

# The SAVE Express

Australia / New Zealand Edition

**SAVE**  
SLEEP APNEA CARDIOVASCULAR  
ENDPOINTS STUDY

Issue 2 | May 2009

## Welcome

Welcome Deborah Blair who will be the lead project manager for the save study. Deborah's background includes managing complex qualitative health promotion projects and more recently she managed to completion the NICE –SUGAR study. NICE-SUGAR was a multi-centre, open label randomised control trial involving 6100 participants recruited over 35 intensive care units throughout Australia, NZ and North America. Deborah started working on the SAVE trial in mid April and can assist with all trial related matters if Swamy is unavailable.

## SAVE Australian Investigators teleconference

The first SAVE Australian Investigators teleconference was held on the 9th of April 2009 and a copy of the minutes of this meeting are available on our website [www.savetrial.org](http://www.savetrial.org). Feedback from the meeting was that it was beneficial to have an opportunity to hear from colleagues across the country and to share progress and ideas from individual centres. Based on this our aim is to have bi-annual forums.

## Changes to per patient payments

The per patient payment at randomisation will be doubled, from \$600 to \$1200 in recognition of the costs and complexity of screening.

## Project news

Centres that have completed their initiations in the last three months:

The Prince Charles Hospital (QLD)

Royal Perth Hospital (WA)

WASDRI (Sir Charles Gairdner Hospital, WA)

Caulfield Clinical Trials Centre (VIC)

Eastern Clinical Research Unit (VIC)

Austin Health (VIC)

Royal Prince Alfred Hospital (NSW)

Concord Repatriation General Hospital (NSW)

## Patient recruitment

Overall 81 patients have been randomised

Australia - 14 randomised      China - 67 randomised

## Faces of SAVE



Samantha Windler



Amanda McKenna

Samantha Windler and Amanda McKenna are both qualified sleep technologists, working at Adelaide Institute for Sleep Health for six and five years respectively; Sam comes from a psychology background and Amanda a medical science background.

Amanda says "We are the people behind the CoreLab – when you upload ApneaLink files, we are the ones who download and check them. So far 109 ApneaLink files have been uploaded to the AISH centre from around the world; we are very impressed with the quality of data coming through – and are looking forward to seeing more of it!"

As well as the SAVE CoreLab, AISH is also a recruiting centre. Sam says "So far we've contacted 70 patients, screened 20 and randomised 6. We look for eligible patients from a weekly pool of Rehab and Heart Clinic patient lists, as well as direct referrals from doctors. Once identified, we send eligible patients an information letter about SAVE with the option to opt out. We follow this up with a phone call; so far we have been very successful in booking in patients for screening visits at this stage."

"With some of our randomised patients having reached the one month follow-up stage, we love hearing their feedback regarding CPAP and this is one of the most rewarding aspects of recruitment. It's also amazing when an ApneaLink file is uploaded from an exotic centre – such as Mongolia; it's fantastic to know that so many people around the world are all working towards the same goal at the same time!"

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