

# NEWSLETTER

APRIL

POLYFIX DCM

POsterior LaminectomyY with FIXation for MultiLevel Degenerative Cervical Myelopathy

## WELCOME TO THE 33RD EDITION OF THE POLYFIX-DCM NEWSLETTER!



TOTAL PATIENTS:

204

Happy New 2025 to all our collaborators! We are off to an exciting and important year! Intended initially to stop recruitment in Nov 2025, now NIHR has given us an Extension so we can continue Recruitment for another 6 months! It is an astonishing achievement and will allow us to complete the trial with our collaborative effort to the full 396 patients!



Baseline (Pre-op) XRs Cervical Spine



--> Baseline XR assessment are important and a secondary outcome as part of the trial. Please send us the pre-op XRs! We assess them so no additional burdeon for the team, just ensure they are done and sent!

**Images Awaited!**  
Please send us the pre-op XRs and MRIs for us to be able to complete our central assessments!  
How to do it? -->trial site manual has all the answers or get in touch!

Thanks to the phenomenal efforts of all our site teams, we've successfully opened 26 sites and enrolled an impressive 204 patients into the trial! Your dedication and hard work are truly inspiring. 🙌

We've reached an important milestone in our recruitment, but there's still ground to cover to meet our ambitious NIHR targets.

As we kick off 2025, let's set our sights high! 🎯 If each site enrolls just a couple of patients in the first few months, we'll build the momentum needed to get back on track. Together, we can absolutely make this happen! 🙌

We have reached the base camps of Everest with the big climb to our summit ongoing : 396 participants. With 192 more to go needed by the end of April 2026.

We are counting on everyone's collective push to achieve something extraordinary.

Mark Kotter & Ben Davies

### SITES OPENED 26

### SITES IN SETUP

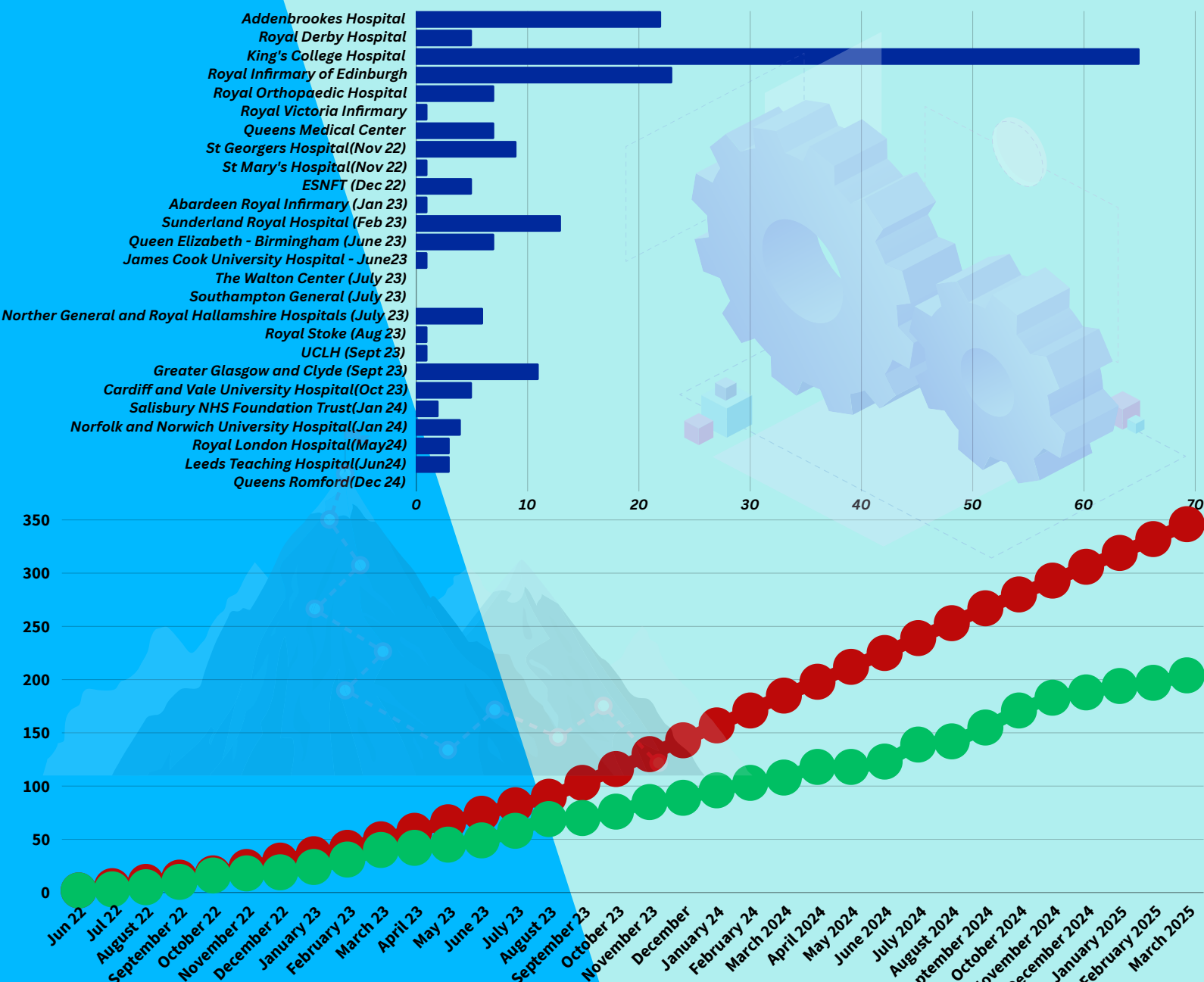
- ADDENBROOKE'S HOSPITAL (CAMBRIDGE) (22)
- ROYAL DERBY HOSPITAL (5)
- KING'S COLLEGE HOSPITAL (63)
- ROYAL INFIRMARY OF EDINBURGH(22)
- ROYAL ORTHOPAEDIC HOSPITAL (BIRMINGHAM)(6)
- ROYAL VICTORIA INFIRMARY (NEWCASTLE) (1)
- QUEEN'S MEDICAL CENTRE (NOTTINGHAM) (7)
- ST GEORGE'S HOSPITAL(LONDON)(9)
- ST MARY'S HOSPITAL (IMPERIAL COLLEGE)(1)
- ESNEFT (IPSWICH)(5)
- ABERDEEN ROYAL INFIRMARY(1)
- JAMES COOK UNIVERSITY HOSPITAL(SOUTH THEES)(1)
- QUEEN ELIZABETH HOSPITAL (BIRMINGHAM)(7)
- THE WALTON CENTER(LIVERPOOL)(0)
- NORTHERN GENERAL AND HALLIMSHIRE HOSPITALS(SHEFFIELD)(5)
- UNIVERSITY HOSPITAL NORTH MIDLANDS(STOKE)(1)
- SUNDERLAND ROYAL HOSPITAL(SUNDERLAND)(13)
- UNIVERSITY COLLEGE LONDON(LONDON)(1)
- QUEEN ELIZABETH UNIVERSITY HOSPITAL GLASGOW(GLASGOW)(9)
- CARDIFF AND VALSE UNIVERSITY HOSPITAL(CARDIFF)(5)
- SALISBURY NHS FOUNDATION TRUST(2)
- NORFOLK AND NORWICH UNIVERSITY HOSPITAL(4)
- ROYAL LONDON HOSPITAL(3)
- LEEDS TEACHING HOSPITAL(3)
- QUEENS ROMFORD (0)



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PROTOCOL: VERSION 4.0  
PAPER BASED CRFS & E-CRFS: VERSION 4.0  
DATABASE IN MACRO IS NOW OPENED.  
TRIAL MANUAL: VERSION 2.0  
SAE FORM: VERSION 2.0  
DATA MANAGEMENT PLAN V2.0  
E-CRF AND MACRO DATA ENTRY USER GUIDE V4.0

## THE BIG ASK!

**1. PRE-OP MJOA** - IT IS VITAL FOR US TO KNOW WHEN THE SURGERY FOR YOUR RECRUITS IS! PLEASE KEEP US IN THE LOOP, AS WE NEED TO CALL THEM BEFORE THEY ARE OPERATED

**2. MOVEMED** -PLEASE LET US KNOW IF THE PATIENT WANTS TO BE PART OF MOVEMED. WE JUST NEED THEIR EMAIL AND MOBILE NUMBER AND NO FURTHER INVOLVEMENT FROM LOCAL TEAMS!

PATIENT - INSTRUCTIONS HOW TO DOWNLOAD THE APP.MORE INFORMATION -[HTTPS://POLYFIX-DCM.COM/MOVEMED-SUBSIDY](https://polyfix-dcm.com/movemed-subsidy)



**3. MACRO CRF COMPLETION** - TEAMS PLEASE COMPLETE YOUR ONLINE DATA WITHIN TWO WEEKS OF VISIT IF YOU ARE USING MACRO.

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## WHAT CAN YOU DO TO SPEED UP POLYFIX?

**CC: PAULA.KARECLAS1@NHS.NET & SAIMA.SIDDIQUI4@NHS.NET**

**DEAR R&D**

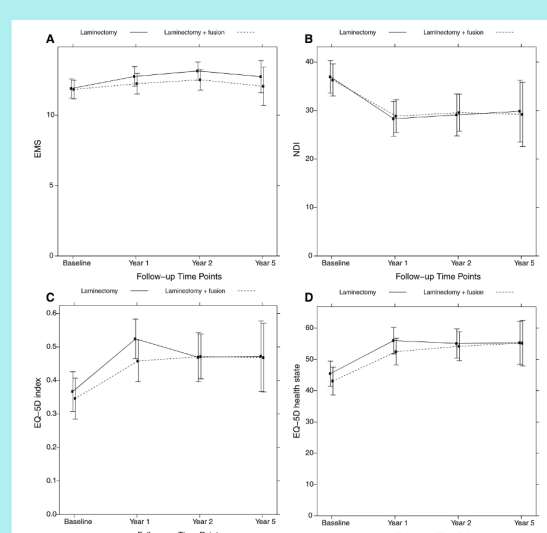
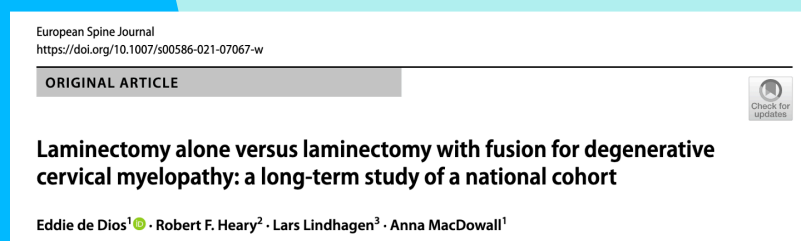
**WHERE ARE WE UP TO WITH POLYFIX-DCM? THE TRIAL IS NOW UP AND RUNNING, AND RECRUITING ELSEWHERE**

**IT WOULD BE GREAT TO GET US ON-BOARD. I HAVE COPIED THE TRIAL'S MANAGER IN PAULA IN CASE THERE IS ANYTHING YOU NEED FROM THEM.**

## WE NEED YOU!

Have you encountered new scientific evidence in connection to POLYFIX? If so please share this with us as well so we can keep track of any new evidence on the topic!

A good example is a Swedish Registry paper published last year references below:



## Carer Quality of Life Subsidy

**Are carers and family of our DCM patients affected?**

Let them give us their opinion with a short questionnaire. Complete their Consent and send us their PID (if separate to main one) so we can include them in the follow up.

**Want to keep paper light?  
eCRF is now Live!**

Please let us know if you are not set up!

**PAULA.KARECLAS1@NHS.NET saima.siddiqui4@nhs.net**  
**Please also send us all CRFs promptly if not using eCRF.**

## Exciting News: NIHR Extends Recruitment for the POLYFIX DCM Trial!

We're thrilled to announce that the **NIHR has granted us a 6-month extension for recruitment, now running until April 2026!** This fantastic opportunity gives us more time to continue building on the incredible progress we've already made. Let's use this extension to push forward **with energy and determination to hit our trial targets!**

You might be wondering, "What do I need to do?" **Great news—there's no extra work for you!**

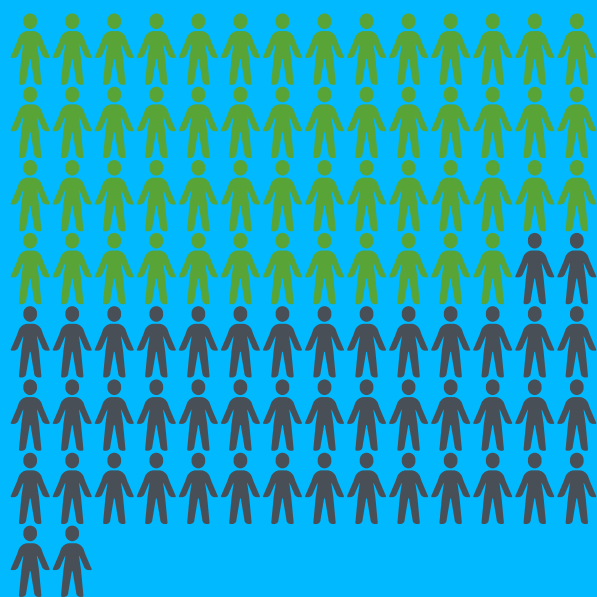
Saima, our amazing trial coordinator, will contact your local teams with all the necessary documentation for your R&D departments. All we need now is your continued dedication to recruiting more patients and making this trial success!

Let's maximise this extended opportunity and bring the POLYFIX DCM Trial closer to its goals.

Together, we can achieve incredible things! 🙌

Thank you for all your hard work—we can't wait to celebrate the next milestone with you! 🎯

## PROGRESS



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