

S P R I N G 2 0 1 3



# ENCEPH UK

Understanding and Improving the  
Outcome of Encephalitis



Brain Awareness  
week at the World  
Museum 16<sup>th</sup>  
March 2013



## Welcome to the Spring ENCEPH-UK Newsletter

In our first Newsletter just before Christmas, we introduced you to some of the team members of the ENCEPH-UK Programme of studies. However, it's a big programme with a big team, so this newsletter introduces you to few more! You'll see them on page 2. We also update you on site progress and recruitment into the prospective & retrospective cohort study on page 3 so see how your site is faring!

Recruitment has started in the paediatric study UK-ChiMES, (UK Childhood Meningitis & Encephalitis cohort studies): our collaboration with the Oxford group. Further info to follow shortly!

### BOOK NOW

**Brain Infections  
Research Update day  
8<sup>th</sup> May 2013**

A chance to find out about all the latest developments in brain infections research in the UK.

**Liverpool Neurological  
Infectious diseases Course  
9 – 10<sup>th</sup> May 2013**

Ever struggled with a patient with a brain infection? The NeuroID is for you!

### Launch of NeuroID e-learning modules

Check out our brain infections uk website for a link to a range of new modules on a variety of neurological infections. Test your knowledge at the end!

### January's Meningitis NW and ENCEPH-UK Research Update day

The snow threatened to put a stop to this event. However in the end only a few people were unable to make it due to the weather! So thanks to all came.

It was an eventful day and feedback from the day was very positive. We look forward to seeing you again for future events. Still so much more we can discuss!

See our facebook page for some of the photos from the event.

[http://www.facebook.com/media](http://www.facebook.com/media/set/?set=10151481104)



See last page for internet links for these events!

## More members of the ENCEPH-UK team

Here we introduce you to the leads of the sub-studies in the ENCEPH-UK Programme



### Jessie Cooper – End user experience

I am a Medical Sociologist based in the Department of Public Health & Policy at the University of Liverpool, and this is my first ‘proper’ job since finishing my PhD into organ donation and ethnicity.

My role in the study is to use in-depth interviews to capture how people with encephalitis and their carers experience being diagnosed with and living with the effects of the disease.

### Alison Gummery – Neuropsychology

I joined the Enceph-UK study in March 2012 having previously worked at the Walton Centre in the Department of Neuropsychology. My job is very interesting as I meet and chat to lots of people about their thinking and memory after encephalitis.

My favourite things are Liverpool, concerts and my new Shih Tzu puppy, Susie!



### Lara Harris - Neuropsychology



I completed my Ph.D. at the University of Birmingham in 2010, & worked as a postdoctoral researcher in neuropsychology at the University of Birmingham & the University of Cambridge before I accepted a postdoctoral position at King’s College London, to work on the neuropsychology sub-study of the ENCEPH-UK project.

I love cooking, eating (!) and being with friends and family. I’ve recently taken up running and I’m trying to work my way up to a half marathon.

### Ruth Backman – intervention cluster randomized trial

I joined the team 6 months ago to coordinate the cluster RCT which is the final part of the ENCEPH UK programme. I have a PhD in Medical Microbiology & my last postdoc at University of Birmingham involved setting up a study screening 75,000 people in the West Midlands for COPD. I have also run trials involved in atrial fibrillation & novel prebiotics so I am slowly putting my pharmacology degree to good use!

I enjoy photography and my most favourite thing to do is listen to Ex Cathedra perform at Birmingham Symphony Hall.



## Focus – Sister Matata

### Claire Matata

Many of you will already know Claire through the Meningitis North West study. She has certainly been a very busy bee!



### 1<sup>st</sup> ENCEPH-UK patient

Not only is she busy recruiting to Meningitis North West and the PARTITION studies but she recruited our first patient to the ENCEPH-UK prospective cohort study.

### Northumberland Coastal Marathon

One down and 2 to go!

Claire has taken on the challenge of running 3 marathons to raise money for The Encephalitis Society.

The next 2 are Manchester marathon on 28<sup>th</sup> April and the Edinburgh Marathon on 26<sup>th</sup> May.

If you can, please support her by visiting her fundraising page and sponsoring her challenge.

<http://www.justgiving.com/claire-matata1>



### International women's day

So it will not be a surprise that for the Institute of Infection and Global Health's public event to celebrate International Women's Day our local specialist research nurse was nominated as being an inspiration to others.



See the institute of infection and global health website and our facebook page to find out more about what we are doing. Links on the last page.

Remember you can download directly from the ENCEPH-UK website documents for the study and find guidance tools there too.



## Sites Update.

Adult Site	In set up	Trained	Site open	Recruiting	No. in prosp. study	No. in retro. study
Royal Liverpool University & Broadgreen Hospitals Trust			✓	✓	15	2
Aintree NHS Trust			✓	✓	4	1
St James' Leeds Teaching Hospitals			✓	✓	5	
Walton NHS Trust			✓	✓		4
Salford Royal			✓	✓	2	
Morecombe Bay, Lancaster royal inf.			✓	✓	1	
Bradford teaching hospital			✓	✓	3	
Guys & St Thomas' NHS Trust			✓	✓	1	
Hull & East Yorkshire			✓			
Royal Free London			✓			
North Manchester General Hospital			✓	✓	3	
Oxford	✓					
Manchester Royal Infirmary		✓				
South Tees Hospital	✓					
Chelsea & Westminster			✓			
St George's healthcare Trust	✓					
Charing Cross Hospital & St Mary's	✓					
Nottingham University Hospital	✓					
Royal Gwent Hospital	✓					
Royal Preston Hospital			✓	✓	3	
University of North Staffordshire	✓					
University Hospital of Birmingham	✓					
Mid Yorks			✓			
Southampton			✓			
York		✓				
National Hospital for Neurology	✓					
Milton Keynes	✓					
North Bristol	✓					
Arrowe Park			✓			
Huddersfield/Calderdale	✓					
North Cumbria University Hospitals			✓			
Sheffield teaching Hospital	✓					
Birmingham Heartlands	✓					
Health Protection Agency study						26
Encephalitis society						8
<b>Totals</b>	<b>14</b>	<b>2</b>	<b>17</b>	<b>10</b>	<b>37</b>	<b>41</b>

# Useful websites

- [www.encephalitis.info](http://www.encephalitis.info)
- [www.meningitis.org](http://www.meningitis.org)
- [www.braininfectionsuk.org](http://www.braininfectionsuk.org)
- [www.liv.ac.uk/neuroidcourse](http://www.liv.ac.uk/neuroidcourse)
- [www.encephuk.org](http://www.encephuk.org)
- [www.justgiving.com/claire-matata1](http://www.justgiving.com/claire-matata1)
- <http://www.facebook.com/infection.and.global.health.liverpool>



Happy Easter!



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## Focus on mental state examinations – what are they?

The mini-mental state examination (MMSE) with 30 questions is commonly used to screen for dementia & also used to estimate cognitive changes in an individual over time. The questions cover a number of areas, time & place, repeating lists of words, arithmetic, language use & comprehension and basic motor skills. It takes ≈10 minutes to complete.

The abbreviated mental test (AMT) also used to screen for dementia & other cognitive problems but more rapidly. The score is out of 10 and the questions cover a number of areas including time, place and person and some arithmetic.

The shortened AMT is shorter still having just 4 items; **age, date of birth, place & year**. Impaired cognition is indicated by an AMT4 score of <4. It correlates well with the full AMT having a predictive efficiency of 91%. There is little loss of accuracy in detecting marked cognitive impairment when compared to the AMT

### AMT

- 1 what is your age?
- 2 what is the time?
- 3 give patient an address & ask to repeat at end
- 4 what is the year?
- 5 what is name of hospital?
- 6 recognize 2 people
- 7 what is your date of birth?
- 8 what year did WW1 start?
- 9 name of present monarch/ prime minister
- 10 count backwards 20 -1