

Getting involved

Support the OK to ask campaign by:

- asking your doctor or consultant about clinical research for you or someone you care for
- telling us that you asked, the response you received and any additional comments, either through twitter @OfficialNIHR or by email to oktoask@nihr.ac.uk

We want as many people as possible to get involved. Make your voice heard and help us to remind healthcare professionals that research matters to patients.



Follow us on Twitter:
@OfficialNIHR



Like our page on Facebook:
facebook.com/NIHRoktoask



Email us:
oktoask@nihr.ac.uk



Find out more:

To find out more about OK to ask and clinical research in general, visit the useful links below:

<http://bit.ly/OktoAsk2014>

Use this link for more information about the OK to ask campaign, or scan this QR code:



www.crncc.nihr.ac.uk/ppi

Information about clinical research and how to get involved

www.researchchangedmylife.com

Find out how the lives of patients and carers have been changed by research, in their own words.

www.crncc.nihr.ac.uk/clinicaltrials

Booklet titled: Clinical trials: what they are and what they're not

www.crncc.nihr.ac.uk/trials

Booklet titled: Understanding clinical trials

www.ukctg.nihr.ac.uk

A database of clinical research trials that are running in the UK

NHS

**National Institute for
Health Research**



What is clinical research?

Research is part of the core work of the NHS. Within its constitution NHS England has pledged to inform patients of research studies in which they may be eligible to participate.

This pledge aims to give people better access to the potential benefits of participating in research studies including clinical trials.

Doctors use clinical research studies to compare current treatments with potentially better ones, so that we can keep improving the care we offer NHS patients.



**What is clinical research?
Can anyone take part?
How do I get involved?
Who do I ask?
Why do I need to get involved?**

People who take part in studies often feel that they are taking an active part in their health care and helping others, by helping to identify the best treatments.

Last year, more than half a million NHS patients chose to take part in nearly 3000 clinical research studies. Thanks to those patients, we are learning more all the time about how to deal with a whole range of medical conditions - and make some real breakthroughs that will improve thousands of lives.

This year, you could help us to do even more if you remember it's OK to ask.



It's OK to ask about clinical research

Clinical research is the way in which we improve treatments in the NHS.

In many cases doctors will tell patients about research but we also need patients to ask about it and keep research at the top of the NHS agenda.

In a consumer poll, only 21% of patients and the public said that they would feel confident asking their doctor about research opportunities - a low number.

That is why during 2014/15 The National Institute for Health Research (NIHR) is promoting the fact that it's OK to ask about clinical research.



Who and what should you ask?

If you have a medical condition and are undergoing treatment, we would like you to ask your family doctor, nurse or consultant about clinical research, and whether it might be right for you.

We would like those people that do ask to let us know that they did, along with what response they received and any other comments or suggestions for improvements.



Why?

By sharing your experiences to the OK to ask campaign we will be able to let clinicians know that patients are interested in research. It will also help us to see where we may be able to improve our response to patients who want to take part in research.

You can send us your responses by:

twitter: @OfficialNIHR #NIHRoktoask

facebook: facebook.com/NIHRoktoask

email: oktoask@nihr.ac.uk