

2019 was another great year for RUSH. We're happy to share the highlights with you:

- ✓ We were in the spotlight at the European Stroke Organisation conference [ESOC] (p. 1)
- ✓ Blood pressure after brain haemorrhage (p. 2)
- ✓ Aspirin safe after brain haemorrhage (p. 2)
- ✓ Aspirin safe for cavernomas (p. 3)
- ✓ Prize-winning medical student and Dutch doctor (p. 3)
- ✓ Sabbatical inspiration (p. 3)
- ✓ Stroke nurses galore (p. 4)
- ✓ SoSTART participant videos are online (p. 5)
- ✓ Laboratory update (p. 5)
- ✓ World stroke day (p. 6)
- ✓ Visiting Dutch student (p. 6)
- ✓ Arthur Fonville prizes (p. 7)
- ✓ Patient reference group (p. 8)
- ✓ Donate to RUSH (p. 8)

ESOC

The research highlight of our year was the European Stroke Organisation Conference (ESOC) in Milan, where we released several major research results that are likely to affect the care of stroke survivors.



Tom Moullaali is halfway through a PhD about blood pressure control and brain haemorrhage. He presented research from the collaboration



he started in Australia (p. 2). **Rustam** released the results of RESTART (p. 2). **Nesh** (pictured) presented findings from the LINCHPIN study.

Research to Understand Stroke due to Haemorrhage

2019
Newsletter
Page 2 of 8



Tom: under pressure

In one of the plenary sessions at ESOC, Tom presented his research, which showed that brain haemorrhage survivors had better outcomes when they had lower average blood pressure levels and smaller blood pressure fluctuations in the first 24hrs after brain haemorrhage. These findings were published in

THE LANCET
Neurology

RESTART: aspirin after brain haemorrhage

Rustam earned a sabbatical (p. 3) at the end of a 10-year project:



REstart or
STop
Antithrombotics
Randomised
Trial

In this randomised controlled trial, taking drugs like aspirin after brain haemorrhage was

much safer than expected, and seemed beneficial compared to not taking them (www.RESTARTtrial.org)!



The results were presented by Rustam at ESOC:



& published simultaneously in:
THE LANCET

Research to Understand Stroke due to Haemorrhage

2019
Newsletter
Page 3 of 8



Aspirin safe for cavernomas, too!

In another study, based on the SAIVMs project that has been running for more than 20 years (www.saivms.scot.nhs.uk), we found that taking drugs like aspirin and warfarin was not associated with a higher risk of bleeding for people with cavernomas. In fact, these drugs might even be beneficial for people with cavernomas! This was published in:

THE LANCET
Neurology

We plan to try to obtain funding to investigate benefit in a randomised trial (like RESTART).

Prize-winning medical student & Dutch doctor

The work on cavernomas, described above, was brought together by a medical student at the University of Edinburgh

(Lottie Hickman, pictured) and European doctors who came to work with Rustam, including Yvonne Zuurbier (pictured). Lottie and Yvonne won the Caver-No-More essay prize for the research, from the patient advocacy organisation *Cavernoma Alliance UK*. Lottie also won the prize for the best medical student presentation at the NIHR stroke research workshop in Manchester!



Sabbatical inspiration

Rustam was so impressed by his team's achievements and their ability to cope without him (after

Research to Understand Stroke due to Haemorrhage

2019
Newsletter
Page 4 of 8



he introduced a 'flat hierarchy') that the University granted him a 6-month sabbatical. This allowed him to complete, present and disseminate RESTART, as well as thinking time to write grants for what needs to be done next. Rustam and his family retreated to Nethy Bridge for natural inspiration, although Rosemary Anderson and Chris Lerpiniere (pictured below) managed to track him down in the wilderness!



Stroke nurses galore!

Clinical research is a team sport. Our team of research nurses ably supports a large portfolio of research studies. The team works in stroke units, outpatient clinics and the emergency department. Consenting participants and their families at critical and highly sensitive moments requires skill and sensitivity. Experienced and long-standing member of the RUSH team, Chris Lerpiniere, has provided valuable guidance and support to the nurse team.



The stroke research nurse team, led by Allan Macraird (centre).

SoSTART videos

We are very grateful to thank the SoSTART participants who contributed to the making of our 'patient testimonial' video. It can be found via the following link: www.sostart.ed.ac.uk. Our RUSH patient reference group recommended that we interview participants so that other patients who are considering the trial can listen to their experiences. This helps patients to understand what is involved in the study.



Laboratory update

Jamie Loan and Caoimhe Kirby, our two laboratory PhD students who you may have met in the 2018 RUSH newsletter (available via www.RUSH.ed.ac.uk if you missed it!) have been joined by a

post-doctoral researcher Jack Barrington, who has moved to Edinburgh from Manchester (pictured with Caoimhe).



Jamie is investigating the link between inflammatory changes seen in brain tissue donated by people who died after brain haemorrhage to the swelling seen around bleeds on brain scans. Caoimhe is studying the immune cells in the brain tissue donated by people who died after brain haemorrhage to find out which cells might be beneficial or harmful. With a mouse model of brain haemorrhage, Caoimhe

Research to Understand Stroke due to Haemorrhage

2019
Newsletter
Page 6 of 8



hopes to boost these beneficial immune cells with a new treatment to improve recovery after a bleed in the brain.



Caoimhe at Neuro Theatre, educating young potential medical students.

Jack has joined RUSH to study the ways in which brain haemorrhage affects the immune system in humans, with Nesh and others in the 'NeuroInflammation after Cerebral Haemorrhage in Edinburgh' (NICHE) study funded by the Stroke Association.

World Stroke Day

We ran another successful stand in the Edinburgh Royal Infirmary

concourse on 29 October, World Stroke Day. This day has become so busy that the clinical team (some of the team members in the image below) will take over in 2020.



Another visiting Dutch student

We are lucky to have many Dutch collaborators. They occasionally send students to work with us. Our latest visitor was Kim Wiegertjes (below):



Research to Understand Stroke due to Haemorrhage

2019
Newsletter
Page 7 of 8



Kim came to explore whether subtle changes on brain MRI scans in the RESTART trial might be tell-tale signs to guide patients' risk of having another stroke and whether they might benefit more from drugs like aspirin. She spent three months with us, and explored as far away as the Corrour Station!

Arthur Fonville Award for Stroke Research

We were pleased to celebrate the fifth year of the award with the Fonville family once again.

This year, Arthur's prize was awarded to two very strong candidates. Laura Cunningham (University of Edinburgh) won the prize for her project 'Peri-haematoma oedema after spontaneous intracerebral haemorrhage (ICH) and its association with outcome'. Leon Rinkel, who is a medical student from the University of Groningen in the Netherlands, who the prize for a project he conducted whilst on placement in Amsterdam,

entitled 'Optimisation of medical monitoring during endovascular thrombectomy procedures.'

The Fonville family made the trip to present the awards. This year, the fund will contribute £750 towards the cost of the awardees presenting their projects at a national stroke conference, if they submit an abstract that is accepted for presentation. This is a wonderful way of celebrating students' success and opening their eyes to the way in which research can change the world for patients.



The Fonville family (and Catherine's and Joost's first granddaughter) with some of the RUSH team members and the prizewinners (Laura and Leon)



2019

Newsletter

Page 8 of 8



Patient Reference Group

Our patient reference group have been invaluable again this year. They advise us about the design of our research. They contribute to grant applications. They oversee the progress of our research. They sit on the committees that supervise our research. They occasionally attend research ethics meetings. They often give us great ideas.

So we treat them to tea in return for their generosity!

You can find out more via the revamped www.RUSH.ed.ac.uk:

If this is something you might like to help with, please contact Rosemary (details below).

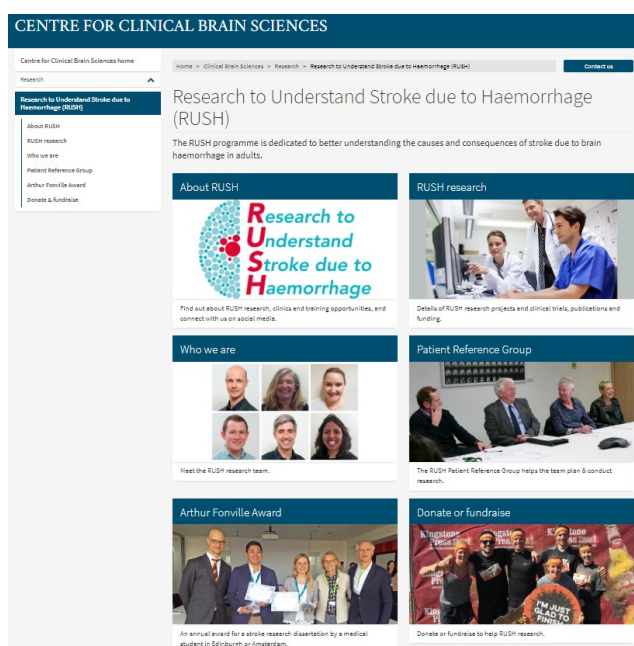
Raising money for RUSH

If you would like to fundraise for us, please contact Kerry MacKay (0131 650 9221).

Contact us:

We are always happy to hear from the participants in our studies, or their relatives or carers.

Feel free to contact us using any of the methods described below:



RUSH

c/o Ms. Rosemary Anderson, CCBS,
Chancellors Building, 49 Little France
Crescent, Edinburgh. EH16 4SB

Tel 0131 537 2944

Web www.RUSH.ed.ac.uk/

Twitter @BleedingStroke

Facebook www.facebook.com/bleedingstroke

Donations to our research programme:

Single donation <http://edin.ac/1iNmjq0>,

regular donation <http://edin.ac/1iNmwwqV>