

# Research – Why is it so important?

[ INSERT TRUST LOGO ]

Research takes place in the NHS every day. Your doctor, nurse or other health care worker may ask you to take part in health research. This leaflet explains why research is done, why it is helpful and why you may be asked to get involved in research.

## Why do we do research?

- To find out the answers to many questions that will improve patient's health. For example: is a new drug better than an old one? What is the best type of therapy for back pain? Can we prevent people falling? How can patients' treatment experience be made better?
- To test whether treatments are safe and how well they work. A new treatment or a different way of giving treatment may be compared with the usual treatment you may receive.
- Research may test new medicines; compare surgical techniques or physical, psychological or complementary therapies

## Why is research helpful?

- ☐ We all benefit from research that has already taken place.
- ☐ Research helps us to find and provide the best possible care for you, your family and your community.
- ☐ People in Yorkshire have taken part in a large number of clinical trials in areas such as wound care, back pain and osteoporosis treatment. You may have agreed to take part in one of these studies in the past. You may also be benefitting from this research in the care you receive today.

## Who does the research?

Research is carried out by the NHS, charities or universities.

## How can I help?

Research cannot happen without your help. Taking part in research can help to improve services and treatments for future generations.

*[Insert active trial information. For REFORM the following text would be included:]*

The University of York is currently undertaking the REFORM trial with podiatrists in your area. The REFORM trial will look at whether a new podiatry care package can help to improve balance and reduce falls in people aged 65 and over.

You may be sent information about this trial if your healthcare professional thinks you are suitable for the research. We hope you will consider taking part.

## **Frequently asked questions**

### **Who has sent this leaflet to me?**

Your healthcare professional has sent you this leaflet. Your name and address are not available to researchers unless you choose to take part in the research.

### **Do I have to take part in research?**

It is up to you to decide if you want to take part in research. You can change your mind at any time – you don't have to give a reason. It may be useful to talk about taking part in research with your friends and family.

### **I have existing health problems, can I still take part?**

You will only be asked to take part in research if your healthcare professional feels that you are suitable. If you are worried about taking part due to your health then you should talk to your healthcare professional.

### **If I take part what happens to my information?**

Your data is always confidential and will be held securely by the main research centre. Your identifiable information will be removed before the data is published.

## **How do I find out**

### **About trials in the NHS**

[www.nhs.uk/conditons/clinical-trials](http://www.nhs.uk/conditons/clinical-trials)

[www.nihr.ac.uk](http://www.nihr.ac.uk)

### **Why may I be asked to take part?**

Your [insert type of clinic—For REFORM the following text would be included: Podiatry or Falls clinic] may ask you to take part in research which they think you may be suitable for. For example, as you have attended the podiatry clinic recently, you may be contacted to ask if you would like to take part in research they are currently involved in.

### **Am I too old to take part in research?**

No not at all. It's very important that older people take part in research too.

### **What happens if I decide to take part in a study?**

What happens depends on the research study you are involved in but it may include:

- Filling in questionnaires
- Talking to a researcher
- Trying a new treatment or drug

### **Is it safe?**

Lots of people take part in studies each year. Before any research takes place in the NHS it has to be approved by an ethics committee. An ethics committee is an independent body of people who ensure that research is as safe as possible and the patients' rights and dignity are safeguarded.

### **Other people's thoughts on taking part in research**

[www.healthtalkonline.org/medical\\_research](http://www.healthtalkonline.org/medical_research)

[www.invo.org.uk](http://www.invo.org.uk) Prenotification leaflet v1 18/2/13