

Why is heart research important?

By asking questions and finding answers, we can:

- Find new ways to prevent heart disease
- Improve the way we diagnose heart disease
- Find effective treatments
- Improve the quality of life for people living with heart conditions
- Increase understanding about human heart health and living with heart illnesses
- Share knowledge and understanding with fellow researchers across the world

Is research safe?

There are thousands of clinical research studies and trials in the UK each year and your safety and well-being comes first. All our clinical research at University Hospitals Leicester NHS Trust and University of Leicester (UoL) is reviewed by the NHS Research Ethics Committee and our Research & Development team.

Will I get paid?

Participating in clinical research is voluntary; people often take part to help improve knowledge of certain conditions or to try and improve their own condition. Out of pocket expenses are usually reimbursed. Some studies offer a small inconvenience payment. This will be made clear in study information and will be confirmed with you at the time of signing up to the study.

Will my details be kept confidential?

Yes. Your details are available only to members of the research team. We keep your information confidential and anonymous and we follow data protection practices.

Leicester Cardiovascular Biomedical Research Unit

The LCBRU at Glenfield Hospital aims to improve the diagnosis, prognosis, and treatment of cardiovascular diseases. The unit provides state-of-the-art facilities, equipment, and staff to assist researchers in their complex projects.

LCBRU is one of 20 units around England funded by the National Institute for Health Research (NIHR), a strategic research funding body within the NHS.

LCBRU is a partnership between the University of Leicester and University Hospitals of Leicester NHS Trust. The Unit's director is Professor Sir Nilesh Samani and the manager is Dr Martin Batty.

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Facebook  NIHR Leicester Cardiovascular Biomedical Research Unit

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NHS

*National Institute for
Health Research*

Get Involved In Heart Research



**Be a participant in one of
our latest studies**

**Or work with researchers to have YOUR
heart health questions answered**

'Today's research is tomorrow's care'

**Leicester Cardiovascular
Biomedical Research Unit**

NHS

University Hospitals of Leicester
NHS Trust



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Taking Part in Heart Research in 5 easy steps

1

As a hospital patient

Leicester Hospitals are research hospitals. If you are being treated here you may be invited to take part in research by your doctor or nurse. You can also ask, during your appointment or stay, about our research and how you can take part.

1

As a healthy volunteer

You can join in research as a healthy volunteer. This means you don't have the condition being studied and your involvement provides a healthy comparison to those who do. You may need to meet certain conditions such as age or gender to take part.

2

Talking to the research team

Your first contact with someone from the research team is likely to be while you're in hospital. They will tell you about the study and then give you a Patient Information Sheet. They'll then contact you again to see if you'd like to take part.

2

Talking to the research team

Your first contact with someone from the research team will be when you phone or email to ask about our research. They will tell you about studies that are looking for healthy volunteers and will send you a Patient Information Sheet. They'll then contact you again to see if you are interested in taking part.

3

Consent

Before taking part, you will need to meet with someone from the research team to give your consent. At this meeting the study will be explained fully to you and you will have the opportunity to ask questions. The consent form is an agreement to show you understand what taking part in the study will include. It's important to note that even after you have signed your consent form, you can still leave the study at any time. This will not affect your treatment.

4

Your part in the study

At any one time we are running around 80 different heart research studies. What you will be asked to do depends on the study you take part in. Some can be as simple as talking to researchers after your operation or giving samples of blood or urine on a single visit. Others can mean multiple visits to the hospital. Others can involve changing your medication.

All this will be clear in your Patient Information Sheet and at the meeting with the research team. If you have any questions, at any time, just ask. We're here to ensure you enjoy and learn from the experience as much as possible.

5

The results

At the end of the trial, the results should be made available to all those who took part. The results are also presented to large medical meetings and published in medical journals and the media to ensure others can use the results to improve health care. You will not be identified in study results.

Work With Our Researchers to Help Design Heart Research



You can support our research behind the scenes too.

Our Public and Patient Involvement group meets with our researchers each month to talk about our studies. They ask questions, suggest how studies could be better, and even help design studies. New members are always welcome.

Former patients have also helped launch research into rare heart conditions by working with our consultants and researchers. Do you have an idea for heart research?

You can also take part from the comfort of your own settee. We run occasional short surveys via email up to six times a year. To take part just send your email address to Kelley Green at kg198@le.ac.uk

You can also ask our experts a question on heart research via our Facebook page



NIHR Leicester Cardiovascular Biomedical Research Unit.

For more information contact:

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Find out what we do at www.le.ac.uk/bru