

NEWSLETTER



Welcome...

... to the Summer 2024 Edinburgh Pregnancy Research Team Newsletter.



The Edinburgh Pregnancy Research Team (EPRT) have quite a few projects running at the moment. We hope you enjoy reading about them on pages 4 & 5!

Be sure to check out page 3 for upcoming EPRT events. We also have **Jazz Kirkwood**, a PhD student looking at ways to **improve GDM** education and care through an innovative and user-friendly **app**, speaking about her PhD research on **page 3**.

We are moving to digital! To sign up to our digital newsletter go to: <https://edin.ac/3wLQ32G> or scan this QR code:

Wishing a lovely summer to all!



The Edinburgh
Pregnancy Research Team



IN THIS ISSUE

EPRT NEWS
PAGES 2 & 3




JAZZ KIRKWOOD
RESEARCH SPOTLIGHT
PAGE 3

EPRT STUDIES
PAGES 4 & 5

KEEP UP TO DATE AND
FOLLOW US

 [facebook.com/Edinburgh
PregnancyResearchTeam](https://facebook.com/EdinburghPregnancyResearchTeam)

 [@edinburghpregnancyr
searchteam](https://www.instagram.com/edinburghpregnancyrsearchteam)

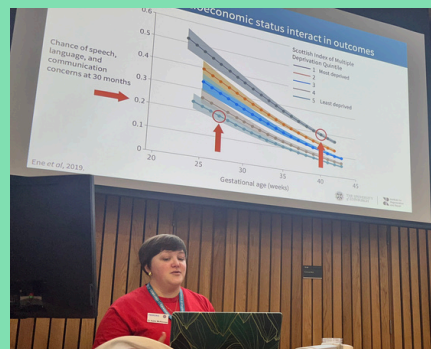
 [@EdiPregResearch](https://twitter.com/EdiPregResearch)

News!



Edinburgh Pregnancy Research Team was part of the Edinburgh Science Festival, held during the Easter holidays. EPRT hosted an event called **Healthy Pregnancies, Healthy Lives**. This was an interactive evening, opening with short “flash talks” from interdisciplinary researchers.

Obstetrician Dr Kayhee Hor, neonatologist Dr Katie McKinnon and dietician Eugenia Grand spoke about how their research can be applied to positively impact pregnancy, and how the time spent in the womb and the environment a baby is born into has an impact on long term health. The floor was then opened to the attendees, giving a unique opportunity to Ask Anything. The evening ended with interactive stalls including a chance to try ultrasound scanning.



Born in Scotland Update!

BiS is recruiting participants from **NHS Borders** as well as NHS Lothian!

We are now trialling “opt-out consent” in NHS Lothian, and continue with “opt-in consent” in NHS Borders.

Please sign up to the BiS newsletter for BiS specific updates.

Find out more by visiting our website <https://edin.ac/4344R8B>



Coming Up...

for the Edinburgh Pregnancy Research Team

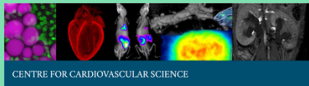
We've got some great events coming up in 2024 that our team is involved with - please join us!



Red4Research Day

Date TBC

#Red4Research Day in NHS Lothian - celebrate research in the Royal Infirmary of Edinburgh concourse. For more information, scan the QR code to the right or visit: <https://t.ly/8CIJg>.



CVS Symposium

20th June

EPRT will be at the annual UoE Centre for Cardiovascular Sciences Symposium in June.



GLOW'24 Conference, Edinburgh

23rd-24th September

Rising to the challenge: Women's and newborn's health in the context of global crises. More information in our next Newsletter. For more information, scan QR code or visit: www.glowconference.org/



Research Spotlight

Jazz Kirkwood is a PhD student with EPRT. Here she answers some questions about her PhD, looking at developing an app for women and pregnant people with GDM!

Hi Jazz, first off, what is your background?

My background is in Mathematics, after my undergraduate I worked as a data engineer, this got me into data science, but I have always had an interest in women's health, which led me to my project 'personalised care for GDM, a data-driven approach'.

What made you decide to get into research?

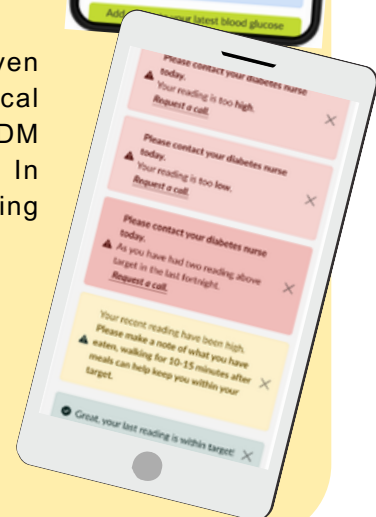
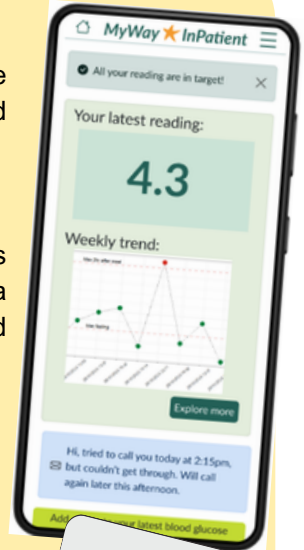
I wanted the challenge of a PhD!

Tell us a little bit about your current research?

I'm in my 3rd year of a 4 year PhD. My current research is into data driven approaches to GDM. Within which I have developed a user-centred clinical dashboard and patient app for GDM with MyWay Digital Health, to manage GDM patients and to support patients with blood glucose monitoring and education. In addition, I am curating a database of women with GDM and using machine learning to see if it is possible to identify patients that will need medication for their GDM. Sadly, I have just finished all my recruitment. For future applications for my PhD, we are wanting to do a pilot study of the app, but it won't be within my PhD. I am very happy to be contacted with any questions or if anyone is interested in potential projects.

You can contact Jazz by email:

j.r.kirkwood@sms.ed.ac.uk



A quick update on Our Current Research Projects

Born in Scotland in the 2020s (BiS)

Recruiting
now!

BiS is a cohort study in the pilot phase. Open in NHS Lothian since 2022, we are now also **open** in the **Borders!** In NHS Lothian we are **trialsing Opt-Out consent** which means **all pregnancies booked in NHS Lothian are automatically part of Born in Scotland**, unless they choose to withdraw.

We have **over 900 participants!** Please **sign up** to the **BiS newsletter** for BiS specific updates.

Find out more by visiting our website below, or scan the QR code to the right:

<https://edin.ac/4344R8B>



Born in Scotland Data Trust Project

The **Born in Scotland Data Trust project** is linked to **Born in Scotland**. We want to test how a new, different model for looking after data (called a data trust) could work in practice using BiS as a case study. We hope to run more **BiS Data Trust** focus groups later this year.

Keep up to date on our website below, or scan the QR code to the right:

<https://edin.ac/3wFYuMx>

I-Test

Recruiting
now!

I-Test is using Optical Coherence Tomography (OCT) which is a non-invasive scan of the back of the eye (retina) to see if pregnancy complications (like pre-eclampsia) cause changes to eye vasculature, and if this can be used to detect pregnancy complications earlier. We now have over 200 participants!

A **HUGE** thank you to **all staff in DAU** for your help in recruitment in i-Test and SIMPREG! ❤️

Keep up to date on our website below, or scan the QR code to the right:

<https://edin.ac/3VdM9cR>



ROTATE Trial

Recruiting
now!

The **ROTATE Trial** is a randomised controlled trial comparing manual rotation (where the doctor uses their hands) to instrumental rotation (using an instrument such as forceps or a vacuum cup) to see which of these methods is the safest and most effective at rotating a baby into optimal position for birth.

A **HUGE** thank you to labour ward staff for helping to recruit to this important study! ❤️

Find out more by visiting the websites below, or scan the QR code to the right:

<https://shorturl.at/eiKZ1>

<https://edin.ac/3TOCYyr>



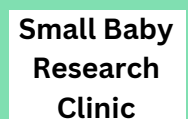
Small Baby Research Clinic

Recruiting
now!

At birth, 8-10% babies are small. We cannot always distinguish on ultrasound between a baby that is small but appropriately grown, and a baby who has a small size due to their placenta not working as well. In the Small Baby Research Clinic we hope to improve on this, and those who attend can participate in research if they want to.

Find out more by visiting the websites below, or scan the QR code to the right:

<https://edin.ac/4cgFogp>



Our Current Research Projects continued

Recruiting now!

STOPPIT-3 and STOPPIT-M

STOPPIT-3 is a placebo-controlled study which aims to answer whether antenatal corticosteroids (ACS) reduces respiratory morbidity and NNU admission for twins. Twin mums/gestational parents having IOL or ELCS at 35+0-38+6 can sign up, and those who have an elective caesarean birth can also sign up to **STOPPIT-M**.

In **STOPPIT-M** we collect samples at the time of caesarean birth and want to find out why ACS work for some babies, but other babies still develop problems. Thank you for all your support in recruiting to both these studies! ❤️

Find out more by visiting the websites below, or scan the QR code to the right:

<https://edin.ac/3IMV9xY>

<https://stoppitstudy.co.uk/>



STOPPIT³

STOPPIT-M



Recruiting now!

Edinburgh Reproductive Tissue Bio Bank (ERTBB)

ERTBB was set up to aid medical & scientific researchers working in the field of reproductive biology, with the long term goal of improving the health, diagnosis & treatment of women/gestational parents and their un-born infants. The bank provides anonymised high quality tissue samples & matched medical data for researchers working on approved projects looking at complications associated pregnancy and childbirth.

Keep up to date on our website below, or scan the QR code to the right:

<https://edin.ac/3PrdPal>



Research Fellow and PhD Researcher Projects

In addition to our Current Studies, there are also a number of interesting projects being undertaken by the research fellows within our team, visit the website or scan the QR code: <https://edin.ac/3xklBwj>.

- Optimising care for women with Gestational Diabetes Mellitus: a mixed methods evaluation of impact of COVID-19 on management of Gestational Diabetes
- Outcomes after unnecessary and late preterm/early term antenatal corticosteroids
- Machine learning to detect and validate fetal hypoxia using cardiotocography
- Personalised care for Gestational Diabetes: a data driven approach
- Optimizing dietary interventions for women diagnosed with Gestational Diabetes to significantly improve mental and neonatal outcomes
- Modelling Maternal Cardiovascular Adaptation to Pregnancy
- **DASHing perspectives** -
For more info follow the QR code or visit <https://edin.ac/4cphdfT>
- **DiPPY Baby** -
For more info follow the QR code or visit <https://edin.ac/3TvI9Sf>





Meet the Team



The Edinburgh Pregnancy Research Team (EPRT) encompasses a diverse group of academic researchers, medics, midwives and laboratory staff. We work together within NHS Lothian and the University of Edinburgh to improve pregnancy outcomes and experiences through research. We also work collaboratively with many other academic and clinical teams and organisations, with the same shared interest in promoting research in pregnancy.

Centre for Cardiovascular Science



Professor Rebecca Reynolds
Professor of Metabolic Medicine, University of Edinburgh; Honorary Consultant Physician, NHS Lothian



Dr Marisa Magennis
Research Coordinator; Project Manager



Shona Low
Senior Research Midwife



Dr Kathryn Hunt
Specialty Trainee in Obstetrics and Gynaecology, NHS Lothian; Clinical Research Fellow



Dr Carlos Sánchez Soriano
Research Fellow



Irfa Rizwan
PhD Student



Jazz Kirkwood
PhD Student



Anne-Marie (Annie) Jones
Research Midwife



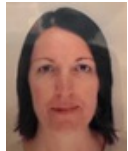
Em Thompson
Research Midwife



Indira Kemp
Research Midwife



Jess Thompson
Research Midwife



Marie Heritage
Research Midwife



Rosie Jenks
Research Midwife



Sarah Donaldson
Research Midwife



Jayne Brady
Senior BioBank Technician



Wendy Mak
Research Practitioner



Bee Nagy
Research Technician

Usher Institute



Professor Sarah Stock
Personal Chair of Maternal and Fetal Health; Consultant Obstetrician, NHS Lothian; Maternal and Fetal Medicine Subspecialist, Royal Infirmary Edinburgh



Dr Rosie Townsend
Senior Research Fellow; Consultant Obstetrician, NHS Lothian



Farah Francis
PhD Student

Centre for Reproductive Health

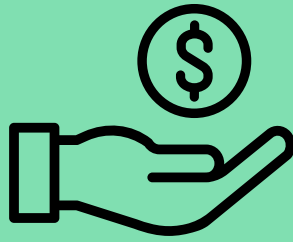


Dr Sarah Murray
SCREDS Clinical Lecturer in Obstetrics; Subspecialty Trainee in Maternal and Fetal Medicine, NHS Lothian



Dr Niamh McLellan
Research Fellow

Any Questions?
Contact us:
researchmidwives@nhs.scot
or phone: 0131 242 2480



Support Us



The Edinburgh Pregnancy Research Team is a group of health and science professionals, working across the University of Edinburgh and NHS. We are committed to promoting and supporting perinatal research in order to improve pregnancy outcomes and experiences for pregnant women and families.



You can help us by fundraising... while you shop!

The easiest way to do this is to go to our website:
www.easyfundraising.org.uk/causes/eprt/



Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Brands pay easyfundraising a commission because when you start your shop from the easyfundraising website or app, they can see we sent you to them. If you make a purchase, a commission is generated, and that gets turned into a donation for us - magic!

Keep in Touch!

If you have any questions about our studies, would like further information or references for anything in this newsletter, please don't hesitate in contacting us. We would be delighted to hear from you!



0131 242 2480



<https://www.ed.ac.uk/edinburgh-pregnancy-research>



researchmidwives@nhs.scot



<https://www.facebook.com/EdinburghPregnancyResearchTeam>



[@EdiPregResearch](https://twitter.com/EdiPregResearch)



[@edinburghpregnancyresearchteam](https://www.instagram.com/edinburghpregnancyresearchteam)

