

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

CEDAR: Centre for Healthcare Evaluation, Device Assessment and Research

CEDAR News

- Congratulations to [Katherine Woolley](#), CEDAR's newly appointed Evaluation Workstream lead!
- Several of CEDAR's evidence synthesis team attended the annual NICE conference in Manchester during March. The conference included sessions focusing on the NHS 10 Year Plan, digital advancements in health technologies and international collaboration in HTA.
- CEDAR's Deputy Director [Judith White](#) presented at C&VUHB therapies research seminar, talking about how CEDAR can support CAV staff to undertake high-quality, impactful research.
- Congratulations to CEDAR Evaluation Scientist [Agatha Hills](#) for raising over £600 for Cancer Research Wales running the Prague Half Marathon.
- Congratulations also to Meg Kiseleva, Systematic Reviewer based in both CEDAR and [SURE](#) who raised £450 in support of [OUCH](#), a cluster headache charity by offering short and fun tango sessions.
- Some CEDAR staff attended this year's [Wales Cancer Research Conference](#), with presentations covering the latest advances in cancer research and an opportunity to connect with cancer researchers across Wales.
- Members of the CEDAR team hosted an in-person patient and public involvement (PPI) focus group with participants with multiple sclerosis in collaboration with [Immunoserv](#). You can read more about this in our project highlights section.
- A huge achievement for the [STEP CARE](#) study! Supported by CEDAR's trial management team, this international multicentre randomised controlled trial studying sedation, temperature and blood pressure strategies, has now recruited 3,500 patients.

CEDAR's mission is to collaborate with clinical teams to deliver responsive, impactful, high-quality, patient-focused research and evaluation to improve outcomes for people in Wales and more widely.

In This Issue

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Project Highlights

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Staff Spotlight

Hear from Rebecca our Project Support Officer



CEDAR News

Recent publications:

- [‘Describing and monitoring quality in value-based palliative and end-of-life care at a population level in Wales: achievements and future direction’](#) – **Woolley et al (2026)**. This manuscript describes Wales’ progress in monitoring the quality in care for people in their last year of life across six quality domains, and outlines the requirements, challenges, and future direction of this approach.
- [‘From patient voice to clinical practice: recommendations from the national evaluation of the lupus service in NHS Wales’](#) – **Beddard et al (2026)**. A poster presented at the SLEuro conference held in Portugal has been published in the *Lupus Science and Medicine Journal*.
- [‘Confidence to Self-Manage in Diabetes: An All-Wales Cross-Sectional Population Study’](#) **Rollings et al (2026)**. This manuscript examined people with diabetes in Wales and the association between confidence to self-manage, wellbeing and elective admissions.
- [‘Increasing conscious sedation use for dental treatments: a cost and consequences analysis. British dental journal.’](#) **Chong et al (2026)**. This manuscript evaluated the costs and outcomes of increasing conscious sedation use for adults undergoing a dental procedure in secondary care.
- [‘Wales’ participation in the OECD PaRIS survey: exploring the logistics of a large-scale patient-reported outcome survey’](#) **Pruski et al (2026)**. This manuscript describes how Wales independently implemented the OECD PaRIS study to understand whether healthcare meets people’s needs. It achieved strong participation—over 25,000 patient responses—and produced one of the most comprehensive PaRIS datasets, now being used to inform population-health insights and guide national policy and service improvement.

Project Highlights

Barriers and facilitators to accessing primary care services for the menopause: Rapid Qualitative Evidence Review

Menopause marks the point in an individual’s life when menstruation permanently stops and is defined as the absence of periods for over one year. The transition to menopause can happen over several years and a range of symptoms can occur, lasting on average of 7 years and in some cases up to 15 years. Between 2018–2023, prescribing of hormone replacement therapy (HRT) to reduce menopause symptoms increased across Wales, but this growth disproportionately favoured people living in the least deprived areas (Y Weithrediaeth, 2024).

CEDAR have been commissioned through Value Transformation at NHS Wales Performance and Improvement (formerly the Welsh Value in Health Centre) in partnership with the Women’s Health Network to complete a rapid evidence review.

Using rapid synthesis methods, the review identified 15 key themes relating to barriers and facilitators in accessing and navigating primary care for individuals experiencing menopause-related symptoms.

The findings highlight both the challenges and the factors that can support improved access to primary care services. This evidence will directly inform an ongoing evaluation of HRT use across Wales, also being led by CEDAR.

Y Weithrediaeth. (2024). The NHS Wales Women’s Health Plan: 2025–2035. <https://executive.nhs.wales/functions/networks-and-planning/womens-health/the-womens-health-plan-for-wales/>

CEDAR’s work aimed to:

- Understand the barriers and facilitators to accessing and navigating primary care services for individuals with menopause related symptoms
- Explore differences in people’s experiences based on demographic factors



Multiple Sclerosis (MS) is a chronic condition affecting approximately 110,000 people in the UK. The current diagnostic pathway is complex and lengthy, often taking 6 to 12 months to confirm a diagnosis. This process typically relies on invasive tests, such as lumbar punctures, which can be painful, costly, and lead to complications.

Funded by the NIHR (Award ID: [NIHR208514](#)), this study focuses on the clinical validation of MS Immuno-T, a novel blood test developed by ImmunoServ. This test detects specific T cell responses associated with the disease. The test requires only a standard blood sample and can report results within 48 hours. The project aims to validate the test's performance against current standards, with the goal of simplifying diagnosis and improving patient care.

CEDAR is collaborating with ImmunoServ to assess the health economic value of the MS Immuno-T test. Our team are developing an economic model to estimate the potential cost savings and health benefits compared to traditional diagnostics. By mapping current pathways and analysing resource use, we aim to demonstrate how this test could transform healthcare efficiency and patient outcomes. To ensure this research is grounded in real world experience, CEDAR partnered with the Welsh Neuroscience Research Tissue Bank to engage with individuals living with MS.

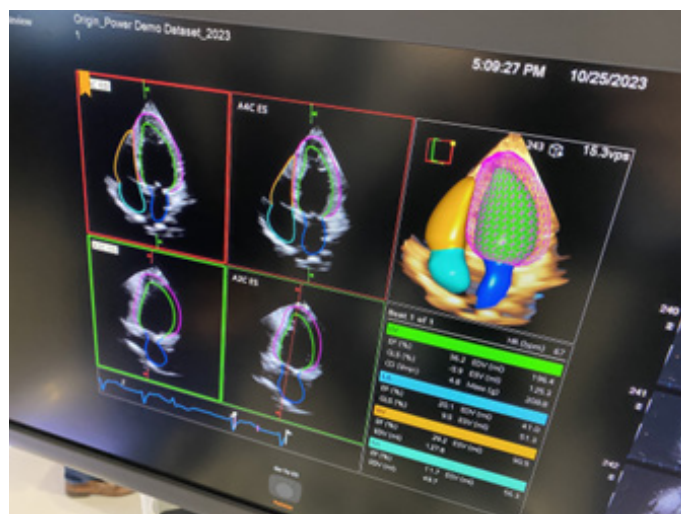


Figure 1 Immunoserv PPI Focus Group

In early 2026, CEDAR hosted an in-person patient and public involvement (PPI) focus group with five participants with MS to explore the acceptability of the new test (see image below). This session provided invaluable insights into the lived experience of MS, ensuring that our analysis

reflects the needs of those who may use the test in the future. These findings will inform how the test is used in the current study and shape the design of future clinical research.

AI-assisted echocardiography



CEDAR is pleased to have contributed to the NICE Early Use Assessment of AI assisted echocardiography analysis and reporting to support the diagnosis and monitoring of heart failure (HTG779). The purpose of this assessment was to identify and evaluate the evidence available for AI-assisted technologies designed to automate or support echocardiography procedures. CEDAR evaluated both the clinical and cost effectiveness evidence to inform NICE's recommendations on whether these technologies have the potential to address an unmet need in the NHS. NICE HealthTech Guidance HTG779 concluded that more research is needed on the included technologies to support the diagnosis and monitoring of heart failure before they can be funded by the NHS. The full recommendations are available here: [AI-assisted echocardiography guidance](#).

Methods Showcase: Qualitative data collection

Mike Beddard (Senior Researcher and Public Involvement Lead) describes CEDAR's qualitative work:

Qualitative research and evaluation allows us to explore social phenomena, providing rich information on lived experience and perspective, and deeper insights and understanding on complex topics that quantitative methods alone cannot capture. CEDAR undertakes a diverse range of both qualitative and mixed-methods projects, at a local and international level. Our staff are highly experienced methodologists, taking responsibility for study design, recruitment, analysis, and reporting.

We have experience of working with a diverse range of participants, including clinical staff, children, vulnerable adults, and on sensitive topics. Meaningful engagement with new and existing patient and public partners ensures the patient voice is central to our work. We endeavour to make participation in our studies as accessible as possible. For example, we can facilitate the inclusion of participants through the use of British Sign Language (BSL) interpreters, and we are committed to the use of the Welsh Language.

We design every project to fit specific requirements, timelines and budgets. Our support ranges from gathering rapid insights through short surveys and quick informal chats, through to a full comprehensive evaluation involving in-depth interviews and focus groups.

Our qualitative methods support a wide variety of projects. These include evaluations, such as the Welsh Government funded [National Evaluation of the Lupus Service in NHS Wales](#); research, such as the [HELPP Feasibility Study](#) (funded by Health and Care Research Wales), and the [National PREM Refresh](#) (funded by Welsh Government).

To read more about our qualitative work, visit our website [here](#).

Staff Spotlight

Rebecca Hughes,
a Project Support Officer at CEDAR



Tell us a bit about you and your role:

I joined CEDAR full-time almost a year ago, after initially coming over on a part-time secondment while working in the Ionising section of Medical Physics. Since then, I've had the chance to contribute to a wide range of CEDAR projects, which keeps the work varied and really interesting.

What three words would you use to describe CEDAR?

Dynamic, Driven, Digital

What is your favourite part of your job?

The range of different projects means I'm always learning about something new.

Choose a superpower?

Flying - for the feeling of skydiving every day!

If you could have a 'guest expert' join the team for a day, who would it be?

David Attenborough. He could narrate our meetings and suddenly everything would feel profound and majestic.

If you have a proposal and would like to talk to our team, please contact us or fill in our [support request form](#)

Visit our website:

