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**CEDAR**

Centre for Healthcare Evaluation,  
Device Assessment and Research

CEDAR: Centre for Healthcare Evaluation, Device Assessment and Research

# Quarterly Bulletin

December 2023, Issue 5

CEDAR is committed to supporting patient-centred, evidence-based care through research and evaluation of health interventions, technologies, and NHS services.

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### CEDAR News

Recent highlights from the team

### Project Highlights

Find out which projects have been making strides in CEDAR this quarter

### Workstream Showcase

Learn about Evaluation - one of the many fields of expertise within CEDAR

### Staff Spotlight

Hear from Samantha Salway, a CEDAR administrator.

## CEDAR News

- A very warm welcome to Samantha Salway and Bimbola Wealth, who have joined the administrative team here at CEDAR.
- Michael Beddard and Katherine Woolley, two Senior Researchers at CEDAR, have each put together a video for Value in Health week highlighting what CEDAR do. Click [here](#) to watch.
- The [POLARIS trial](#) (Pathway Of Low Anterior Resection syndrome relief after Surgery) has started recruiting in Cardiff. Laura Knight (CEDAR Senior Researcher) has begun the qualitative sub-study by conducting a semi-structured interview with the first participant to be enrolled into the trial. Laura and other CEDAR colleagues working on the POLARIS trial also attended the '[Updates in LARS management workshop](#)' in December, hosted by Mrs Julie Cornish.
- Judith White attended an MHRA inspection readiness course which was hosted by the NHS R&D Forum for CAV UHB staff. The course was aimed at providing practical advice to those involved in regulatory inspections of clinical trials.
- The [SPIN-VR](#) study received a favourable opinion from the Research Ethics Committee on 29<sup>th</sup> November 2023. Find out more about the study in our project highlight below.
- Stage one of the National CORE PREMs refresh is completed with fantastic engagement from service users, representatives from advocacy groups, and patient experience teams from across Wales.



*The CEDAR team celebrated Christmas in style with a festive feast at Browns Brasserie followed by some friendly competition playing shuffleboard and darts!*

## PROJECT HIGHLIGHTS

### IBD Evaluation

Inflammatory bowel disease (IBD), which includes ulcerative colitis and Crohn's disease, affect approximately 25,000 individuals in Wales and has a significant impact of an individual's quality of life. Since 2017 the IBD team in Cardiff and Vale University Health Board has gradually introduced a suite of measures to improve the care for patients with IBD. CEDAR, funded by the Welsh Value in Health Centre, investigated the impact these service changes have on patient outcomes. The evaluation found positive results for patient satisfaction, reduced emergency admissions and surgeries and a cost shift from emergency admission and surgery to biologic use. Future evaluation should focus on prospectively obtaining meaningful outcome and process data.

### HELPP Research Study

We have recently been awarded funding (£195,131) from Health and Care Research Wales (HCRW) to investigate the feasibility of developing personalised treatment pathways for relief of plantar heel pain using a sequential multiple assignment randomised trial (SMART) study design. The HeEL Pain Pathways (HELPP) feasibility study will determine whether a personalised treatment pathway for people with heel pain can be delivered by the Podiatry Department at Cardiff and Vale University Health Board. This study will tell us whether progression to a full-scale SMART is feasible, and acceptable to patients and staff. Subject to further funding, our long-term goal is to develop an adaptive intervention pathway using a consistent approach across Wales. Developing more efficient pathways could improve patient reported outcomes, reduce healthcare resource use, and save unnecessary waste, harm and variation, in line with the principles of values-based healthcare.

### SPIN-VR

Osteoarthritis of the knee poses a significant global challenge, impacting function and quality of life due to pain. Physiotherapy-based exercise is crucial for non-pharmacological pain management. However, the long-term effectiveness of pain relief depends on consistent adherence to these exercises. Ongoing pain management for osteoarthritis requires empowering individuals with the skills and motivation to continue exercises independently after face-to-face clinical support ends. The [SPIN-VR study](#), a feasibility RCT, is exploring the use of non-immersive virtual reality to enhance physiotherapy exercise adherence. This intervention includes body-worn sensors enabling virtual games that mimic these physiotherapy exercises. Participants will be randomly assigned to standard care or the intervention, with the study aiming to inform the feasibility of a larger RCT and assess the acceptability of this innovative intervention.

### Workstream Showcase – Evaluation

**Senior Evaluation Scientist, Michael Beddard discusses CEDAR's evaluation work:** CEDAR's evaluation workstream assesses programs and interventions in collaboration with NHS, local government, and third-sector partners, exploring outcomes, contextual factors, and impacts. Using mixed methods, we engage with diverse stakeholders, triangulating quantitative and qualitative data. The process includes economic assessments and estimating social return on investment (SROI). CEDAR's expertise lies in iterative logic model development, creating evaluation frameworks, service evaluation, formative evaluation, scale-up assessments, barrier identification, process evaluation of complex interventions, and impact evaluation using validated tools like Normalisation Process Theory and the RE-AIM framework.

### STAFF SPOTLIGHT

In this issue, we speak to Samantha Salway, our new administrator:



#### Tell us a bit about you and your role:

I have transferred in to CEDAR from Physiotherapy based in UHW. I worked there for 5 years as departmental secretary. My role was varied and I got to know most of the staff in the 300+ team. Daily duties would vary from reporting a broken toilet to ordering staff uniform.

#### What 3 words would you use to describe CEDAR?

Windows, friendly and welcoming.

#### Tell us about something you're particularly proud of:

Being able to put up coving after watching a few YouTube videos.

#### Choose a superpower:

I am going to be greedy and choose 3 - shapeshifter, extrasensory perception and the power of bilocation.

#### What is a fact about you that people would be surprised by?

I'm a trained barber.