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Summary

Health data informing clinical practice – what can nurses do to support the process

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Nurses

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An IBD nurse describes how routinely collected clinical data from primary care can be used for large-scale pragmatic trials without extra burden on healthcare teams or patients.

KEY POINTS

- The speaker's team uses automated screening of primary care records from general practices to identify and enroll patients remotely, eliminating the need for multiple hospital visits.
- The HEAT trial, published in The Lancet, screened nearly 200,000 people and randomised over 5,000 using this approach, demonstrating the speaker stated a 65% hospitalisation reduction for H. pylori eradication in aspirin users.
- The STOP IT study, currently enrolling, applies this methodology to stopping PPI therapy in inactive IBD, with patients participating primarily from home or their GP practice.
- Major challenges include multiple incompatible clinical data systems across GP practices and hospitals, each requiring separate coding syntax.
- The speaker positioned nurses as essential leaders in data-driven research because they provide clinical context at the bedside and can identify gaps in evidence that need answers.
- Future directions include remote-first trial designs, AI integration, real-time data capture, and global expansion of this approach including collaboration with Canadian colleagues on IBD studies.

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