

We're writing to update you on the progress of the REMORA study that is currently being carried out by CLAHRC GM and the University of Manchester. Firstly, thank you for your support so far. You're receiving this because you have either participated in the study research as a patient, researcher or clinician; worked on the development of the REMORA app; or contributed to the study in another way on its journey to date. Your involvement has been crucial in ensuring we've achieved our goals so far. This document will summarise what we have done and where this exciting study will go next.

Where did it start?

What if...



...patients regularly reported their RA symptoms between hospital visits using technology they already own?

What we did first

We started the development in work in mid-late 2015, following discussions with researchers, clinicians, and patients we aimed to create a prototype app that patients would like to use, and report the right information to clinicians.

And then...

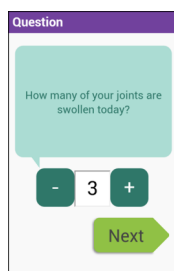
The Health eResearch Centre (HeRC) based at the University of Manchester worked with colleagues at Salford Royal NHS Foundation Trust (SRFT) to design the smartphone app and create a system so that data submitted by patients could be read in the electronic patient record at SRFT. The app was tested by our team before we shared it with our patients



(REmote MONitoring in Rheumatoid Arthritis)

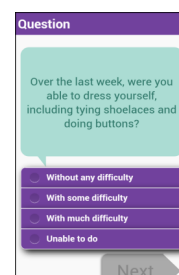
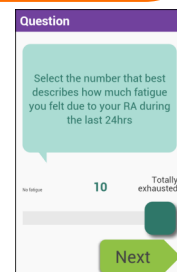
Testing time!

We now know the concept works, but is REMORA a good long-term resource for RA patients? We are currently underway with a longer round of testing to find out. 24 patients are using REMORA for three months each, split into three groups between July and December 2016. When feedback is collected it will help inform SRFT whether this is a system that can be implemented for all patients with RA.



A first glimpse

During March-April 2016, we asked eight patient participants to test REMORA by entering data for four weeks (using daily, weekly and monthly question sets) and then providing us with feedback in an interview, as well as having consultations to discuss their RA before and after the testing period. We've been making amendments since we gathered responses to improve the experience of using REMORA.





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Rheumatoid Arthritis)

THANK YOU...

...for your contribution so far. Whether you're a patient, researcher, clinician or part of the team directly involved in the development of REMORA, your input has been invaluable to get us to this stage.

Our next step is to interview key figures in the development of REMORA and local decision makers to understand what evidence we need to provide about our experiences of designing, testing and implementing REMORA. This will inform the future of REMORA, but also help us demonstrate how to replicate systems for remote monitoring of disease symptoms for other hospitals and conditions.

This work is a collaboration between the National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester, The University of Manchester and Arthritis Research UK.