

Welcome to the first **Fit4Surgery-2** newsletter! Here you'll find messages from the team, tips for best practice and updates on all things trial-related.

The first participant was randomised at University Hospitals Birmingham on 17 October 2023. Their total is now **5!** Well done to Helen Shackelford and her team! Also, a special mention to Rosie Jarvis and the team at Bristol who have hit the ground running with **3** participants recruited in their first 2 weeks!

Dear F4S-2 Investigators,

I wanted to say a big thank you for participating in the F4S-2 Trial and supporting recruitment to the study.

We have opened at 7 sites so far, with a further 13 in various stages of set up.

We are off to a great start with 12 participants recruited to the trial. We would like to randomise as many participants as possible before the inevitable slow down over the Christmas period so please keep up the momentum.

If you have any questions or queries, please do get in touch with me or the trial team. We held a successful query drop-in session on the 20th of November and aim to hold more of these in the New Year. We are always keen to hear from you and get your feedback on what is going well and any challenges you may be experiencing. Please feel free to contact me by email (b.naidu@bham.ac.uk), or the trial team (F4S-2@trials.bham.ac.uk)

Prof Babu Naidu



12 participants
recruited so far
.....great start!!



Data queries: We will be sending out data queries on a monthly basis. The next queries will be sent out on Monday 18th December.

Trial documentation: If you are running low on any paperwork or equipment, please let the trial office know and we will get it posted out to you as soon as possible.

Christmas cover: The BCTU closes from **Thursday 21st December until Tuesday 2nd January**. During this time, the trial inbox (F4S-2@trials.bham.ac.uk) will be checked on weekdays (excluding bank holidays) for any urgent queries. Apologies for any inconvenience caused.

Newsletter: If there is anything you would like to see in future additions or anything you would like to share, please get in touch with the trial office team.

Useful links and contacts

F4S-2 Trial Team, Laura Ocansey & Aisha Khan:

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Tel: 0121 415 9115

Mob: 07484 039401

Trial website: www.birmingham.ac.uk/F4S-2

X (Twitter): @Fit4surgery2

We have a trial WhatsApp group for communication about the trial & an MS Teams channel where the generic trial documentation is stored. Please email the trial inbox if you would like access to these.



The following NHS Sites are now open to recruitment:

- University Hospitals Birmingham
- University Hospitals Bristol & Weston
- Imperial College Healthcare (Hammersmith Hospital)
- University Hospitals Plymouth
- South Tees Hospitals
- Royal Wolverhampton
- Royal Papworth Hospital

Fit4Surgery-2 is registered with the Associate PI scheme.

The scheme aims to develop health and care professionals to become the Principal Investigators of the future. More information about the scheme can be found here:

[Associate PI Scheme](#)

If an Associate PI has been identified at your site, please ensure they are **registered** with the scheme.

[Applying to be an Associate Principal Investigator | NIHR](#)

The trial short name is **F4S-2** and our CPMS ID number is: **55877**

NIHR | National Institute for
Health and Care Research

Associate Principal Investigator Scheme



Merry Christmas & Happy New Year
from the Fit4Surgery-2 trial team!! 😊

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BCTU
Birmingham Clinical Trials Unit