

# TARVA Newsletter

RANDOMISED CLINICAL TRIAL

TARVA is a clinical trial for patients with ankle arthritis who are considering surgery



TARVA stands for Total Ankle Replacement Versus Arthrodesis (fusion), which are the two main surgical treatments for ankle arthritis.

Surgery type is allocated in a fair and even way like the toss of a coin. For one year following surgery, the success of each operation will be assessed and compared in terms of each patient's ankle function and quality of life.



## News

### 146 Patients Recruited

146 patients have been recruited, 114 have been randomised and 89 have now had their surgery as part of the trial (as of end Dec 2016).



### 17 sites actively recruiting

We would like to welcome the team at the North Bristol NHS Trust to the TARVA trial – taking the total number of actively recruiting sites to 17.

### Welcome to our new Data Manager

Since our previous newsletter, Rosie Hamilton has joined the team as Data Manager for the TARVA trial. Rosie is based at University College London and will oversee data collection and quality for the trial.

### Farewell to Royal Derby's lead research nurse

We are sad to say goodbye to RN Tracy Brear at Royal Derby. Thanks to the diligent efforts of the PI (Mr Steve Milner) and Tracy, Derby have regularly topped our recruitment table in 2016. Congratulations and all the best for the future.

### Long-term follow-up due to commence

In April this year, our first TARVA patient will have their two-year surgery anniversary date, and will be sent a questionnaire about their progress. These will then be repeated at five and ten years, and we expect this information to be very important in future research.

## Social Media



Follow us on Twitter [@TARVA\\_Trial](#)



Search for [TARVA clinical trial](#) on Facebook



[www.anklearthritis.co.uk](http://www.anklearthritis.co.uk)

## Funding

TARVA is funded by the National Institute for Health Research Health Technology Assessment (project number 12/35/27).



## TARVA Investigators Meeting

Bristol Marriott Hotel

1st November 2016

It was great to see representation from virtually all our sites around the country. Discussion centred on improving patient consent rates, and further investigating CCG intervention into surgical pathways for ankle osteoarthritis.



Wrightington Principal Investigator Mr Mike Karski trialling new virtual reality equipment

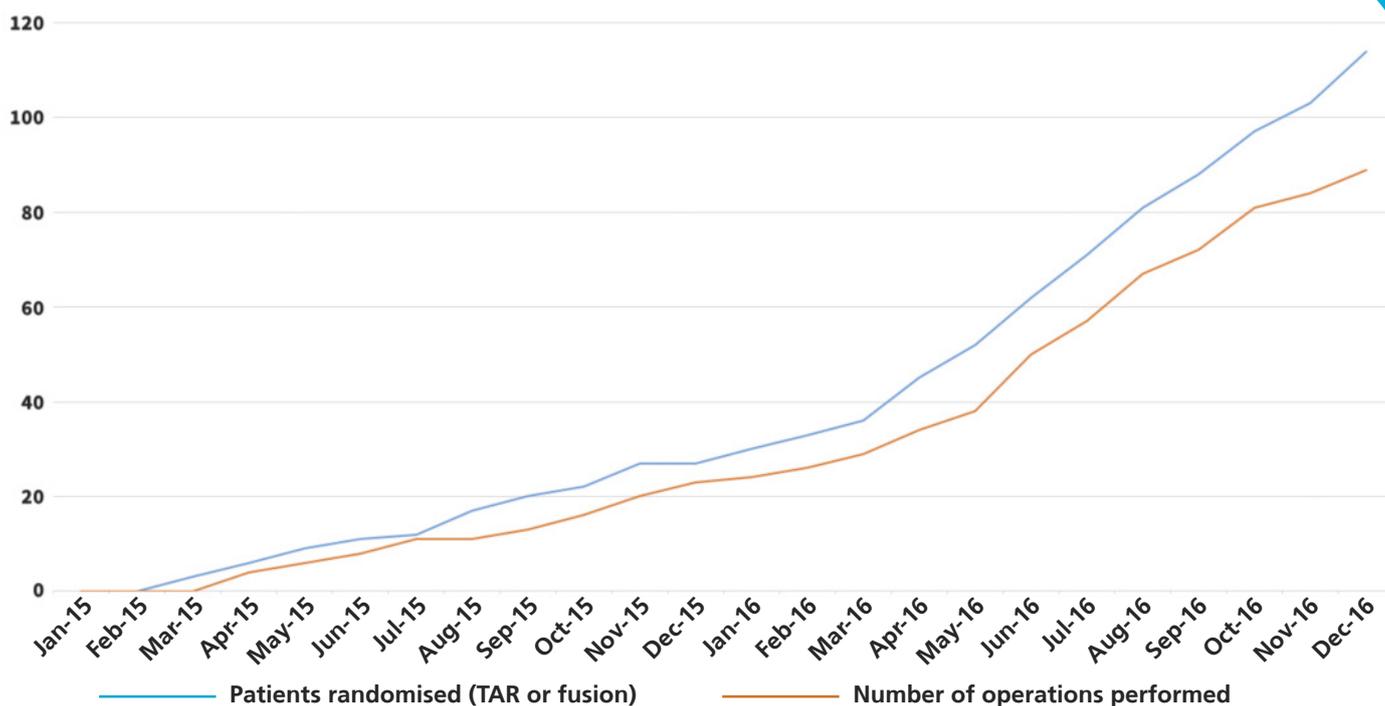


Our TARVA Northumbria research nursing team – Chris Herriott, Debbie Bunn and Sue Bell

Our thanks to Jan Letocha, photographer at this event

## Recruitment Update

From the start of the trial to December 2016, 146 patients were recruited and 114 randomised. The graph below shows how the monthly number of participants continues to grow, including strong activity during the traditionally quiet recruitment month of December. Congratulations to all our sites for their hard work over the festive period!



**Mr James Blackstone**  
 TARVA Trial Manager, CCTU, UCL

## Meet the Trial Manager

### Q What do you find most rewarding about your job?

**A** I find the work hugely rewarding and varied - no day's the same. It is nice to be both engaged actively in research, and frequently liaising with our hospital teams.

### Q How do you think the TARVA trial will help patients?

**A** Ankle arthritis affects a significant segment of the population and this has huge implications for the NHS. Having a better understanding of which treatment is better will greatly benefit patients and the NHS alike.

### Q What is the most challenging part of being a trial manager?

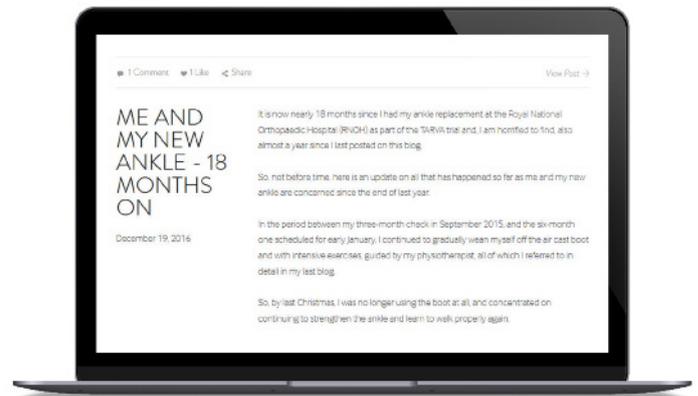
**A** Working with so many people across such a wide geography is challenging. We have over 80 researchers around the country involved, but this is a rewarding challenge!

## Happy birthday to the 1st TARVA patient!



Deirdre Brooking, Research Coordinator at RNOH sending a card to our first ever TARVA patient, who celebrated their 80th birthday in December. **Congratulations to them!**

## 18 month blogging update



Our resident patient blogger, David Shaw, has written an 18-month update highlighting his progress.

Do take the time to visit:  
[www.anklearthritis.co.uk/blog](http://www.anklearthritis.co.uk/blog)  
to read more ...

## Celebrities in the Spotlight



**Welsh International and Real Madrid player Gareth Bale faced up to 4 months out of action after ankle injury in November 2016.**

Bale suffered a 'traumatic dislocation of the peroneal tendons' in his ankle during a game last November.

The player underwent surgery and after 2 months of solo recovery work he is preparing to return to the training ground.

### Editorial team contact details

**Ms Rosie Hamilton**  
Newsletter Editor

**Mrs Marion Cumbers**  
Newsletter Patient Representative

**Mr Andrew Goldberg**  
Newsletter Advisor

**Mr James Blackstone**  
Newsletter Sub-Editor

**If you have a story or case study you would like included in a future newsletter, please let us know at [tarvanewsletter@rnoh.nhs.uk](mailto:tarvanewsletter@rnoh.nhs.uk)**

### Coming in the next newsletter:

- 1) Recruitment update
- 2) Trial progress
- 3) Meet the Data Manager
- 4) Our Health Economist discusses TARVA