Patient Newsletter

Thank you!

Thank you to everyone who has taken part in BLISS and for your continued involvement with the study. Without your help and support this study would not be possible.

Aims of the BLISS Cohort study

The main aims of the study are to develop tools which will allow doctors to better manage patients who have, or are at risk of, lung disease (COPD) and to improve our understanding of the development and progression of the condition.

By following a range of people over a period of up to 3 years, we will see how lung symptoms and lung disease change over time. We will also identify factors associated with improved quality of life.

BLISS researchers are now working on new research ideas aimed at improving the care for COPD patients, for example effective interventions (such as pulmonary rehabilitation) in primary care

BLISS Cohort study progress update

Over 2300 people joined the BLISS study from across the West Midlands, and we really need participants to continue providing data and stay with the study. We will be conducting follow-up assessments until the end of May!

We are currently arranging assessments at your GP surgery! The follow-up appointment will last about an hour and will allow us and your GP to monitor how your health changes over time. If you haven't had your second assessment yet, please do contact us!

By attending you will have a chance to enter a prize draw for a £50 M&S voucher!

You can contact us on **0121 4148348**, ***bliss@contacts.bham.ac.uk*** or by writing to The BLISS office, Institute of Applied Health Research, University of Birmingham, Edgbaston, Birmingham B15 2TT.

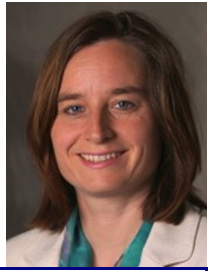


Using your Data

At the time of joining the study, participants consented to allow the BLISS team to access their medical and other health-related records for research purposes. It is important that we link data from general practice and hospitals, in order to do this, we will be sharing certain information about our patients with the Health and Social Care Information Centre (HSCIC). We have sent a letter to all our patients giving information about the process and details of how you can opt-out if you wish.

Staff Highlight: Dr Rachel Jordan, Co-investigator BLISS

Rachel qualified with a BA from Cambridge. Returning to her home town of Birmingham, Rachel joined the department of Public Health & Epidemiology, gaining her MPH and PhD. Following completion of her PhD Rachel became a Senior Lecturer interested in chronic respiratory diseases, and was awarded a research fellowship from the NIHR. She is an integral part of the team of investigators working on the £2m 'BLISS' NIHR programme grant.



Up and coming research projects

Preventing infections

Patients having several respiratory infections a year tend to have more hospital stays than others. One new project that we are working on is to test different ways of avoiding infection.

Lung function variability

Lung function tests help monitor and treat lung problems, and we will be looking at how lung function varies over time and the implication for patients care.

E-cigarettes

We are planning some work to explore patients' e-cigarette use. E-cigarettes have increased in popularity and some people have successfully used them to help them quit or cut down on their smoking. However, there has also been controversy around their use. We will conduct a study to explore patients' experiences of e-cigarettes and factors affecting their use.

Community COPD arts project

We have been approached about an exciting art and philosophy project by an Arts organisation in the Black Country who would like to highlight the lives of patients with COPD. If you live in the Black Country area you may be receiving a letter in the next few weeks about taking part.

Phase 2 of Target COPD and the Cohort study

We hope to extend the TargetCOPD and Cohort studies so we can collect information about lung health over a longer period of time. We may contact you at a later date to see if you are happy to continue.

A bit of fun! BLISS Easter Word Search

P E A B B G B P S G N I R P S
Y Q T I U A N L A W T C M Y Z
C A U A S T I I O R C K M D R
W J D K L D T N L H A X C J B
S I E N O O T E Z K I D U X B
J T Y F U S C B R O C J E C T
D A F E H S D O C F E U P H G
R A T D C O B A H O L O D I S
D F O Z O N L G F C F Y X C H
S R E W O L F I P O T M B K N
R W Y W U F Y G D E D Q Z S B
I D J N O C S N N A B P K G S
K L E T S A P N N Q Y E I G I
T N K W Z I O S Y U D H G A U
O F P D M B S N I F B E Y E U

BASKET	CHOCOLATE	HOLIDAY
BONNET	DAFFODILS	PARADE
BUNNY	DUCKLING	PASTEL
BUTTERFLY	EGGS	SPRING
CHICKS	FLOWERS	SUNDAY

Withdrawal from the Birmingham COPD Cohort study

We hope you will not wish to withdraw from the Cohort study, because the project is of most value if participants continue to provide data and stay with the project. However, participants can withdraw at any time without providing a reason. You can withdraw by phone, email or letter.

☆☆☆☆☆☆

Any suggestions?

What would you like to see in the newsletter? Please get in touch with us we'd love to hear your ideas!

☆☆☆☆☆☆

Birmingham Lung Improvement Studies

Public Health, Epidemiology & Biostatistics

University of Birmingham

Edgbaston, Birmingham B15 2TT

Tel: 0121 414 8348

Email: bliss@contacts.bham.ac.uk