

Participant newsletter

April 2023



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Welcome to our [ATHENA study April newsletter](#)



Dear Participant,

Welcome to our Spring Newsletter! We wanted to update you on the study so far and to thank you for your continuing support. All your contributions are vital to the outcome of the study.

THANK YOU for choosing to be part of this research.

Best wishes from the ATHENA Study Team!



Study Recap and Update

Some people can have nerve pain or discomfort in the area of the shingles rash, months after the rash has gone. This is called “post-herpetic neuralgia”.

We currently do not have any treatments that prevent this. We hope that the ATHENA Study will help us to find out if taking a low dose of a tablet called Amitriptyline may help prevent it.

We have so far recruited 294 participants. Some of our participants are now reaching their 360 day timepoint!

We are also delighted that we now have surgeries recruiting within 10 UK regions. The surgeries are located in:

- West of England
- Wessex
- Thames Valley/South Midlands.
- South West Peninsula
- North West London
- North West Coast
- Greater Manchester
- Yorkshire and Humber
- Kent, Surrey and Sussex
- West Midlands

Participants like you have joined the study through the 227 recruiting surgeries throughout the UK who are supporting us. You can view their location via this new interactive [map](#) on our website:



Questionnaires

Thank you to everyone for continuing to complete your questionnaires. They are sent to you 30, 60, 90, 120, 180 and 360 days after your rash appeared.

You will receive a £10 voucher on completion of the 90 day questionnaire and the 360 day questionnaire, to thank you for your time completing these.

The 90 and 360 day questionnaires are slightly longer with the addition of some extra questions to check how you are at these important timepoints. The remaining questionnaires are shorter again, but just as important!

Please remember....

- ...to continue to complete the questionnaires **even when you aren't taking the medication anymore.**

- ... when answering questions about pain to include *all kinds of pain or discomfort in the area of your shingles rash*, including pain or discomfort triggered by air blowing on the skin, by clothing rubbing against the skin, or by hot or cold temperatures.
- ...to look out for the emailed questionnaires (check your "spam") if you are completing them online, or in the post, if you are completing them on paper.
- ... to complete as many questions as you can and remember to press 'submit' at the end.

You can contact us by email at any point if you have any queries.

THANK YOU!



"Shingles - more than just a rash"

By Lorelei Hunt, Patient and Public Involvement Representative on
the ATHENA Study

Lorelei is the patient representative on our Trial Management Group and she has written a couple of blogs about her experience of shingles. You can read about her experience [here](#).





In the Spotlight



Amy is a Clinical Study Officer for ATHENA, based in Bristol.

"I have been working with the University of Bristol as a Clinical Study Officer since 2019.

After completing my MSc in Neuropsychology, I worked as a Health Care Assistant before moving into research in 2016.

I've supported a range of research studies in various settings and have enjoyed developing my clinical skills. One of the things I enjoy most about my role is talking with patients and supporting the opportunity to take part in research.

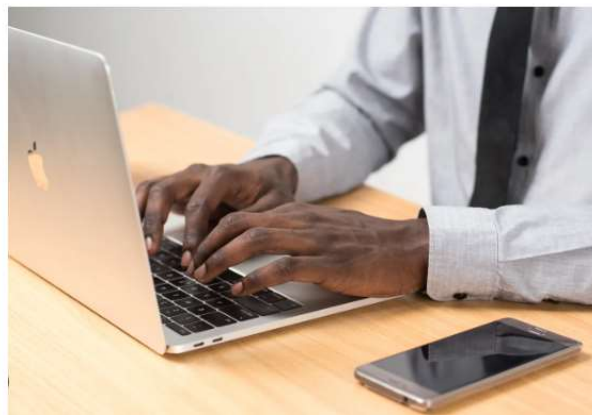
Outside of work I enjoy going to see live music, cooking for friends and walks in the countryside."

Keeping in touch

Remember to update us if your email address changes as this is how we will continue to contact you over the coming months.

To let us know if your details have changed you can email us at athena-study@bristol.ac.uk.

You can also stay up to date with us on Twitter: @AthenaStudy or keep yourself informed about study updates on our website: www.athena-study.bristol.ac.uk.



Who we are

Trial Manager: Siân Wells

Administrator: Zoë Wilkins

Qualitative Researcher: Dr Sophie Rees

Research Nurses:

Lyn Liddiard, Anna Gilbertson,
Gill Kirkup, Erin Shearn

A Happy Easter to our participants.
A big THANK YOU for your participation and support.



For further information or help:

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