

Outreach: Reaching Out

***Innovating research
delivery in clinical practice:
AIRWAYS 3 Clinical Trial***

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Background

- Advanced Clinical Practitioner within Critical Care Outreach Team (CCOT) at Royal Glamorgan Hospital
 - CCOT → 7 x Band 7 Advanced Practitioners and 1x Band 6 Trainee Advance Practitioner
 - 24/7 Escalation service for acute deterioration with critical care experience
 - Attend all emergency calls (Part of the Cardiac Arrest Team)
 - MSc Level qualification
- Personal keen interest in research with frequent involvement in research activities and recent completion of the NIHR Associate Principle Investigator Scheme.
- Research is an integral part of advanced practice and is essential for advanced practitioners to inform and develop practice
- Engaging in research activity allows for the use of evidence-based strategies to improve and enhance the quality of patient care we provide
- CCOT role is developing rapidly, owing for opportunities within research

Research at RGH

- Supported by Dr Ceri Lynch (CTM Critical Care Research Lead) and the RGH Research Department Team
- CCOT role expanding to encompass further aspects of research delivery
- Current studies CCOT involved with at RGH **AIRWAYS-3 & VR Ready**
- Upcoming studies CCOT will be involved with at RGH **Awake Prone**
- CCOT identified as having optimal position within clinical care delivery at RGH to incorporate research at forefront of clinical practice.
- Considering all of this, CCOT were approached for involvement in AIRWAYS 3 trial – AND AGREED TO TAKE ON THE TRIAL!

AIRWAYS 3

- Annual incidence of in-hospital cardiac arrests (IHCA) in the UK is estimated to be 1 to 1.5 per 1,000 hospital admissions (Perkins et al, 2021). Advanced airway management is an important aspect of IHCA to ensure optimal patient outcomes
- Multi-centre, open label, randomised trial of the clinical and cost effectiveness of a supraglottic airway device versus tracheal intubation during in-hospital cardiac arrest.
- Being conducted by Warwick Clinical Trials Unit
- Aim of determining whether the insertion of a new type of airway device (SGA) to restore breathing is more effective than the traditional technique of tracheal intubation for adults who have a cardiac arrest in hospital.
- Duration: 1st January 2022 – 31st December 2026 (extension under review)
- Sites open: 57 UK (International Recruitment in 2025)
- Focus of 2025 is shifting from site set ups to recruitment
- Recruited to date: 1300 participants

Research Practice; Practising Research ..

Once identified as the right people for the task, CCOT went to work:

- Completed Good Clinical Practice (GCP) research module
- AIRWAYS-3 mandatory trial training
- Signed the site specific delegation log
- All 8 members of RGH CCOT are now **Screening and Randomising Clinicians**
- All active members of the AIRWAYS 3 trial
- CCOT Role within AIRWAYS3:
 - 2222 'Cardiac Arrest Call' CCOT screen patients and assess eligibility.
 - If eligible, CCOT use PWA App to randomise the patient
 - Convey the allocated trial arm to the anaesthetist
 - Complete the post randomisation CRF (Case Report Form)
 - Identify with designated sticker in medical notes patient recruited to trial
 - Complete baseline identification data collection of participants for research department

Outreach, the research solution ?

- CCOT solely responsible for screening, enrolment and randomisation to the trial
- CCOT leading on the delivery of the AIRWAYS-3 trial was to innovate and embed research in everyday clinical practice.
- Encouraging a team of clinical practitioners outside of a regular research role to lead on a research project
- Broken down long standing barriers in research delivery
- Allowed for research and clinical work to run simultaneously, embedding research culture into everyday clinical practice in our setting.

Do relationships really matter?

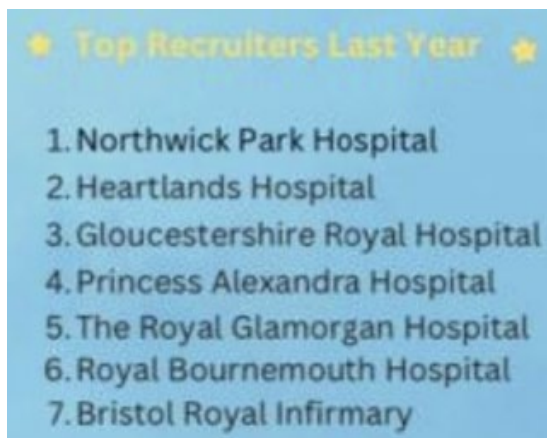
- The Research and Development Team (R&D) at RGH have been fundamental to the AIRWAYS-3 trial
- Ensuring accurate demographic data collection, consent and notification of enrolment to participants or families, the timely collection of data and the overseeing of trial activities and monitoring of adverse events and protocol non-compliance.
- Overseeing and supporting a team of predominantly clinical practitioners with varying levels of research experience to lead on a research trial has been a new and exciting experience.
- Embedded research firmly into clinical practice, with both teams creating time and space for research to thrive.
- Utilising this new approach to research delivery in clinical practice has reinforced the positive aspect of multi-disciplinary working and collaboration to achieve a shared goal.

Outcomes to date ...

- In 2023 (year prior to the commencement of the AIRWAYS-3 clinical trial at RGH) there were 63 true cardiac arrest calls at RGH.
- Estimated number of participants to be recruited was expected to be 2-4 per month. With final site target set at 10-20 participants.
- Since the start of recruiting in late 2024, we have recruited 11 participants to the trial and screened many more!
- 6 participants randomised to Tracheal Intubation arm
- 5 participants randomised to Supraglottic Airway Device arm
- Unfortunately, none of our participants have survived past randomisation and enrolment.
- Delivery of the trial has been smooth and there have been no identified issues with the research delivery in practice.

Shout outs to RGH

- Placed in top 5 recruiting sites of 2024
- AIRWAYS3 Trial Compliance Award
- February 2025, recognised as the star site for our consistent adherence to the protocol and trial processes



November 2024

Perspective

- Utilising health care professionals outside of the norm of a research role can be highly beneficial for advancing research in clinical practice & embedding research culture in everyday clinical work
- Good clinical and research links and working relationships has proven its value (consistent adherence to the trial processes for us at RGH with the AIRWAYS-3 clinical trial)
- AIRWAYS-3 clinical trial has been fundamental to the celebrated success of research in RGH
- Increased the appetite for research within the Critical Care Outreach Team (2 members completed the NIHR Associate PI Scheme)
- Paved the way for the further embedding of research into our everyday clinical practice

Take Home Message

Trialling new ways of research delivery can lead to success, innovating research and improving the quality of care and clinical outcomes for patients.

ANY QUESTION?

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