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Cross-border
Healthcare Intervention Trials
in Ireland Network

Making Life Better

Seminar Series

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Interreg 
Northern Ireland - Ireland - Scotland
European Regional Development Fund

HSC Public Health
Agency
Research and Development

HR^B Health
Research
Board

Making Life Better

Making Life Better 2012–2023 is the ten-year public health strategic framework.

The *MLB* framework seeks to create the conditions for individuals and communities to take control of their own lives and move towards a vision of NI where all people are enabled and supported in achieving their full health and wellbeing potential and to reduce inequalities in health.

The PHA is the lead agency for regional implementation of the *MLB* framework, supported by a *MLB* Regional Network launched June 2019.

MLB Themes

- Giving every child the best start
- Equipped through life
- Empowering health living
- Creating the conditions
- Empowering communities
- Developing collaboration

MLB places emphasis on....

- improving health and wellbeing and reducing inequalities
- upskilling for HSC professionals
- actions that are evidenced based or subject to evaluation
- addressing local need
- building capacity for research and strengthening the evidence base to secure health benefits.

- HSC R&D Division through implementation of its HSC R&D Strategy and its Strategy for Personal and Public Involvement in HSC research, contributes to delivery of the DoH's Research for Better HSC Strategy (2016-25) and of *Making Life Better 2012–2023*.
- Public health outcomes can be enhanced by evidence-based health research, including health intervention research, which can: investigate if a new intervention is safe; determine if it is better than current practice; or direct resources to improve and protect people's health and reduce health inequality.

CHITIN Programme

- **Cross-border Healthcare Intervention Trials in Ireland Network (CHITIN)**
- €8.84m (incl. 15% contribution from the Departments of Health in NI and ROI)
- HSC Research & Development Division of the Public Health Agency (PHA) NI and Health Research Board Ireland
- *A project supported by the European Union's INTERREG VA Programme, funded through the European Regional Development Fund (ERDF) and managed by the Special EU Programmes Body (SEUPB), a N/S Implementation body sponsored by the Department of Finance (NI) and the Department of Public Expenditure and Reform (ROI)*






Addressing an unmet need

- In Ireland there is inequity of access to some health and care services and in the opportunity for involvement in health intervention research, particularly in more rural areas. This inequity is exacerbated by the existence of a border.
- CHITIN offers enhanced opportunity of involvement to deliver, participate in and benefit from health intervention trials in settings most appropriate to need.

Output Indicators

- Develop infrastructure and deliver cross-border trials for novel but unproven health interventions to prevent and cure illness
- Specialist training and development programmes for cross-border area HSC providers

The CHITIN Trials

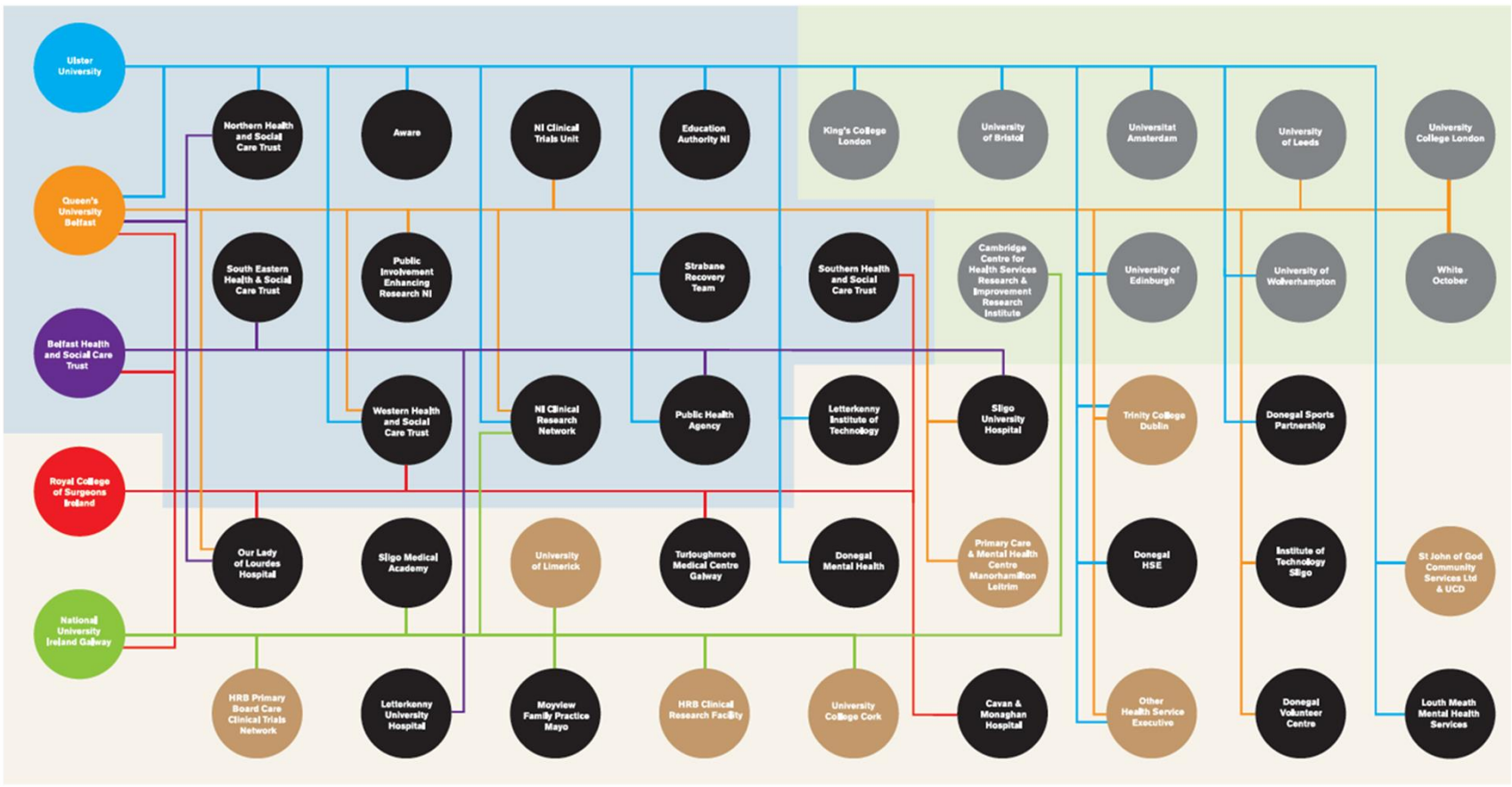
- Lifestyle intervention for healthy neurocognitive ageing in Diabetes 
- Lifestyle pregnancy and post-pregnancy intervention for overweight women with gestational Diabetes mellitus 
- Inhaler compliance assessment in symptomatic uncontrolled asthma 
- Managing medication in primary care patients with multi-morbidity 
- Web-based psychological intervention for students 

The CHITIN Trials

- Review of prescriptions in elderly primary care patients
- Increasing walking in people with serious mental illness
- Healthy habits in pregnancy and beyond
- Mirror box therapy for sub-acute stroke patients
- Increasing walking in schools for adolescent girls
- Anticipatory Care Planning



The Network



Key:

- NI partners
- Partners outside Defined Area
- ROI partners
- Defined Area - NI + six border counties

The Network

Wherein.....

- mentoring, training and skills development is being supported
- within network resource, knowledge, experience, best practice and expertise is shared and capitalised upon
- barriers and problems are being addresses collaboratively

.....creating a legacy for future health intervention research in the region.

Progress

- All 11 have started, 10 actively recruiting
- Target trial participants: 3500 total (Over 2000 have been recruited)
- Target training of HSCP: 78 (over 80 have received training)
- Meaningful involvement of public and patients in all trials
- Extensive network of experts built – part of CHITIN brand
- Extensive branding and media work
- Industry engagement

Barriers



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Key Messages

- Health intervention research on a cross-border basis – **natural experiment** between two healthcare systems
- Strong and enduring **Cross-border collaboration** between the PHA and HRB can improve and protect people's health, and **reduce health inequality**
- Evidence generated from CHITIN trials can be used to **change lifestyles, prevent illness, improve care and drive policy change**



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