

## How do I take part?

Speak to the person treating you to see if there is a research trial or study suitable for you.

Telephone **0117 41 48136** and ask to speak to the research nurse for your specific condition.

To see the wide range of research that is currently taking place across the hospital visit [www.nbt.nhs.uk/research](http://www.nbt.nhs.uk/research)

*"I decided to take part in research because it might just help people with this terrible disease in the future"*

Find out more...

0117 4149330

[www.nbt.nhs.uk/research](http://www.nbt.nhs.uk/research)

## Take Part

*in research*





*“The team looked after me as a person as well as my problem”*

# Take Part

Thousands of people take part in research everyday in the NHS.

Patients often have a particular health condition that the research aims to help, so if you are being treated at North Bristol NHS Trust you may be invited to take part in a clinical research trial.

There is clear evidence that patients who are treated in research active hospitals have better outcomes than non-research active hospitals.

Taking part doesn't always mean being prescribed a new medicine or tablet. It can involve you providing a urine or blood sample, asking you to complete a questionnaire, or simply a researcher asking you a few questions about your treatment.

The people who take part in every study are monitored carefully throughout their treatment and their safety and wellbeing comes first.

*Speak to the person treating you to see if there is a research study or trial that can help you.*

# What is clinical research?

Clinical research helps us to understand how to diagnose, treat, cure or prevent disease. It focuses on people and many clinical research studies, such as clinical trials, directly involving patients to test medicines or medical treatments. They can involve a few or thousands of people and are one stage of long and thorough health research.

Clinical research is essential for developing better treatments and improving healthcare. Many patients take part in clinical research every year which aims to find the best ways to:

- Prevent disease and reduce the number of people who become ill.
- Treat an illness to improve survival or increase the number of people cured.
- Improve the quality of life for people living with an illness, including reducing symptoms of disease or the side effects of other treatments, such as cancer chemotherapy.

Some types of clinical research are based on examining and observing people with different conditions, and sometimes comparing them with healthy people.

# Why is clinical research important?

Clinical research aims to:

- Provide the best advice and treatments for people.
- Share knowledge and learning.
- Improve patient care.

Health professionals and patients need the evidence from trials to know which treatments work best. Without trials, there is a risk that people could be given treatments which have no advantage, waste resources and might even be harmful. Many treatments that are now in common use in health care were tested in clinical trials.

*“We work in research because we want to make a difference to people’s lives”*



## Is it safe?

Large numbers of people take part in thousands of clinical research studies and trials in the UK every year.

All clinical research undertaken here at North Bristol NHS Trust is reviewed by an NHS Research Ethics Committee and approved by the Health Research Authority before it can start to ensure the rights, dignity, safety and wellbeing of the patients who take part are protected.

Each study is designed to keep risk to a minimum. The people who take part in every study are monitored carefully throughout and their safety and wellbeing comes first.



*"I took part in research because I wanted to control my diabetes"*

## Thinking of taking part?

These are some of the questions you may like to ask before deciding whether to take part in clinical research:

- What is the aim of the study and how will it help people?
- What treatment will I get if I don't take part in the study?
- How long is the study expected to last and how long will I have to take part?
- What will happen if I stop the trial treatment or leave the trial before it ends?
- How much of my time will be needed?
- What extra tests or appointments will I have?
- Will I need to take time off work?
- Will I need extra help from family and friends?
- If the trial is testing a drug, will I have to collect it from the hospital, will it be sent to me by post or will I get it through my doctor?
- Will I have to fill in questionnaires or keep a diary?
- What are the possible side effects of my treatment?
- Who can I contact if I have a problem? Will someone be available 24 hours a day?
- How do I find out the results at the end of the trial?