

OXFORD-RCGP RSC DIRECTOR'S MESSAGE



YOUR WEEKLY UPDATE FROM PROF. SIMON DE LUSIGNAN,
DIRECTOR OF THE OXFORD-RCGP RSC

HAPPY MAY DAY



We wish you all a happy and safe May Day and bank holiday weekend.

One of the focuses of the May Day celebration is **community**. Everyone joining together to celebrate and stand up for what benefits us all.

It is that sense of community that we rely on to encourage current and prospective sites to contribute the vital patient data and samples we need to benefit the wider community.

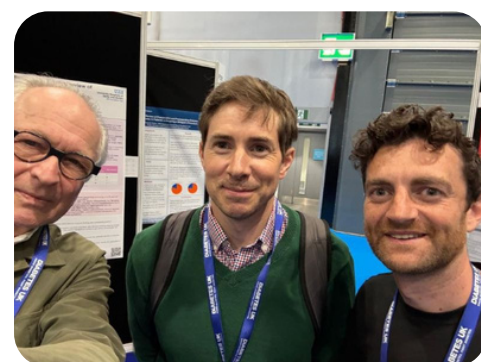
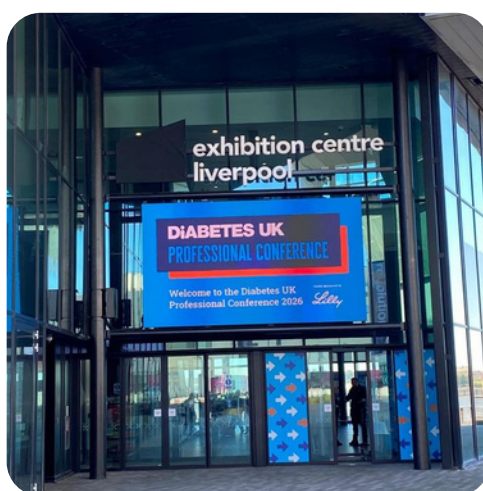
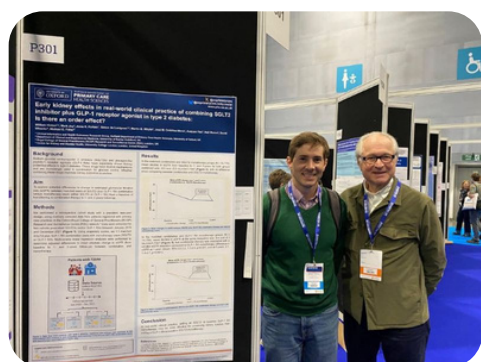
Speak to a Practice Liaison Officer today about how you can help.

The Diabetes UK Professional Conference

The Diabetes UK Professional Conference was held between the 22nd and 24th April 2026 at the Exhibition Centre Liverpool. The conference was attended by more than 2,000 delegates, including diabetes healthcare professionals and researchers. The programme involved symposiums, interactive sessions, and a poster hub of more than 400 peer-reviewed posters.

From our team, William Hinton (Research Fellow) and Prof. Michael Feher (Visiting Professor) were in attendance, and presented their poster on the real-world kidney effects of SGLT2 inhibitor plus GLP-1 receptor agonist combination therapy in type 2 diabetes, which analysed primary care data collected from the Oxford-RCGP RSC network.

Some of the highlights across the three days included a keynote session on the need to tackle persistent health inequities in diabetes, the latest findings on advances in type 1 diabetes screening, tackling early onset type 2 diabetes (including health inequities and risk of misclassification), and results from the FreeDM trial, which showed that CGM was associated with improvements in glucose levels of people with type 2 diabetes treated with basal insulin.



Research Ready

Research Ready® is a quality assurance programme for all research-active UK GP practices. It is designed in line with the [UK Research Governance Framework's](#) legal, ethical, professional, and patient safety requirements. The programme serves to provide information, support, guidance and accreditation to practices in research; both to assist with meeting the requirements above, and with considering and conducting research.

Research Ready® gives access to training and support for the whole practice team to upskill them to engage with research. It can be used by all practice staff, both clinical and non-clinical (GPs, nurses, practice management, administrators).

If you would like to know more about Research Ready, please contact The Royal College of General Practitioners, or visit this [link](#).

Sampling Is Informing

Welcome to the newest segment of our weekly newsletter

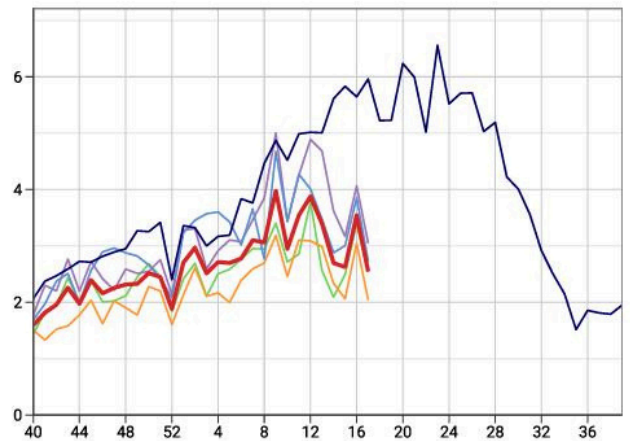
Chickenpox

Since the start of 2026 varicella-zoster, the virus that causes chicken pox and shingles, has been added to the MMR vaccination for children under school age.

It is too early to say if there has been a significant effect from this but levels have been below the seasonal average over the last couple of months, which is interesting at this stage. Only a relatively small number of children will have received the vaccine so far.

Coding of episodes of chicken pox in children will be important to understand how effective this update to the vaccination programme has been.

Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2025/26 compared with 5 year average



Influenza-like Illness

Whilst we have left the main 'flu season now, levels never quite get down to zero. We continue to have some 'flu positive' samples from our swabbing practices as well. It is quite possible to catch the virus even in the heat of the summer.

We continue to monitor all year round, and please continue to think of influenza-like illnesses even out of season.

(D) Influenza-like Illness: national incidence rate by age band

