

CardiacCovid-one year on...

Warm Spring greetings from the the CardiacCovid Study team! We have reached a milestone as we start the 1-year follow-ups for participants recruited in March 2020. The COVID-19 pandemic has lasted longer than anticipated and we continue to be grateful to those who are taking part and give us valuable insight on their recovery from cardiac surgery during these challenging times.

We hope you enjoy reading about the progress of the study and welcome any suggestions for a feature in a future issue!



Tootie Bueser
Research Nurse

Study Background

What is the study about?

CardiacCovid is a research project that aims to explore the recovery experience after having heart surgery during the coronavirus (Covid-19) pandemic.

Who did we recruit?

Patients who were 18 years old or older and had cardiac surgery at St Bartholomew's Hospital between March to July 2020, in November 2020 & in January 2021 were invited to join the study

What happens during the study?

Participants were asked to answer 3 questionnaires on quality of life, feelings around events during the coronavirus pandemic and potential symptoms of depression. These were answered before leaving hospital, one week after discharge, then at 6 weeks, 6 months and then one year after the operation.

Participants also keep note of their contact with health professionals. The questionnaires are filled out online or the study team will send a paper copy via post.

A video summarising the study can be found at:

<https://youtu.be/WAwerbAA2M4>



Where we are now...

Recruitment took place during these 3 lockdown periods:

- March-July 2020
- November 2020
- January 2021

**262 PATIENTS
RECRUITED**
our target was 100

1 year post-surgery follow up has commenced for the first group of participants

2 submissions made for presentations at scientific meetings:

- UK Society for Cardiothoracic Surgery conference May 9-11, 2021 (accepted)
- EuroHeartCare conference June 18-19, 2021 (awaiting results)



Spotlight on...

Edward Hyde-Participant and Patient & Public Involvement group member



My operation was in May 2020, in the first pandemic lockdown, and during my recovery I felt keen to give something back to the Barts team, so I was delighted to be invited to join the study and subsequently join the Patient & Public Involvement (PPI) group.

The diversity in our group includes operation type (and number experienced) and run-up – some of us knew for many years that surgery was likely in the future, others had little or no notice – and because of this, I believe that we can provide comprehensive input for healthcare professionals to consider.

I am learning as well as contributing, and that's a great feeling.

Samantha Cook-Research intern



Hello, my name is Samantha Cook, I am a highly specialist physiotherapist working in cardiac surgery critical care at St Barts Hospital. As part of my research internship, I am helping to support the CardiacCovid study with follow-ups post surgery and attending patient and public involvement meetings. This has been a fantastic experience and I have learned a lot about the research process.

I have thoroughly enjoyed my time in this study and met some inspirational patients and truly understood the value of patient and public involvement in research.

Coming up



CardiacCovid qualitative study

Based on the discussions within the Patient & Public Involvement group, we are working on a proposal to do a more in-depth study on the patient experience of recovery after surgery during the COVID-19 pandemic. This is likely to involve interviews and we will be recruiting from the participants who are already in the study.

Key contacts



We would like to hear from you!

- Please share your stories about taking part in the study
- We will not reveal your identity without your consent
- If you are interested, please email tootie.bueser@nhs.net and we will get in touch with you

CardiacCovid Team

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