



Your role in research

How you can help research

Health research plays a vital role in caring for and treating patients. Whether you're in hospital having your baby or being treated for an ongoing condition, we will be able to offer you the best care because of previous research studies.

We know the best types of treatment for your condition, the most effective medications to prescribe, which pieces of equipment could help you, what we need to know about you and even how it feels to be in your position, all because of research.

Clinical research can mean a large study involving thousands of people or just one person.

We need people willing to take part

We can't carry out research alone. We need patients, carers, service users and even healthy volunteers (those without a condition) to be involved.

- It might be agreeing to answer some questions about yourself while in hospital.
- It might mean agreeing for a sample to be taken, such as saliva or blood.
- It may be an ongoing study about a long-term condition, such as diabetes, where you would be asked to use

a piece of equipment and share your experience with our medical researcher.

- It could mean taking part in a study using a new drug, such as chemotherapy, when treating cancer.
- It may mean answering a series of questions about your health and how you feel before and after treatment, or before and after giving birth to your baby.

Are you suitable?

Some studies have specific requirements depending on the research and what it's looking at. This could be to focus on a specific condition or a specific patient group. If it's around maternity, then someone expecting a baby or someone who has recently had a baby may be the only people who can take part.

It could be a piece of research looking at how people respond to treatment at a certain age, so if you're not within that age bracket you may not be eligible.



Who might ask?

If you come to hospital, as an inpatient or an outpatient, you may be asked by a healthcare professional who also forms part of our Research team. The team is made up of all kinds of healthcare professionals such as:

- nurses
- doctors
- allied health professionals (AHPs) such as speech and language therapists or physiotherapists
- clinical research practitioners.

They may have identified you as a suitable person for a relevant study, either because you're within the eligibility criteria or to give you the opportunity to try a new treatment for your condition. Whatever study you agree to be involved in, your data will only be shared with those people you have consented to see it.

You have the right to say no if you'd rather not be included. It is always your choice, it will not affect your treatment in any way.

You may be asked if you'd be happy to be involved while in hospital. You have a right to say no.



Issued by:
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What type of research could it be?

Research takes many forms. It could be a one-off questionnaire, agreeing to a blood sample being taken or a longer-term study looking at the impact of a drug or device.

Your involvement may also mean it's very short, or you may be asked if you'd be happy to come back to the hospital to be monitored. This could be a one-off or on a regular basis depending on the study and treatment.

When will you know the result?

Many studies are carried out and completed over several months, or even years. It's also common for research to happen at many different hospitals with one leading hospital, so results may take time to be processed too.

If you are interested in taking part in a research study at ESNEFT, you can register your name and details through the NHS app or website. Scroll down to the 'Be Part of Research' section and sign up there. Scan the QR code to find out more about the team and the studies happening at ESNEFT.



Alternatively, type the following web address into your browser:

www.esneft.nhs.uk/about-us/research-innovation-and-development

Please ask if you need this leaflet in an alternative format.