

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

- CEDAR completed the National Evaluation of the Lupus Service in NHS Wales; the full report is now available in the [NHS Executive Press Release](#).
- Hawys Waddington, CEDAR's Welsh Language Coordinator, appeared on BBC Radio Cymru to discuss [laith mewn lechyd](#), a CEDAR-led project to improve NHS care for Welsh speakers.
- The team have also presented at several conferences over the summer. Topics have included:
  - A study on self-managing diabetes at the UK PROMS Conference.
  - A review of tools for assessing Hospital-Acquired Deconditioning at the UK Society for Behavioural Medicine Conference.
  - Talks and posters on evaluating medical devices and device regulations at the All Wales Medical Physics and Clinical Engineering Annual Meeting.
  - A comparison of paper vs. electronic consent, presented at the Support and Delivery Day and the UK Trial Managers Network Conference.
  - Two presentations at the Association of Surgeons of Great Britain and Ireland covering 'one-stop shop' cancer clinics and the role of single-use flexible sigmoidoscopes.

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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Recent highlights from the team

#### Project Highlights

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

#### Staff Spotlight

Hear from Sam Bird, Senior Evaluation Scientist at CEDAR.



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## Project Highlights

### Patient Empowerment Tool

CEDAR has been undertaking a research project looking at factors that influence perception of patient empowerment tools in the context of health literacy. Patient empowerment tools are short questionnaires that can be used to measure a person's level of knowledge, confidence and skill in managing their health condition. The information helps healthcare professionals adapt the care they provide to meet individual need. Service users, physiotherapists and podiatrists were recruited from the physiotherapy and podiatry outpatient departments within Cardiff and Vale University Health Board. Service users reported on how easy the tools were to read and understand, the length of the tools and relevance to care. Staff members reported on the accessibility, clinical relevance and facilitators (provision of useful information, time efficiency, resource allocation) and barriers (care pathways, staff training and engagement) of using patient empowerment tools in routine practice. Service users and staff both thought that patient empowerment tools were useful to support the care provided.



### ICAT & Lower Anterior Resection Surgery (LARS) Collaborative

The Lower Anterior Resection Surgery (LARS) collaborative is a global collective of experts and leaders in LARS, united by the shared goal of highlighting the importance of addressing this condition and its significant impact on quality of life. Together, the aim is to impact LARS by empowering patients, educating communities, and improving lives. Dr Laura Knight from CEDAR is part of this collaborative as the Senior Qualitative researcher.

The collaborative's current work is focusing on the development of a new tool to capture the symptoms associated with LARS, the impact they have on patients' quality of life, and to reliably track changes in these over time. This new tool, the LARS iCAT, is in the process of being validated using patient input from the UK, North America and Australasia.

### PROVISION

The PROVISION (PROm VISualisatION) project is a pilot qualitative study exploring how patients would like to access and visualise their own Patient-Reported Outcome Measures (PROMs). PROMs are widely used across the UK to capture patient perspectives on health and wellbeing, but patients rarely get to see their individual results.

Sponsored by Cardiff and Vale University Health Board, the study involved focus groups with 13 participants across four clinical areas: hip arthroplasty, epilepsy, heart failure, and long-term conditions. Participants discussed their use of technology, views on PROMs, and preferences for how PROM data should be presented. Findings showed that most patients would like access to their PROM data - ideally via digital platforms like email, apps, or websites. Clear, accessible presentation was vital, with participants favouring multi-bar charts over more complex formats like spider diagrams. For those less confident with technology, discussions with their care team were also seen as important. CEDAR supported the design and delivery of the focus groups, thematic analysis of participant feedback, and dissemination of findings. This work contributes to the growing evidence base on how PROMs can enhance patient engagement, communication, and shared decision-making through meaningful visualisation.

## Staff Spotlight

We speak to **Samuel Bird**,  
Senior Researcher at CEDAR



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

*I have been at CEDAR for nearly three years as a senior researcher. My background is in psychology and neuropsychology. Previously I have worked at Cardiff and Vale UHB as research delivery staff. My expertise lie in clinical trial management, and data management and analysis.*

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

*Easy-going. Dependable. Progressive.*

### What is your favourite part of your job?

*I love being involved in running research on new and exciting treatments and therapies. As well as conducting data analysis on data collected from those studies.*

### Choose a superpower?

*The ability to talk with animals so I can ask my cat and dog why they're acting weird.*

## Recent Publications

Congratulations to the team on recent publications, including protocols for the MAP-CARE trial ([PMID: 40392139](#)) and a vascular surgery PREM ([PMID: 40617619](#)), plus a review of PROMs in clinical decision making ([PMID: 40615892](#)).

## Mediwales Connects Conference



CEDAR attended the [Mediwales Connects Conference](#) in Cardiff this year, hosting an exhibition stand and a panel discussion. The session, titled "From Conception to Adoption - Collaborating to generate new evidence," featured a presentation from CEDAR's Dr Susan Peirce on the [RSA-PACE](#) medical device study. She was joined by collaborator Dr Harriet Coxon-Meggy, who discussed the [POLARIS](#) study, and Adam Bryant, CEO of [Cansense](#), who spoke about innovation in cancer diagnostics, including CEDAR's supporting Health Economic Assessment.

