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## **RUH contributes to successful COVID-19 treatment study**

Staff and patients at the Royal United Hospitals Bath NHS Foundation Trust have contributed to a major national study which has identified a treatment for COVID-19 patients admitted to hospital with severe breathing problems.

It was announced on Tuesday (16 June) that preliminary results showed that one of the treatments being assessed, dexamethasone, a type of steroid, reduces the risk of death among patients with severe respiratory complications.

Dr Tim Craft, Director for Research and Innovation and a Consultant in Anaesthesia at the RUH, said: "This is being hailed as the biggest breakthrough yet in the treatment of patients with the virus. It's a global first

"The study compared 2,104 COVID-19 patients given a low-dose of dexamethasone with 4,321 patients given standard treatment. For every eight ventilated patients given the drug, one death was prevented.

"Even better news is that dexamethasone is inexpensive, already available, and widely used by anaesthetists in Bath with patients having surgery. It can therefore be used in COVID-19 patients immediately.

"We're extremely proud to have played a key role in such an important trial, which could lead to thousands of lives being saved."

The RECOVERY (Randomised Evaluation of COVid-19 thERapY) trial aims to identify treatments that may be beneficial for adults hospitalised with confirmed COVID-19.

Chair:  
Alison Ryan

Interim Chief Executive:  
Libby Walters



It is a Randomised Control Trial (RCT) - once a participant has been consented in to the study they are allocated at random to one of the treatment arms.

At the RUH the treatment arms available for randomisation are:

- Low-dose Dexamethasone (a type of steroid, which is used in a range of conditions typically to reduce inflammation)
- Lopinavir-Ritonavir (commonly used to treat HIV)
- Hydroxychloroquine (related to an anti-malarial drug)
- Azithromycin (an antibiotic)

You can find out more about the RECOVERY trial here: <https://www.recoverytrial.net/>

Dexamethasone is mostly used as an anti-inflammatory medicine to treat a range of conditions such as asthma and arthritis and certain cancer-related treatments. It does not stop people from catching coronavirus. When used in the treatment of COVID-19 patients with serious respiratory problems who need oxygen or ventilators it must administered by qualified medical staff in a clinical environment.

## Ends

### Notes to Editor:

The World Health Organization has designated 2020 as the Year of the Nurse and Midwife to commemorate the 200<sup>th</sup> anniversary of the birth of Florence Nightingale. Our nurses and midwives are a big part of the RUH family and throughout the year we are celebrating the work they do, going above and beyond every day to give our patients compassionate care.

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

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In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust has opened the purpose-built RNHRD and Brownsword Therapies Centre and is now working towards the new Dyson Cancer Centre. For more details visit: [www.ruh.nhs.uk/about/fit\\_for\\_the\\_future](http://www.ruh.nhs.uk/about/fit_for_the_future)

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

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