



16.05.24

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Media Release

Former stroke patient calls for more people to take part in research

A former stroke patient cared for at the Royal United Hospitals Bath NHS Foundation Trust is calling on more people to take part in vital research projects to help identify new treatments for the condition.

Richard Thackeray, 72, from Corsham, has taken part in two research trials at the RUH since he was rushed into the hospital with a bleed on the brain in December 2021.

One of the trials he has been involved with has investigated the role that lowering a person's blood pressure can play in reducing brain injuries, while another has looked at the effectiveness of a medicine used to reduce blood clots.

Speaking during national Stroke Awareness Month, a campaign to raise awareness about the prevention and treatment of strokes, Richard said: "The trials have been really easy to take part in and I've only needed to attend the RUH occasionally – a lot of it is done from home.

"After my stroke I was in hospital for nine days. It was a scary time but I was very well looked after and was happy to volunteer for the research trials. The staff have been great, really supportive, and it's been a very straightforward process.

"It's important that people take part in research like this or we're just not going to progress with treatments and medication.

"It feels good to know you're doing something that could make a real difference to people in the future and have a really positive impact on their health."

Richard has made a full recovery from his stroke and is part of a monthly walking group which regularly covers routes of 10 miles. He added: “My message to people would be please take part in research if you can – you will be helping to improve the lives of others.”

Another trial currently underway at the RUH for people who have suffered a bleed on the brain is the TICH-3 study, which is looking at whether the use of tranexamic acid can help to reduce complications following a stroke.

It is being run by the hospital’s Stroke Research Team in partnership with staff in the Emergency Department and is for people who have had a bleed on the brain within 4.5hours of symptoms beginning.

Dr Kelly Spencer, Head of Research Operations at the RUH, said: “The RUH has a well-deserved reputation as a research active hospital and we’re really fortunate to have people in our community supporting us. Research is a great example of what we can achieve working together.

“We always have a number of research trials underway in a range of different specialties, so please do get in touch if you would like to help.”

For more information about the studies underway at the RUH visit our website:

https://www.ruh.nhs.uk/patients/research_development/index.asp?menu_id=1

You can also email ruh-tr.researchatruh@nhs.net or call 01225 825738.

You can find more information about the types and causes of stroke and the support available on the Stroke Association website: <https://www.stroke.org.uk/>

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Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.

In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

We're currently building a new Cancer Centre at the RUH. The Dyson Cancer Centre, which is set to open in spring 2024, will help transform the care we provide for patients, families and carers.

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk