

# Clinical Trials & Research Studies

The Mater Hospital is a university teaching hospital for healthcare professionals. Much of this teaching takes place in clinical areas and you may be asked to help the learning and teaching of staff and students or in clinical trials / research studies.



## What are clinical trials?

Clinical trials involve asking you, as a patient, to agree to take part in a research study within a hospital environment so that the effects of a drug / medicine and / or treatment can be closely and scientifically monitored and recorded.

There are strict guidelines and rules to carrying out research. Pharmaceutical companies wishing to produce and sell new drugs / medicines / treatments must first carry out extensive and scientific research.

## How is my safety protected?

Clinical trials and research studies must follow appropriate guidelines. Medical research must obey ethical standards that respect people. The hospital's Research Ethics Committee must approve every research study or clinical trial before the trial / study begins.

## Why should I participate?

Clinical trials help us understand the causes, development and effects of diseases and find better ways to prevent, diagnose and treat diseases. The health of millions has been improved due to the willingness of people like you to take part in clinical research and help medical staff to obtain the best possible training.

## Do I have to take part?

No. You have the right to say no and this will not affect your treatment in any way.

If you do decide to take part, you are free to withdraw at any time and without giving a reason.

In addition, you will be provided with written information in the form of a patient information leaflet. You will be provided with a full explanation and you must give your written consent.



## What happens during a clinical trial?

This will depend on the type of trial. The clinical team (doctors, nurses and other healthcare professionals) will check your health at the beginning of the trial, give specific instructions for taking part and monitor you carefully during the trial.

## What are the benefits of taking part?

- You can play an active role in your own healthcare
- You may gain access to a new research treatment before it is widely available
- You may help others by contributing to medical research



## What are the risks to taking part?

- There may be unpleasant or serious side effects to untried treatment
- The treatment on trial may or may not help your condition