



## SPECIAL EU PROGRAMMES BODY

# Project Case Study: Cross-Border Healthcare Intervention Trials in Ireland Network (CHITIN)

### THEME:

Health & Social Care

### FUNDING(ERDF+MATCH)

€10,601,181.20

### MATCH FUNDERS:

Department of Health  
Northern Ireland

Department of Health  
Ireland

### LEAD PARTNER:

Public Health Agency,  
Northern Ireland

### PROJECT PARTNERS

Health Research Board,  
Ireland

Start Date: 01/09/2016

End Date: 30/06/2023























 <https://research.hscni.net/chitin>

 @CHITINProject

The CHITIN project is a unique cross-border initiative between the Health and Social Care Research & Development Division of the Public Health Agency (PHA) in Northern Ireland and the Health Research Board (HRB) in Ireland.

CHITIN has enabled the PHA and HRB to fund 11 health intervention trials recruiting in excess of 3,500 participants in NI and ROI border. Health intervention research can investigate if a new intervention is safe; determine if it is better than current practice; or direct resources to improve and protect people's health and reduce health inequality. A health intervention could be a new diagnostic, a new test, a new service or approach to a particular health problem.

In Ireland there is inequity of access to some health and care services and in the opportunity for involvement in health intervention research, particularly in more rural areas. This inequity is exacerbated by the existence of a border. The CHITIN trials aim to provide citizens and HSC professionals with greater breadth and reach of opportunity to participate in and deliver health intervention research.

CHITIN – HITS			
Trial Icon	Trial Name	Lead Partner	Trial Title
	BRAIN-Diabetes		BRAIN-Diabetes: Border Region Area lifestyle Intervention study for healthy Neurocognitive ageing in diabetes
	10 Top Tips for a Healthy Pregnancy		Delivery of a habit-based intervention '10 Top Tips for a Healthy Weight' to overweight or obese pregnant women on the Island of Ireland: a feasibility study exploring integration into existing antenatal care pathways
	WISH		The Walking in Schools (WISH) Trial: a cross-border trial to evaluate a walking intervention in adolescent girls
	Improving mental health in Young people		Improving mental health among at-risk young people in a challenging border region
	PolyPrime		A randomised pilot study of a theory-based intervention to improve appropriate polypharmacy in older people in primary care (PolyPrime)
	My COMRADE PLUS		MY COMRADE PLUS: A pilot cluster randomised controlled trial, for patients with multimorbidity, of the Multimorbidity, Collaborative Medication Review And Decision Making intervention (MY COMRADE), practice based pharmacists (PBP's) or PBP's plus an adaptation of MY COMRADE
	ReFLECTS		A randomized controlled trial (RCT) of mirror box therapy in upper limb rehabilitation with sub-acute stroke patients
	PAIGE2		Pragmatic Lifestyle Pregnancy and Post pregnancy Intervention for Overweight Women with Gestational Diabetes Mellitus: a randomised controlled clinical trial
	Anticipatory Care Planning		Anticipatory Care Planning Intervention for Older Adults at Risk of Functional Decline: A Primary Care Feasibility Study
	WORH		The feasibility of a walking intervention to increase activity and reduce sedentary behaviour in people with serious mental illness
	INCA-Sun		The use of digital technologies to enhance adherence and inhaler technique and guide treatment among patients with severe asthma

CHITIN table of Healthcare Intervention Trials



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***“CHITIN is enhancing involvement in health intervention research. Through strong and enduring cross-border collaboration the PHA and HRB can improve and protect people’s health, and reduce health inequality. Evidence generated from health intervention research can be used to change lifestyles, prevent illness, improve care and drive policy change.***

***The cross-border multi- and interdisciplinary trial teams have formed a network wherein mentoring, training and skills development is being supported and knowledge, experience and expertise is being shared and capitalised upon, creating a legacy for future research in the region. Skilled researchers and Health and Social Care professionals will have the ability to conduct and bring further health intervention research activity to the region.”***

**Dr Rhonda Campbell, CHITIN Programme Manager, HSC Research & Development Division, Public Health Agency**



Photo taken at the official launch of the CHITIN project on the 21 September 2018.