

Research and Development Department

Information about research for teenagers



**Maidstone Hospital,
Hermitage Lane, Maidstone, Kent ME16 9QQ**

**The Tunbridge Wells Hospital
Tonbridge Road, Pembury, Tunbridge Wells TN12 4CQ**

Local People – Local Research

Research facts

Did you know that

- Over 1,000 patients take part in clinical studies in this Hospital Trust each year
- Patients with an interest in research can work with Trust staff to design research projects which are then carried out within the Trust
- More than 630,000 NHS patients in England took part in clinical research studies last year

Why should I give permission to be involved with research?

As a teenager, you go through many changes. Your body is on its way to becoming its adult size. Along with these changes, you are becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

If you have an ongoing health problem this leaflet may help you to understand research and how it could help you.

Research can help you to

- have the opportunity to gain access to the latest drugs and treatments whilst on a study
- help widen your own knowledge and the knowledge of medical staff about your condition
- have the opportunity to shape future research, both locally and nationally
- help improve the quality of patient services for the future

Being involved in research is not just about testing new medicines; there are lots of **different types of research** you can become involved in.

What types of research are there?

- Drug trials – to assess how new drugs can improve your quality of life
- Questionnaires – to seek your views and experiences of your treatment
- New surgical procedures – to help health professionals gain knowledge of the best surgical techniques

Remember: Participating in research is totally voluntary. Your care and treatment will not be affected if you choose not to take part.

Who will ask me to participate in a research study?

You may be asked to participate in a study by a number of people, such as your GP, a clinic nurse, a hospital consultant, a therapist or a study research nurse.

You may be asked before you come into hospital or whilst you are an inpatient or an outpatient. You may be contacted after you have been discharged. Ask your GP or your clinical team about what research may be relevant to you.

If you are an early teen (13 -16 years old), and suitable to join a study, your parent/guardian will be approached together with yourself to discuss your options. As stated before, participating in a study is voluntary.

Examples of studies open at this Trust involving teenagers

- Study looking at Type 1 diabetes in older children and teenagers to see what improvements can be made in treating this condition
- Study looking at why some children and teenagers (aged between 11 and 15 years old) are more likely to have hip problems (such as dysplasia) than their brothers and sisters.
- Study looking at young people with Crohn's disease to find better ways of treating the condition

Volunteer Patient Research Ambassador

In order to enlighten patients and carers about research, Maidstone and Tunbridge Wells NHS Trust has appointed Frances Mossie, a Volunteer Patient Research Ambassador.

“My role is to support patients’ understanding and involvement in research.

The role of Volunteer Patient Research Ambassador in Maidstone and Tunbridge Wells NHS Trust is one of the first to be adopted in England and I have the full co-operation of the Trust and the National Institute of Health Research.”



If you would like an informal chat with Frances about becoming involved in research, please contact:

frances.mossie@nhs.net

Telephone: 07702338929



mtwpatientresearchambassador

If you would like to know more about working alongside hospital staff to design and set up **research trials** or if **you are interested in participating in a trial**, please let the Research and Clinical Audit Department know, details below.

Telephone: 01622 225627

Email: deniseday@nhs.net

Today's research is tomorrow's treatment

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this.

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