Is Participating in Research Right for Me?

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Are health-related research studies for you?

- What are research studies?
- Why is research important?
- Myths about research
- Questions to ask
- Research discoveries can improve people’s health.
- CERH and UK Current Studies
- ResearchMatch.org/uky and Clinicaltrials.gov
You Can Make a Difference Through Research
Lung cancer and environmental carcinogens

Visit the UK CCTS Clinical Trial Video Series on YouTube
What are research studies?

• Research is a study that is done to answer a question.
• Scientist do research because they don’t know for sure what works best to help you.
• Some other words that describe research are: clinical trials, protocols, survey or experiment.
• Research is not the same as treatment.
Why is Research Important?

Research has led to important discoveries that make our lives better.

Some examples are:

• New drugs to treat cancer, diabetes, heart disease, and other diseases
• Ultrasound, X-rays, Magnetic Resonance Imaging (MRI) and diagnostic tests
• Vaccines: Shingles, pneumonia, flu
• Ways to stop smoking
• Improved medical procedures
Research discoveries can improve people’s health.

Before you decide to become a research participant, get the facts.

• Know what you’re getting into.
• Ask questions.
• Learn as much as you can.
• Know the pros and cons.

It’s Your Decision!
Points to consider

• A research study may or may not help you personally.
• In the future, the results could help others who have a health problems.
• Taking part in research is voluntary.
Major factors influencing volunteers’ decision to participate in trials

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percent of Respondents</th>
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<tbody>
<tr>
<td>Receive quality medical care</td>
<td>85%</td>
</tr>
<tr>
<td>Gain access to medical professionals</td>
<td>83%</td>
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<tr>
<td>Opportunity to learn more about my disease</td>
<td>79%</td>
</tr>
<tr>
<td>Receive results at the end of the clinical trial</td>
<td>71%</td>
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<tr>
<td>Convenience and ease of participation</td>
<td>44%</td>
</tr>
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Source: CISCRP 2013 Perceptions & Insights Study; N=5,701 global respondents
Myths about research

- You are a guinea pig.
- You should only participate in clinical trials if standard treatments aren’t working for you.
- A clinical trial is done to see if people may live longer.
- Once you are in a clinical trial you can’t change your mind.
- You won’t know if you are getting a new drug or an old drug or a placebo.
Questions to ask before participating:

- What exactly will happen to me in the research?
- Will there be any unpleasant side effects?
- Will the research help me personally?
- What other options do I have?
- Can I leave the study at any time?
- Will it cost me anything personally?
How do we learn about studies?

Source: CISCRP 2013 Perceptions and Insights Study: N=5,701 worldwide respondents
Measured both general public attitudes about clinical research and patient experience.
Three ways to get involved

1. Call Wayne
2. Current Studies at UK
3. National studies – ResearchMatch.org/uky
   Clinicaltrial.gov
The Division of Research was created to conduct rural health research relating to:

- Health disparities
- Health outcomes
- Health policy
- Health care delivery systems

The goals of the Center’s research are:

- Improve the efficiency and effectiveness of health care for rural persons
- Eliminate health disparities
- Overcome barriers to access to quality care for the poor and underserved

The Center seeks to raise public awareness of rural health issues via dissemination of its research findings through publications, presentations and technical assistance to health practitioners, scholars and public groups. It also provides technical assistance by supplying information about grants available from federal sources.

You can find current research studies by contacting Wayne Noble at wayne.noble@uky.edu, 606-439-3557 or visit kyruralhealth.org.
Current Studies at the University of Kentucky

UKclinicalresearch.com
UKclinicalresearch@uky.edu
859 323-8150 or 859-257-7856
The University of Kentucky is committed to advancing health and health care for everyone in the Commonwealth and beyond. From preventing childhood obesity to developing groundbreaking treatments for Parkinson’s disease, researchers are working diligently to develop new treatments and strategies that improve the health of our families and communities. To learn more about opportunities to help research at the University of Kentucky,

- Understanding Clinical Research Studies (Trials)
- Frequently Asked Questions
- For Parents: Why Clinical Research Studies in Children are important?

Health Related Interests:
- Healthy Volunteer Studies
- Multicultural Studies
- Aging & Geriatrics
- Allergy, Asthma & Sinus

www.UKclinicalresearch.com
You can help others by participating in health-related research.

Researchers are working hard to identify new treatments and strategies to improve the health of our communities, but research needs healthy volunteers and volunteers with medical conditions in order to succeed.

Joining ResearchMatch - participant registry

researchmatch.org/uky
What is ResearchMatch?

This is a national registry operated by Vanderbilt University, a partner of the University of Kentucky Center for Clinical and Translational Science.

Who can join?
Anyone from the United States can join regardless of age, ethnicity or health conditions.

How much does it cost to register?
ResearchMatch is free for everyone.

How long does it take to register:
The online registration takes 5 to 10 minutes.

I’ve registered. Now what?
Researchers will search the ResearchMatch database for matches to their studies. If you are a match, you will receive an email from ResearchMatch asking if want to be contacted by the researcher. You choose to say ‘Yes’ or ‘No’, it’s always your choice!

Can I cancel my membership?
Yes you can stop being a participant in ResearchMatch at any time.
ResearchMatch.org

ResearchMatch has a simple goal – to bring together two groups of people who are looking for one another.

**Researcher looking for Participants – Participants looking for Researcher**

1. Fill out a few basic questions about yourself or the person you wish to register.
2. Create your unique username and password that only you will know.
3. If you wish, tell about your health background.
4. Submit your profile RM and wait to be contacted by researchers who think you’ll be a good match for their studies.
Research Participant Protection
Questions about your rights?

Office of Research Integrity (ORI)
Institutional Review Board (IRB)
1-866-400-9428

Someday, you or a family member may want to take part in a research study. If this happens, the information on this website may help you make the right decision.

www.research.uky.edu/ori/human/participants.html