

Problem solving in Tudela

By Gareth Cuttle
Niche Science & Technology

MID-Frail News returns with this Special Issue to report on the project development meeting held in Tudela de Navarra, Spain from 16–19 April. This meeting saw the driving force behind the MID-Frail project gathered at the Universidad Pública de Navarra (UPNA) in northern Spain, as they prepared to initiate the MID-Frail programme intervention later this year. Professor Mikel Izquierdo of the Department of Health Sciences at UPNA provided a warm welcome to over 30 scientists, physicians and analysts from the 16 organisations in seven countries across Europe (Belgium, Germany, France, Spain, Italy, the Czech Republic and the UK) who are taking part in the MID-Frail study.



Participants in the MID-Frail planning meeting in Tudela, Spain

The main objective of the Tudela meeting was to resolve any remaining practical or methodological issues ahead of implementation of the intervention later this year. This stimulated a great deal of discussion throughout the week.

A question of Protocol

The first day of the meeting focused on the revised version of the Study Protocol. MID-Frail coordinators Professor Leo Rodríguez Mañas and Professor Alan Sinclair were joined by Project Manager Maria Sanchiz from the Spanish Clinical Research Network (Caiber), who led a discussion of the latest refinements to this very important document. During a lively debate a number of important issues were raised and appropriate actions agreed upon. This session highlighted the need to plan well ahead in a study of 4-years duration. This will ensure the validity of the findings when the study data are analysed and ensure that nothing is overlooked in the study design that might prejudice publication.



Professor Leo Rodríguez Mañas (left) deep in discussion with Professor Alan Sinclair

Exercise matters

The focus of the second day was very much on the Exercise Intervention. Professor Mikel Izquierdo guided colleagues through the logistics and practicalities of delivery of the equipment, before

demonstrating the exercises with the help of volunteers. A full explanation of the procedure for calculating the load prescribed for individual patients was given and there was ample time allotted to questions.



Mikel Izquierdo demonstrates the leg press exercise with the help of Sophie Regueme (CHU-Bordeaux; seated)

Mikel Izquierdo teaches the leg extension exercise to Eva Topinkova (Charles University, Prague)



Later in the day attention turned to the MID-Frail Substudies, with presentations on the protocols and explanations of how the Substudies will interact with the main study. Discussion continued long into the evening as people took every opportunity to share their thoughts and opinions in the convivial atmosphere provided by the local restaurants.



Dinner was animated by further discussion

Eating to be 'strong and healthy'

Day 3 saw Dr Andrej Zeyfang take to the floor to present the Educational and Nutritional Intervention. His presentation included a role-play that was very much enjoyed by the 'audience' and was an excellent illustration of how the principles of the intervention are put into practice.

Some minor rescheduling lead to Professor Kerry Hood and Dr Mark Kelly bringing forward by 24 hours their much anticipated review of Statistical Aspects. This examination of a vital element of the study was accompanied by much discussion, which should ensure that any potential pitfalls in the

methodology will have been avoided when patient recruitment begins. In another change to the programme Dr Isaac Aranda took us through the Health Economics Evaluation, with a lively debate ensuing once again.

Thanks are due to all of those who gave presentations during the meeting. We would also like to thank Professor Mikel Izquierdo for all his hard work in the local organisation of the event.

Keep up to date on all that is happening in MID-Frail: watch out for the next regular issue of MID-Frail News later this year.

Dr Gareth Cuttle | gareth.cuttle@niche.org.uk

Niche Science & Technology | Richmond-upon-Thames | UK | www.niche.org.uk

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