

Charter Medical Centre hosts an array of research activities. This means that you may be asked to participate in research studies. You do not have to take part and if you decline your normal care will not be affected.

Emily Manthorpe is the research lead. Please ask for her if you have any queries. Her email address is emily.manthorpe@nhs.net or you can call her on **07766253312**. Please do not contact Charter Medical Centre regarding research.

Patient participation and how to take part in research

There are different ways that patients can become involved in studies the practice is participating in:

- A doctor or nurse may talk to you about the study and ask whether you would consider taking part
- You will be sent information through the post if we feel that you might be a suitable participant
- You may read information on our website about a current study and wish to take part by contacting the practice

Patients who express an interest in finding out more about a study will be asked for their permission to share their name and contact details with the study team. Some studies require direct contact between participants and the team; others involve contact through a member of practice staff or with a Primary Research Network nurse.

Participation in research is entirely voluntary and you have the rights to say 'No'. Nobody will put pressure on you to take part in research if you do not wish to. You do not have to give us a reason if you decide not to take part in a research study.

You will always receive clear information about what taking part in a research study would involve. The practice will usually provide you with a patient information sheet; then, if you agree to take part, the study team will explain the study to you in more detail and you will have the opportunity to ask questions about it.

Nobody from outside this practice will be given your contact details or have access to your medical records without your prior consent. 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.

You will not be asked to take part in a large number of studies. Most researchers are very specific about the criteria that people need to meet in order to enter their study. Usually this means that only a relatively small number of patients at the practice will be suitable for any one study.

Active studies

HEAT - Helicobacter eradication to prevent ulcer bleeding in aspirin users: a large simple randomised controlled trial.

REACT - (Relatives Education And Coping Toolkit) is an online peer-supported toolkit for relatives of people with psychosis or bipolar disorder. For more information or to register your interest for this study please visit www.reacttoolkit.co.uk

SCIMITAR - A bespoke smoking cessation intervention specifically targeted at people with severe mental illnesses with an emphasis on support provided by a mental health professional trained in smoking cessation therapy.

STILTS2 - A study examining the common and rare genetic variants associated with thinness.

ROSI - (The Role of Oxidative Stress in Inflammation)

An investigation on why inflammation, some acute and some persistent, occurs in patients with rheumatic diseases. If you have been diagnosed with gout please contact Emily Manthorpe or pick up a leaflet in our waiting room.

CMV - Looking at possible connections between the way the body's defences deal with a very common virus called cytomegalovirus (CMV) and the development of arterial stiffness in older people.

OPSAL – Looking at doses of salbutamol for children with asthma.