**Research at Cartmel Surgery**

What is research?

Research is about finding out new knowledge that could lead to changes in treatments, policies or care. There are many different types of research from studies in a scientific laboratory to those that observe and examine people with different conditions or develop new treatments. Research might be concerned with preventing disease and promoting good health or finding out people's experience of different services and support in the community.

The NHS Constitution states that Research is a core function of the NHS. Clinical Research is a major driver of innovation and central to NHS practice for maintaining and developing high standards of patient care.

Ultimately, clinical research means patients get access to new treatments, interventions and medicines. Investment in research means better, more cost effective care for patients.

National Institute for Health Research

In 2006 the Department of Health set up The National Institute for Health Research (NIHR) to improve the health and wealth of the nation through Research.

The NIHR Clinical Research Network (CRN) was introduced to provide the infrastructure to the NHS to allow high quality research to be set up and delivered efficiently and effectively.

Cartmel Surgery is part of a network of local practices participating in research activities under the banner of CRN Northwest Coast.

To find out more about the work of the NIHR Clinical Research Network go to [www.nihr.ac.uk](http://www.nihr.ac.uk)

What is Primary Care Research?

The CRN Primary Care speciality works in collaboration with researchers and primary care practitioners such as GP’s, practice nurses, pharmacists and dentists to promote the successful delivery of research studies in the NHS. A wide range of research studies are supported which look at:

•Promoting a healthier lifestyle

•Disease diagnosis and prevention

•Management of long-term illnesses such as diabetes or hypertension

•Prevention of future ill-health

•Treating common conditions such as tonsillitis, influenza or Covid 19

**How can you help and take part at Cartmel Surgery?**

There are many various ways a patient can become involved in studies at Cartmel Surgery:

•A doctor or nurse may talk to you about a particular study and ask whether you would be interested in participating

•You may be sent information through the post if we feel you may be a suitable participant

•You may read information about a current study in the patient waiting room or on the surgery website and wish to take part by contacting your GP or the Research Nurse

•Please note: the funding for our research activity is via the CRN so does not come out of the practice's own budget and therefore does not affect our patients' services

All clinical research carried out at Cartmel Surgery is thoroughly checked and approved by ethical committees thus ensuring it is appropriate and safe to perform

Your participation is entirely voluntary and can be withdrawn by yourself at any time without any explanation required.

You are under no obligation to participate in any research project.

Your care and your relationship with your doctor or nurse will not be affected in any way if you decided not to take part in a research study

You will always receive clear information about what taking part in a research study would involve. You will have the opportunity to ask questions and obtain further details about a study.

If you do agree to take part in a study, you will be asked to sign a consent form. This will clearly state which parts of your notes (if any) may be looked at for the purposes of the research study. Nobody from outside this practice will be given your contact details or have access to your medical records without your prior consent.

Training for Research Staff

Everyone involved in the conduct of clinical research must have the necessary training and education in order to ensure they are competent to carry out their duties and responsibilities.A key requirement for anyone involved in the conduct of Clinical Research is Good Clinical Practice for Research (GCP) training.

Good Clinical Practice (GCP) is the international guideline and standard to which all NHS research is conducted.

GCP Trained Staff at Cartmel Surgery

Dr Julie Colclough . Lead GP for Research

Liz Butterworth Clinical research Nurse