



## Office of Clinical Research

### Information for Participants

**UC Health**<sup>TM</sup>

## **Research and You**

Welcome to one of the best health systems in the nation.

It is one of the best because as well as high-quality, state-of-the-art medical treatment and care, we also make research available to you. UC Health is involved in research because of its importance in understanding diseases and creating new ways to detect, prevent and treat health problems. Almost daily, our researchers discover new information about medical conditions and possible ways to improve the health of patients.

When you visit a UC Health facility, you may be asked to take part in research. Choosing whether to be in research is an important decision. We want to make sure that you understand what it means when you are asked to participate so that you can choose the right option for you.

## **What is Research?**

Research is a carefully planned search for new information about health, diseases, medicine and treatments. We use research to see if new treatments are helpful, if new tests can find disease, or if new ways of caring for patients are successful.

Research sometimes has different names. It might be called a "study," "medical research," "clinical research study" or "clinical trial." These are all types of research.

Research studies that involve patient volunteers help us find better ways to prevent, diagnose, and treat diseases. They can also improve the quality of care for our patients.

## **Why Are Research Studies Done?**

Research is done to answer questions about the best approach to medicine or health care. Without research, physicians and scientists cannot develop new and improved lab tests, medications, machines, or treatment plans.

In order for research to be successful, it must be done with the help of those most likely to benefit from it. It is very important that research on a new drug, test or treatment is done with volunteers who have an illness or injury that the drug, test or treatment is being made for.

Research studies with healthy people are also important. In some studies, researchers need to compare healthy volunteers with people who have a specific illness or condition.

If you are asked to be in research, the investigator should explain to you what the purpose is. You should ask your doctor or the researcher to explain what they hope to find in the study. This is important information for deciding whether or not to be in the research.

## **What Can I Expect During a Research Study?**

Every research study is different. Some research studies are very simple and just collect information about you from the medical record. Other research studies may compare different treatments. In these studies, it is common that the doctor does not choose which treatment you will get because treatment is decided by randomization. Randomization is like the toss of a coin and it is important so that the results of the research are not affected by the researcher's choices.

Sometimes, research studies involve the use of a placebo, sometimes called a “sugar pill” which is used in place of medicine. Placebos are never used in place of a treatment that is known to work. Participants will always be told before agreeing to take part in a study if a placebo might be involved.

The care a research study participant receives is very similar to the care they would receive outside the research study. In a study, there is often additional care in order to learn about possible side effects and benefits of the research study. When a person chooses to be involved in a research study they should expect to be treated with respect and be kept informed by the research team.

### **Who Can Be in Research Studies?**

All research studies have guidelines about who can participate. These guidelines might be based on factors such as age, gender, the type and stage of an illness, previous treatment history and other medical conditions.

Before joining a research study, you must qualify for the study by meeting the guidelines. Some research studies seek volunteers who have illnesses or injuries, while others need healthy volunteers. Some studies look at healthy volunteers to learn how to keep people well, while others compare healthy volunteers with those who have specific illnesses.

The guidelines that are used to decide if you can be in a study are chosen to make sure the research is successful. They are not used to reject people personally. They are used to make sure that volunteers are kept as safe as possible.

### **Is it Safe?**

Many steps are taken to protect the safety of participants. At UC Health, we aim to make sure the research is well designed and satisfies all of the rules and regulations that apply to research. However, some research does involve some risks and you should be told about these before you choose to be in a study.

Research can only be done with approval of an Institutional Review Board (IRB). The IRB is an independent group of experts who are responsible for deciding whether the research should happen. They also provide oversight to the research as it goes on. The IRB reviews the benefits of the research to see if they outweigh any risks, and they review the studies to make sure they are ethical.

At UC Health, we promise that your rights as a research participant are protected, no matter the type of study or patient group you are in. This includes making sure you have the opportunity to discuss the risks and benefits of the research before you agree to participate.

### **Why Participate in Research?**

Research studies depend on volunteers who agree to be a part of them. By volunteering, you can:

- Play an active role in your health care
- Get access to new research treatments before they are widely available
- Get expert medical care from study doctors at top medical centers
- Help others by contributing to medical research

The decision to take part in a research study is a personal one. You should make sure that you

are informed about all of the risks as well as the benefits before you decide. You may wish to talk to your family and loved ones, as well as members of your health care team such as a doctor or nurse, before deciding.

If you do decide to take part in research, you should know that you can change your mind at any time. Being in research is purely voluntary.

### **What is Informed Consent?**

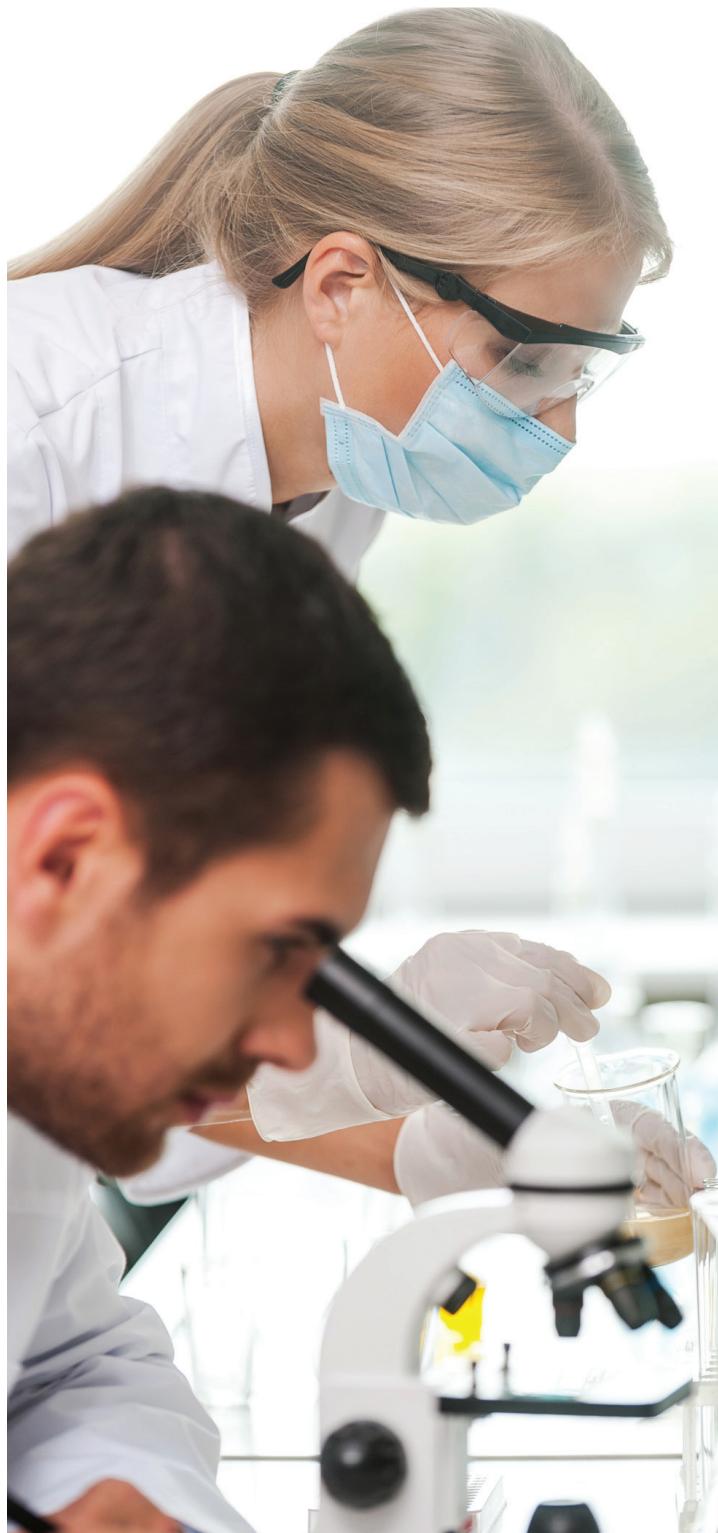
Before you decide to be in research, you have the right to ask questions and be told important information about what is involved. This means making sure you know:

- Why the research is being done
- What will be done during the research
- How long you will be in the research
- What possible benefits you can expect
- If there are any risks, what they are
- What other options are available

### **Will I Be Paid to be in Research?**

Sometimes there is pay for the time or travel involved in the study. Sometimes there is not. You should be told if there is payment when you talk to a researcher about a study.

**We see more ... UC Health**





Office of Clinical Research  
3200 Burnet Avenue  
1 Ridgeway #1127  
Cincinnati, OH 45229  
(513) 245-3417

**[UCHealth.com/research](http://UCHealth.com/research)**