



the POSNOC study

PARTICIPANT NEWSLETTER - SEVENTH EDITION - APRIL 2024

Welcome to the Seventh edition of the POSNOC participant newsletter. We would like to keep you updated with POSNOC's incredible progress over the last year.

What's been happening in POSNOC

The trial has continued to run extremely well, with the help of dedicated hospital site staff, the trial management teams, and most importantly, the support of you, our participants.

Information for you

- ✓ Your participation in the follow up stages of the trial are important for us.
- ✓ Please continue to complete and return your questionnaires.
- ✓ Follow-up data can be collected on the telephone or when you attend the hospital for a yearly mammogram or another clinic appointment.
- ✓ If you relocate, you are still able to remain in trial follow up; please notify your care team of any changes in contact details.

What one of our patients from the UK had to say about her participation in POSNOC...

"Being asked if I would like to participate in the POSNOC Trial after my breast cancer surgery was a bit unexpected. I was told that I was 'eligible' for the Trial by my Consultant Surgeon Mr Thomas (PI) and after talking to the research nurse, Anne Mcpherson and reading all the written information and asking my questions I signed up. It made me feel really good and positive knowing that my participation in the trial may help other women with the same diagnosis as me in the future.

I found the whole Team very helpful including the breast care nurses, the surgeons and my Trial's Nurse. My Trial's Nurse was very friendly and always answered my questions about the trial and my treatment, I felt very secure being in the POSNOC Trial; I knew that I would be 'followed up' and able to contact my Trial's Nurse with any questions about the Trial for the next 5 years.

I am more aware that if people participate in a Trial this will be a way of changing future treatments for Breast cancer patients. I feel really good that I may have contributed to this, if only a little bit".



Our participant's journey so far...

What one of our patients from Australia/New Zealand, had to say about their participation in POSNOC...

"I felt well looked after by the Breast Team specialists, that my results were looked at in detail and subsequently, the best treatment was planned. The ongoing trial, clinical and physical assessments are reassuring.

My interactions with the care team were fantastic, especially Professor Mann. Not forgetting Medical Oncologist Rick De Boer, the Chemotherapy nurses, & the Breast Care Nurse, Monique Baldacchino who performed the nipple tattooing - all did an amazing job. Very grateful for the ongoing care.

I feel like my contribution to POSNOC has potentially helped the future of breast care treatment. When first diagnosed, I felt overwhelmed, despite receiving excellent medical care. It was reassuring that I was able to discuss my treatment with an acquaintance who had previously undergone similar treatment. Recently, I have been able to support a friend who is also going through breast cancer treatment".

A Research Nurse's view...



Research Nurse, Anne Mcpherson at Southend Hospital...

"Clinical Research is essential and it is the only evidence based method of deciding whether a new approach to a patient's treatment or care is better than what's on offer (current standard of care). Knowing that as a Research Nurse on the POSNOC Trial, it was essential that I had excellent communication with the Breast Care team who were amazing.

Personally I feel that I have contributed in future improvements in patients treatment and care. I am sure the findings from the POSNOC Trial through the selfless participation of the patients, will be very positive".

The Team at Mid and South Essex University Hospitals Group, Southend University Hospital, UK.



From left to right: Breast Care Nurse, Amy Guilfoyle, Consultant Surgeon, Mr Abdul Syed, Principal Investigator, Mr Harun Thomas, the Patient, Research Nurse, Anne Mcpherson and Breast Care Nurse, Marion O'Brien-Coleman.

A Clinical Care Team

A message from the Quality-of-Life team at SHORE-C, Sussex University

"We are so pleased that so many of you in the UK took part in the quality-of-life aspect of the POSNOC study.

Thank you for completing these postal questionnaires, your answers are very important to the study. The findings will help doctors and nurses understand how breast cancer treatments affect patients' everyday lives in the short and long term. Please look out for your postal questionnaires sent from SHORE-C, and let your breast care team know if you change address".

Any queries, please call Lucy Matthews on: +44 (0) 1273 877919.



A message from our UK PPI Representative

"As a former breast cancer patient, I gained a passion for involvement in research studies as a patient advocate. My first entry into this exciting field was with the POSNOC study in its early days and I have been a member of the research team ever since. My focus is being available as a person with lived experience, to answer any relevant questions that may come up from time to time, also to make sure patient facing documentation is sympathetic to the patient's needs at the time of potential stress. POSNOC was for me an ideal starting point, in that the study is very relevant to breast cancer patients. The study aims to find out if it is really necessary to remove lymph glands from the armpit, which has been a standard practice for many years. I myself had many lymph glands removed to see if any tiny cancerous cells were present, which they weren't. The POSNOC team is a group of dedicated researchers and staff and I am only too happy to be on the team!"



The SHORE-C Team at Sussex University



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A message from our Chief Investigator

"I am thrilled to share with you the seventh edition of our participant newsletter. Your invaluable contribution to this ground breaking study is shaping the future of breast cancer treatment. As one of the largest surgical randomised breast cancer studies, POSNOC is paving the way for practice-changing discoveries. Our dedicated team is working tirelessly to gather data and analyse results, with expectations to unveil key findings by the end of 2026. Your participation in the POSNOC trial is instrumental in driving progress and shaping the future of breast cancer care. Together, we are making strides towards improving the lives of breast cancer patients everywhere".



Amit Goyal,
Chief Investigator



POSNOC trial is aiming to answer a pivotal question: Can axillary lymph node dissection and axillary radiotherapy (and associated side-effects) be avoided for patients with up to 2 lymph nodes affected by cancer? By addressing this question, POSNOC has the potential to transform clinical practice and improve outcomes for breast cancer patients worldwide.

What's next for POSNOC...

When will data be analysed, and when are patients expected to receive information on publications after trial ends

Analysis is expected to take place in winter 2026, with results published in spring 2027.

COMING
SOON

How will trial results be shared?

If you consented to receiving a summary of the results at the end of the study, we will be sharing these with you by your preferred method of communication, provided at the beginning of the trial.

Quality-of- Life questionnaire update

We have secured additional funding to allow us to collect quality of life data at 5 years since you joined the study. These will be sent to you by post from the team at SHORE-C. We appreciate you taking the time to complete these optional questionnaires and your answers are a really important part of the study.

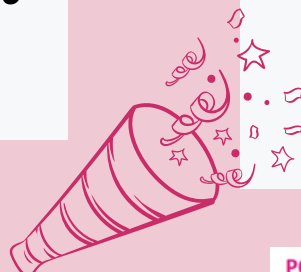
Please note: this will not apply to participants who have already passed the 5 year time point.

POSNOC Recruitment totals

UK recruitment total: 1692

Australia/New Zealand
recruitment total: 208

Grand total: 1900
participants recruited!



**From the POSNOC Teams across the UK,
Australia and New Zealand, a VERY big
thank you for your ongoing participation
in POSNOC!**

Thank you

POSNOC Teams and Contact information

UK Team:

Email: posnoc@nottingham.ac.uk

Telephone: +44 (0)115 823 1624

Trial website: www.POSNOC.co.uk

Senior Trial Manager: Hugh Jarrett

Trial Manager: Sammi Harrison

Trial Coordinator: Hadia Noor

Data Coordinator: Arfan Ali

Medical Statistician: Cydney Bruce

Australia/New Zealand Team:

Email: posnoc@bctrials.org.au

Telephone: +61 2 4925 5271

Trial website: www.breastcancertrials.org.au/

Trial Manager: Heath Badger

Trial Administrator: Nicole Francis

