

[Test] ATHENA Study Participant Newsletter July 2022 (Issue 1)

ATHENA Shingles Study <athena-study@bristol.ac.uk>

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To: ATHENA Study Mailbox <athena-study@bristol.ac.uk>

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Can taking amitriptyline tablets, stop long term pain from shingles?

**Welcome to the July 2022 edition
of the [ATHENA Participant Newsletter](#)**

Thank you for being part of the Amitriptyline for the prevention of post-herpetic neuralgia (ATHENA) study

This is the first of regular emails that will give you some useful information and update you on the progress of the study.

A reminder of why your involvement is important ...

The most common complication of shingles is post-herpetic neuralgia, an unpleasant “nerve pain” which persists after the shingles rash has gone.

Amitriptyline is commonly used to treat nerve pain but we do not know whether it can also prevent post herpetic neuralgia.

A study over 20 years ago suggested that it may but it was small and poorly done. Our study will find out for sure whether the medication should be routinely used in this way.



THANK YOU for choosing to be part of this research.
Every single person counts.
**Only with the results from this study can we be sure of the
best thing to do.**

Things to remember...

- It's really important that we get the questionnaires back as soon as possible after you receive them. We send these at 30, 60, 90, 120, 180 and 360 days after your shingles rash appeared.
- Keep a note of how many tablets you are taking from day 1-21 by using the template on the medication information leaflet. Perhaps pop it on your fridge with the magnet we have sent you, to serve as a reminder?
- We would like you to take the medication for 10 weeks in total.
- If you have a problem with taking the medication you can reduce your dose or if necessary stop. Your answers on the questionnaires will still be important whatever you do; *even if you stop the tablets please keep completing the questionnaires.*
- Please contact us by email us at any point if you have any queries or questions. You can find the email addresses for each region at the bottom of this newsletter.

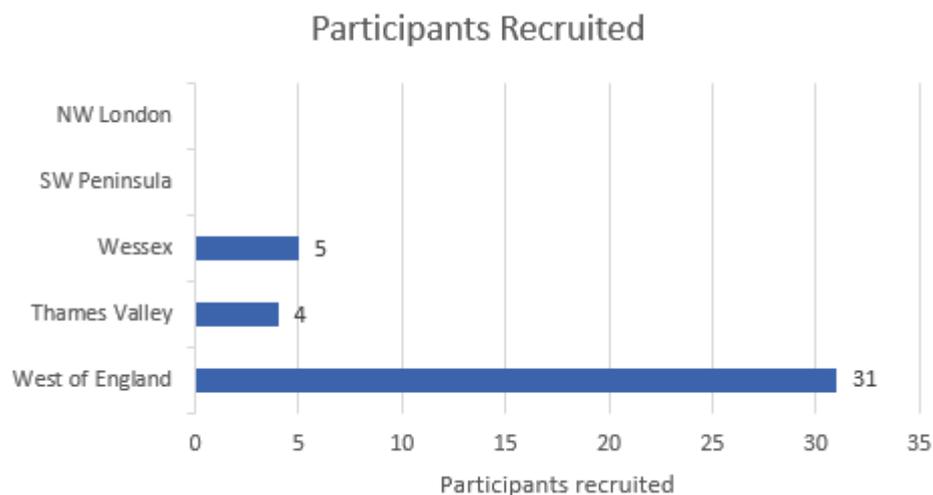


Recruitment by region

We are recruiting patients with shingles from five different parts of England. In our first few months, West of England are storming ahead.

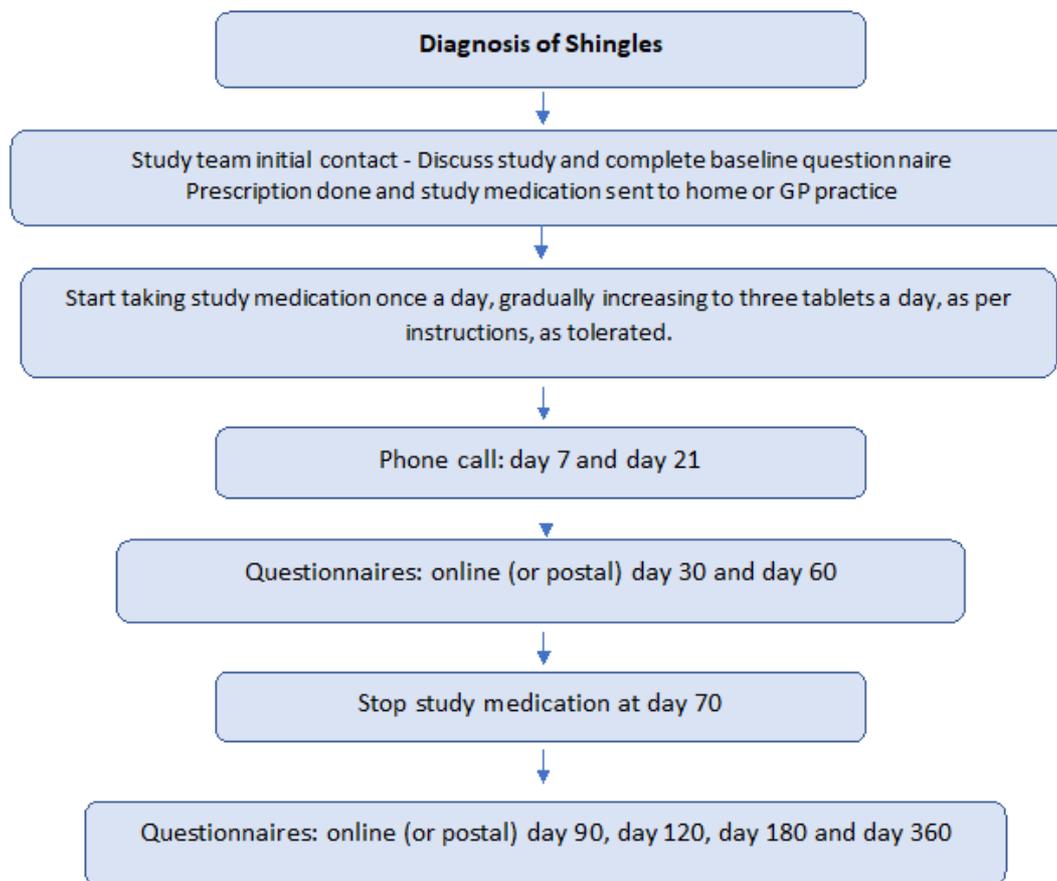
Will the other regions catch up?

Keep an eye out for the next newsletter to find out.



ATHENA timeline

What happens next..?
Here is an overview of the study process.



Meet the Team



Anna is a research nurse based in Bristol.

Anna says “Hi, I qualified as a nurse in 2006 and have been working in research since 2014. I enjoy my role as a Research Nurse as I can talk to patients about the research and contribute to better ways of looking after patients in the future. When I’m not working, I enjoy going for a run or a long walk, but mostly I am kept busy looking after my two children.”

Who we are

Chief Investigator: Professor Matthew Ridd

Trial Manager: Sian Wells

Administrator: Zoe Wilkins

Qualitative Researcher: Dr Sophie Rees

Bristol Research Nurses: Lyn Liddiard, Anna Gilbertson

Southampton Principal Investigator: Professor Hazel Everitt

Southampton Research Nurses: Gill Kirkup, Erin Shearn

Oxford Principal Investigator: Dr Oliver Van Hecke



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