



The HEAT is on!



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HEAT (Helicobacter Eradication Aspirin Trial) is a large randomised controlled study of Helicobacter Pylori (*H.Pylori*) treatment to prevent ulcer bleeding in patients taking aspirin. This trial is based on evidence that ulcer bleeding occurs predominantly in *H.Pylori* positive patients.

Aim: to determine whether *H.Pylori* eradication reduced the risk of gastric bleeding in aspirin users.

Randomisation: active *H.Pylori* eradication treatment or placebo.



10 GP Practices took part across BCUHB and six received support from the Primary Care Delivery Team

Letters were sent out to eligible patients

230 patients consented to participate in the study

49 patients were found to be *H.Pylori* positive and received study medication

Positive outcomes:

- The Primary Care Delivery Team provided full support to GP practices that previously were unable to participate for various reasons, including research naivety, workload burden, time constraints, lack of dedicated staff etc
- By supporting the GP Practices we were able to demonstrate our commitment and support for the studies and surgeries thus building trust
- The Primary Care Delivery Team were able to form new relationships with CTIMP naive GP practices
- A number of GP practices have gone on to take part in other studies as a result of positive experience



“Arwel, Caroline and Angela...their support, advice, mentoring and professionalism have been outstanding. They are each individually approachable and very knowledgeable and have made the process thoroughly enjoyable” –

Jennifer Pattenden, Advanced Nurse Practitioner, Beech House Surgery, Denbigh

“The support provided by the BCUHB Clinical Studies Team was invaluable in helping us to successfully recruit for the study. The guidance and support received ensured that the whole process was straightforward and caused minimal disruption to the practice team ” –

Gerwyn Jones, Practice Manager, Bethesda Surgery, Gwynedd