



Opening the door to research



... and seize the day



We opened the door to research and put ourselves in touch with medical knowhow. We grasped the opportunity and reaped the benefits of owning our own condition and now we can influence how our health is handled.

We joined with others at GP surgeries who are taking part in studies helping themselves and others to achieve better health.

We helped to design studies and took part in those studies. We feel we made a difference to our health and the health of others.



We became empowered



“When I joined the study, I felt like I owned my condition. I was able to change”

“I met others in my study group and we found support”

“My GP had suggested changes but I was unable to make those changes till I took part in a study”

Two of the ways we become involved:

No. 1 – By taking part as a participant:



Taking part in a study could mean anything from filling in a questionnaire, to changing your diet and checking your weight ... or starting some new or different medication.

No. 2 – By getting actively involved and having your say:



Patient and Public Involvement (PPI), is about contributing your experience to help decide:

- What is to be researched
- How to do it
- And what to do with the outcome



Stephen Fry

“If you took time to participate in a study, you’ve no idea how much good you will be doing ...Thank you so very much on behalf of the untold millions you are helping.”

(On taking part in a study on Bipolar Disease)

We found that research and clinical trials:

- **Are an everyday part of the work done in the NHS**
- **Are carried out mostly by our regular doctor, nurse, dentist etc.**
- **Aim to find a better way of looking after ourselves and other patients in the NHS. This is where we can all get involved to influence the outcome.**

The National Institute for Health Research (NIHR):

- is the research arm of the NHS

The Primary Care Research Network (PCRN):

- helps practices to be involved

With our help, they improve the health and wealth of the nation through research



Take part ... join a study ... make a difference



Have you been invited to take part?

Have you been given a patient information leaflet to read?

Have you seen an opportunity to have your say about research?

Remember you can always ask questions and you don't have to take part if you don't want to.

To find out more:

Look out for the leaflet “*Your health records save lives*” which will help you to see what contribution data/information about you can make.



▪ **Look on** the PCRN website:
www.crnc.nihr.ac.uk/about_us/pcrn/primary_care_patients/pc_participation.htm

▪ **Get in touch** with *INVOLVE*, a national group supporting public involvement in research: www.invo.org.uk/

▪ There is also a website for *People in Research*. This site has a searchable database of involvement opportunities: www.peopleinresearch.org/

▪ For more general information on patient participation at practice level please look at: www.napp.org.uk

▪ Some hospitals and universities run patient panels that help researchers with the design of the studies. Addenbrooke’s Research and Development (R&D in) Cambridgeshire has a page for patients and the public: www.cuh.org.uk/research/public/public_index.html