

## Newsletter Issue 8: Summer 2021



**Welcome to the Summer 2021 edition of our patient newsletter for By-Band-Sleeve. We hope you find it interesting and informative. If you have any suggestions for future newsletters please let us know.**

**THANK YOU!**



We hope you and your loved ones are well and are managing through these unusual and difficult times.

First of all we wanted to say thank you so much for staying in touch and for continuing to complete your follow up questionnaires. By-Band-Sleeve has been running since 2012 and in September it will be two years since we met our target recruitment. We are now in follow up and are collecting data for up to 8 years from when you joined the study. Your continued participation throughout the 8 years is crucial in providing high quality data for our research and for future patients. Up to 3 years we are collecting detailed information at study visits, so please continue to visit your study centre, speak with your local research team, and complete your questionnaires. After 3 years we are just collecting information on weight and quality of life via postal questionnaire and/or telephone. We appreciate your commitment and continued support.



### **Patient and Public Involvement (PPI)**

Our PPI group is a friendly place to meet and have a gently guided chat about your experiences with the BBS study and bariatric surgery, and share your story of your weight loss journey. We meet online at the moment, and we look forward to meeting in person again. The group met in April 2021 and the following topics were discussed:

- Which quality of life outcomes are important to patients post surgery
- Personal experiences through the Covid-19 pandemic
- Sharing eating habits and tips

We're always looking for new PPI members, so if you wish to join please do get in touch using the BBS Study contact details overleaf.

## New Patient Article on our Website!

Want to find out some tips on eating behaviours to help improve your weight loss outcomes? We have a brand new article on the latest studies in this area from our By-Band-Sleeve study diet expert Mary O’Kane.

Please head to our website to read the full article:



[www.bybandsleevestudy.blogs.bristol.ac.uk/](http://www.bybandsleevestudy.blogs.bristol.ac.uk/)

(By the way, we also welcome feedback on our new website)

## Let’s hear from our Research Staff:

How have our Research Nurses been working to support the study during the pandemic? Here are a couple of our star site staff:



- Jenny Henderson in Sunderland told us that she was redeployed to work on the wards with Covid patients. This did mean there was a time when keeping up with the BBS study was difficult. However, BBS work is now back in full flow at this important time in the study.
- Nicki Salter who works in Taunton, but also acts as the By-Band-Sleeve Lead Research Nurse, explained that all bariatric surgery was put on temporary halt while the NHS dealt and managed with Covid. However, after the first wave had subsided research work resumed with study patient contact taking high priority. At a time of extreme difficulty Nicki says “it was uplifting to speak to many of the BBS patients who were so grateful for the contact”.



We also asked Stephen Palmer, our study Assistant Coordinator, how coordination of the study has been going throughout Covid: “we have mainly been working from home and using video conferences to ensure we don’t let up on bringing the study to conclusion. Our focus as a team has been on getting high quality data from all of our site teams on things like surgery details and any safety events. We have met online with all of our sites teams and it feels like we’re working closer than ever!”

We wish you continued success with your weight loss during these difficult times.

Take care and stay safe.

Get in touch:

### STUDY MANAGEMENT TEAM

Graziella Mazza (Study manager)  
Stephen Palmer (Assistant coordinator)



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**STILL WORKING FROM HOME WITH  
OCCASIONAL DAYS IN THE OFFICE**