

# calories Newsletter

Issue 6, December 2012

## Over half way there...!

### Message from the Chief Investigators

With 1272 patients recruited into CALORIES, we are over half way to achieving our target of 2400 patients! At this incredibly important milestone we would like to thank all of the CALORIES teams at all sites for your ongoing hard work and commitment. Now that we have reached 1200 patients, the interim analysis will be conducted, please ensure that your data are up-to-date on the web portal.

We hope that you will join the CALORIES team at the Collaborators' Meeting on 17 January 2013 to celebrate!

*Monty Mythen and Kathy Rowan*  
Chief Investigators

### Recruitment update

Since reaching half way, there has been a surge in patient recruitment! Target weekly recruitment is 25 patients, and there have been several weeks where we have exceeded this. Let's keep it up now we have reached half way!

**Remember that our monthly recruitment target is 100 patients!**



### Collaborators' Meeting

**Date:** Thursday 17 January 2013  
**Time:** 11.00 – 15.00  
**Venue:** National Hospital for Neurology and Neurosurgery, London

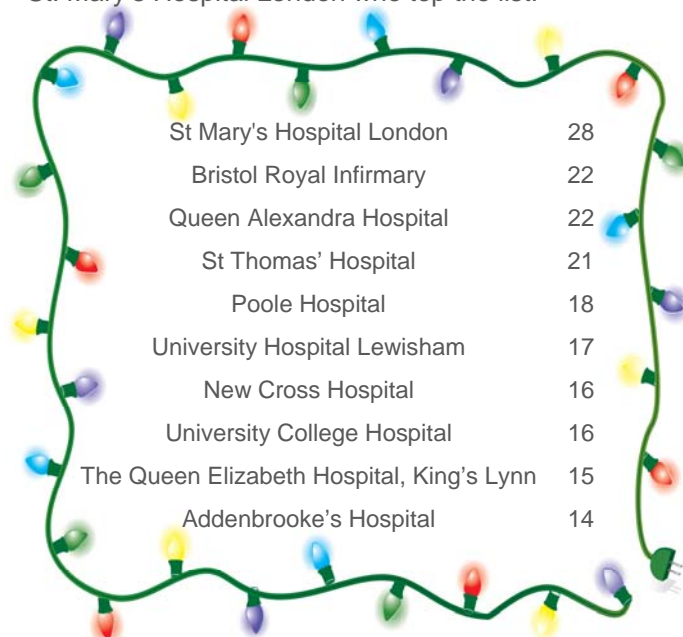
We will be celebrating the achievement of passing half way, as well as giving you an opportunity to link up with teams from other sites.

Please complete the Registration Form and return it to [calories@icnarc.org](mailto:calories@icnarc.org) as soon as possible.

We look forward to seeing you!

### CALORIES Top Ten...

Well done to the top ten recruiting sites between August and November. Congratulations to St. Mary's Hospital London who top the list!



St Mary's Hospital London	28
Bristol Royal Infirmary	22
Queen Alexandra Hospital	22
St Thomas' Hospital	21
Poole Hospital	18
University Hospital Lewisham	17
New Cross Hospital	16
University College Hospital	16
The Queen Elizabeth Hospital, King's Lynn	15
Addenbrooke's Hospital	14

### New sites



to...

**Royal Free Hospital**

**&**

**Huddersfield Royal Infirmary**

...who have recently opened to recruitment.

We now have 26 sites open and recruiting!

## 'Tis the season for data entry



*"Fa la la la la, la la la la"*

### Database lock

The CALORIES database will be locked for the interim analysis on **7 January 2013**. Please ensure that you have all data entered and validated on the web portal for all patients randomised up to and including **14 November 2012**.

We have sent you an updated spreadsheet which lists missing data (listed by patient) in the data fields where the ODV system is not yet active. This covers:

- Baseline – Physiology/Interventions;
- Daily – Nutritional support;
- Daily – Physiology/Interventions; and
- Safety monitoring – Adverse events.

### Data completeness

**Daily Physiology/Interventions** – if nutritional support is stopped before 120 hours (for any reason other than death or discharge from your critical care unit), please continue to collect and record data to Day 6 or until the patient is discharged from the critical care unit.

**Adverse events (specified)** – please remember to complete the Safety monitoring page in the Case Report Form (CRF) and on the web portal for specified adverse events. If a specified adverse event did not occur then please record "0" (i.e. None) under severity.

## More dates for your diary



### Monthly teleconference

19 December 2012, 13.00 - 14.00

Open to everyone, please dial-in and join us

### ICS State of the Art meeting

10-12 December, London

ICNARC has a stand

Come and collect your Christmas present!



Seasons Greetings  
from the  
CALORIES Team!

## Tips to boost recruitment

In November, St Mary's Hospital recruited 14 patients! The team there have shared their top three tips...



Have a dedicated Research Nurse(s) working on the trial. Contact your R&D Department and/or your local CLRN to ensure that you are getting the resources you need.



Ensure that there is cover to suit the case mix of your patients. For example, the staff at St Mary's Hospital changed their cover to include out-of-hours, including weekends, as this is when most of their unplanned admissions occur. In addition, evening cover is very useful as this is when most visitors attend the unit.



Continuous education of the unit staff to ensure CALORIES becomes part of routine practice. Use the CALORIES posters, stickers, pocket cards and slide sets.

## PN/EN Storage poster



We hope you have found the PN/EN Storage poster useful to help remind staff that patients should be reviewed for eligibility for CALORIES before commencing nutritional support.

Send in pictures of the poster displayed in areas where your PN and EN are stored, and your site could win the "Best Dressed PN/EN Storage"

prize at the CALORIES Collaborators' Meeting in January!



## Contact us

**ICNARC CALORIES Team, general enquiries**

**Email:** calories@icnarc.org

**Tel:** 020 7269 9277

**Fax:** 020 7831 6879

**CALORIES 24/7 clinical support line**

**Tel:** 020 7269 9290

**SAE reporting to ICNARC**

**Fax:** 020 7831 6879

