



ReDIRECT

Remote Diet Intervention to
REduce long COVID symptoms Trial

In this newsletter

On this page:

- Study progress update.
- Patient and Public Involvement with ReDIRECT.
- Our funders, sponsors and lead institutions.

Next page:

- Publications.
- Conferences.
- Sharing findings—change of date!

What is PPI?

Patient and Public Involvement (PPI) means that the general public or patients with relevant experience are involved in how the research is designed, conducted and disseminated.

Our two PPI members attend regular study meetings and are involved in discussing all aspects of the study, from protocol review to dissemination.

How can you get involved with PPI at the University of Glasgow?

Are you interested in research and would like to be involved? Find out about opportunities to contribute to future research here:

<https://www.gla.ac.uk/colleges/mvls/researchinnovationengagementsupport/issf/ppie/>

The ReDIRECT study newsletter

December 2023 - issue 4

Welcome to the fourth issue of the ReDIRECT study newsletter.

ReDIRECT is funded by the UK National Institute for Health and Care Research (NIHR) and led by the University of Glasgow. The study is testing a remotely supported weight management programme for people living with Long COVID.

Study progress update



Five of six study timepoints have been completed. Most participants (71%) have reached the end of the trial, with less than 50 in the control

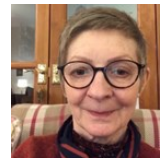
group scheduled to complete the final study assessment over the next four months. **Thank you to all participants** for their important input into the trial!

What happens next?

Participant visits will conclude in March 2024. We are working on three publications: 1) our main outcome paper, testing whether supported weight management improved Long COVID symptoms; 2) a process evaluation to find out what worked, for whom, what did not, and why; and 3) a health economic evaluation to check whether the ReDIRECT study delivers value for money. We are also working on an animated film to present our main findings. We look forward to sharing this at our stakeholder event in March (see last section on page 2).

Patient and Public Involvement with the ReDIRECT team

Jane Ormerod is a representative from Long Covid Scotland, a patient-led organisation which has worked with the academic and clinical team to develop the ReDIRECT project from the onset. Read on to find out about Jane's experience working with researchers on the ReDIRECT study.



"When the project began I was only a year into my Long Covid journey and relatively new to the Co-Applicant/PPI role. I was physically fragile and a little shell shocked from the Lived Experience of Covid. However, I felt welcomed by the team, which put me at ease.

Speaking up within a team of academics and researchers is not always easy and it took a while for me to feel confident about doing that. However, a range of questions and comments were made about the project from a range of sources and I realised how important it was to represent the Lived Experience of people with Long covid with respect to their day to day symptoms, diet, nutrition and overall quality of life.

My role throughout was to ensure we never lost sight of that lived experience in ANY aspect of the research project, and to be confident about putting that view forward in any discussion. My confidence has grown, and I have enjoyed the learning opportunity. I like to think it has been a shared learning experience for all team members and continues to be. Which is really what co-production in research aims to be."

— Jane Ormerod

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LONG COVID
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Publications

We have submitted a paper describing the **baseline characteristics of ReDIRECT participants** (the attributes of our participants at the start of the study) to NIHR Open Research. We will post the link to the paper on our study website once it has been published. It will be accessible free of charge.

Existing publications:

 **ReDIRECT study protocol** is published in NIHR Open Research. It describes the study in detail and is open access (free of charge). [Click here to read the protocol.](#)

 **Long Covid Scotland** has published the **Impact on our Lives report** detailing the damaging impact long COVID is having on the thousands of sufferers across Scotland.

[Click here to read the full report.](#)

Conferences

The ReDIRECT team has presented at national and international conferences this year.

In January, **Dr David Blane** presented the ReDIRECT study at an academic primary care conference (NADEGS) in St Andrews.

The baseline characteristics of the study were presented by **Dr Laura Haag** at the 30th European Congress of Obesity (ECO) in Dublin, the Nutrition Society Scottish Section in Glasgow and the EASO Winter School in Antalya, and by **Professor Emilie Combet** at Scotland's Health Research and Innovation Conference hosted by the Chief Scientist Office.

Professor Kate O'Donnell presented to the 51st Annual Scientific meeting of the Society of Academic Primary Care (SAPC) in Brighton about how participants in the ReDIRECT Study experience the work involved in taking part in the intervention.

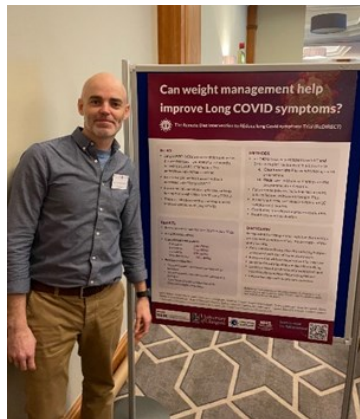


Image: Dr David Blane presenting the ReDIRECT Study at the NADEGS Conference in St Andrews (Jan 2023)

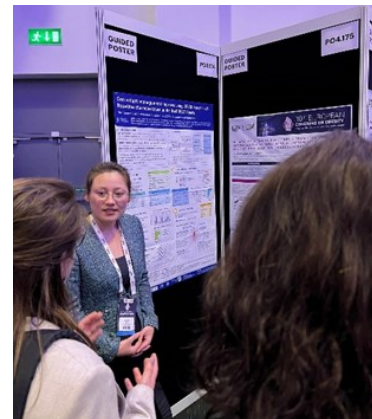


Image: Dr Laura Haag in discussion with conference attendees at the European Congress of Obesity in Dublin (May 2023)

Sharing findings – change of date!

We look forward to sharing the findings from ReDIRECT at a 'roundtable' event with participants, academic colleagues, and other stakeholders. Please note the change of date to the **4th March 2024**. The meeting will be hybrid, to enable as many colleagues as possible to join us to discuss ReDIRECT. To **register interest** in this meeting, please use the following link: <https://forms.office.com/e/wC56hutw16>

Please contact us with suggestions for questions or topics that you would like to discuss.

KEEP IN TOUCH

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 **More about ReDIRECT:**

<https://redirectstudy.co.uk/>

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