

# Patient information

## Your Role in Research

### Have you ever thought about taking part in research?

Research is taking place all the time in the NHS – in hospitals, clinics, and in the community. This leaflet explains why you or your family or carers may be asked to be involved in research and explains why research is done.

### Why do we do research?

#### Research:

- Helps us to identify and provide the best possible evidence to care for you, your family and community.
- Looks at ways to help prevent illness, and helps us to improve treatments and services, making sure they are safe and effective and make the best use of NHS resources.
- Can increase our knowledge about illnesses and help us to find out what it is like for you to live with a condition.
- Help us to find out what you and others think about the services you receive.

## **Information we get from research may also be used to help us:**

- Teach and train our staff
- Plan for the future
- Improve the NHS
- Compare ourselves with the rest of the country and the world

## **How can you help?**

Research cannot happen without your help. Taking part in a project may not always help you directly, but you will be helping to develop services and treatments for future generations.

If you are asked to take part in a research project, please consider getting involved. What you will be asked to do will depend on the project; however it may involve:

- Filling in questionnaires.
- Talking to the researcher about your views.
- Letting the researcher look at your medical notes.
- Trying a new treatment or drug.

## **If you are asked to take part in research:**

- Your Doctor, Nurse or Researcher will explain what the project is about and what is involved in taking part. They will give you some written information about the research for you to keep.

- You will be given time to think about all the information and to ask questions. If you don't understand anything, please ask. You should only say yes if you fully understand what will be involved and are happy with this.
- If you decide to take part you will usually be asked to sign a consent form and will be given a copy to keep.

**Remember:**

- Taking part in research is voluntary. You do not have to take part and you can change your mind at any time – you do not need to give a reason.
- Your care will not be affected if you decide not to take part, or if you say yes and then change your mind.

Before a research project starts it is looked at by various organisations to make sure it is OK for you to take part. These include NHS Health Research Authority (HRA) responsible for your care. They make sure that any risks have been looked at, that the study is of value to patients and the NHS, and that it respects the rights, safety and wellbeing of those taking part. They also review projects regularly after they have started to make sure they continue to be safe.

**Can you be identified?**

- No researcher will be given access to your health records for research without your consent.
- Where possible all data collected from you for research purposes will be coded with a number rather than your name.
- Everyone who has access to your records, or any of your details for research, is bound by a strict code of conduct to keep your data confidential.

## **How to find out about research**

- If you have a specific illness/ailment and are interested in participating in research, you could speak to your Consultant or GP who will be able to advise you on what research is currently taking place.
- Contact the West Suffolk NHS Foundation Trust R&D Dept. on 01284 712790 or **[R&D@wsh.nhs.uk](mailto:R&D@wsh.nhs.uk)**

**We take research very seriously. We are committed to developing our services based on the best research evidence there is so that we can offer the best care and treatment to the people of Suffolk.**

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*