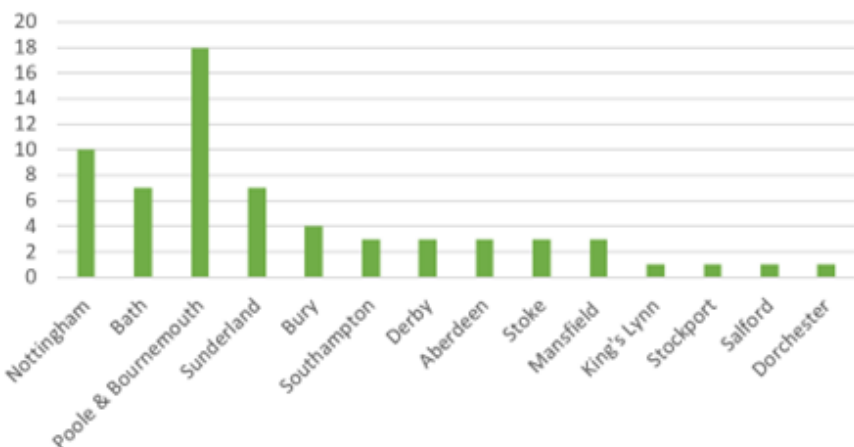


# Pharyngeal Electrical stimulation for Acute Stroke dysphagia Trial

## PhEAST

### Milestone Update

PhEAST Recruitment (01.06.2023)



Well done to all our recruiting sites in May, and our newly opened site Edinburgh!  
65 participants and 16 open sites!



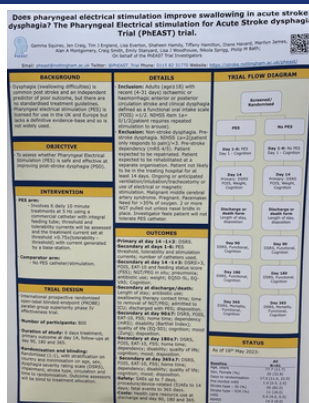
### Meet the team!



I joined the University of Nottingham as a Trial Coordinator in March 2021 and I currently work on the following trials within the Stroke Trials Unit in Nottingham: PhEAST, TICH-3, ENOS-2 and RECAST-3. I have recently joined the PhEAST team, my main role being assisting trial manager Gemma in setting up new sites ready for recruitment. I am finding it really interesting to be involved in a trial investigating an exciting potential treatment for dysphagia, and I really enjoy being part of the wider team and supporting the important work being undertaken in the department.

Emily Stanyard  
Trial Coordinator

### ESOC 2023



We had a great time presenting PhEAST at ESOC 2023 - it was great to see some of you there!  
Special congratulations to Professor Philip Bath for winning the ESO Presidential Award!

### Investigator Meetings

A special thank you to Lisa Everton, Deborah Broadbent and Claire Rae who recently presented at our latest investigator meeting: PhEAST, Dysphagia Rehabilitation & Pharyngeal Electrical Stimulation  
If you missed the meeting and would like to view the recording please contact the trial team

# Pharyngeal Electrical stimulation for Acute Stroke dysphagia Trial

# PhEAST

## FAQs

**Q: Can participants who are awaiting VFS / FEES to assess swallow be entered into the trial?**

**A: If you are able to make a clinical diagnosis of dysphagia then yes. If you need to await VFS / FEES to get a diagnosis of dysphagia then please await the results of these before entering into the trial.**

**Q: What constitutes a FOIS score of 2?**

**A: FOIS of 2 is up to and including 15 teaspoons of food / drink per day. FOIS 3 is still NG dependent, but above 15 teaspoons a day. Please see the trial manual for further guidance.**

**Q: Can you provide advice on how to keep the trial catheters in?**

**A: Please consider using a bridle or mitts (with correct DOLs in place) if you think a patient may pull them out.**

**Q: How do I upload documents to the secure vault?**

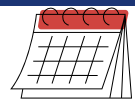
**A: Access supporting site from the left hand side of Redcap, you can then upload documents for each participant.**

**Please see the Document Upload WPD for more assistance on this. Consent forms must be uploaded within 24 hours of consent for the central trial team to review.**

## Best Practice Tips

- Attempt recruitment into PhEAST as early as possible, so that participants are not discharged or moved to another hospital before the 14 day follow up.
- Ask ward nurses and Drs to attend the catheter portion of the Phagenyx device training - this will come in handy if they are inserting catheters for you!
- Get in touch with the trial team if you think you could benefit with additional training - we're more than happy to help.
- Consider the use of bridles for those who are pulling out multiple NG tubes.

## Upcoming Events



**PhEAST - Investigator Meeting - Tuesday 20th June 2023 12.30pm -1.30pm BST**

### Amendments:

**SA/07/23**

**Approved 25/04/2023**

*FOIS 3 to be included for entirety of enrolment window (days 4-31), use of independent physician consent allowed (if there is no NoK)*

**NSA/15/23**

**Approved 12/05/2023**

*Provision of scales in large print to assist those with communication difficulties*

**NSA/16/23**

**Approved 19/05/2023**

*Addition of two new sites and collection of discharge medication*  
**Please ensure you are using the latest paperwork which can be found:**

<https://stroke.nottingham.ac.uk/pheast/docs/>

### Trial Contact Details:

**0115 8231255**

**Pheast@nottingham.ac.uk**

**Philip.Bath@nottingham.ac.uk (Chief Investigator)**

**Tiffany.Hamilton@nottingham.ac.uk (Senior Trial Manager)**

**Gemma.Squires1@nottingham.ac.uk (Clinical Trial Manager)**

**Emily.Stanyard@nottingham.ac.uk (Clinical Trial Manager)**

**Jennifer.Craig@nottingham.ac.uk (Follow Up Coordinator)**