

Promoting Research - Poster and Leaflet

The project had high level support from the Trust. One important example of this was their agreement that research leaflets and a poster should become a mandatory part of the display in public areas of all memory clinics and team bases.

Poster and Leaflet:

Southern Health NHS Foundation Trust

**Do you have a memory problem?**  
 Are you interested in taking part in clinical research?

**If you would like the opportunity to talk to someone about taking part in research into memory problems, please contact:**

Memory Assessment and Research Centre (M.A.R.C)  
 Moorgreen  
 Tom Rudd Unit  
 Botley Road  
 West End  
 Southampton  
 SO30 3JB  
 023 8047 5206

For further information you can visit our website [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk) and search for 'research'.

Quality care, when and where you need it



## About MARC

**MARC** is a well established research centre within the NHS that has been undertaking trials in Alzheimer's disease since **1989**.

**Professor Clive Holmes** is Director of the centre and, along with Viv Hopkins is responsible for the clinical research that takes place at MARC.

### Overall MARC aim:

“To give excellent patient care whilst investigating new possibilities for the treatment of Alzheimer's disease.”



Moorgreen

### Contact us

MARC, Moorgreen, Tom Rudd Unit, Botley Rd, West End, Southampton, Hants, SO30 3JB

**Web:** [www.marc.soton.ac.uk](http://www.marc.soton.ac.uk)

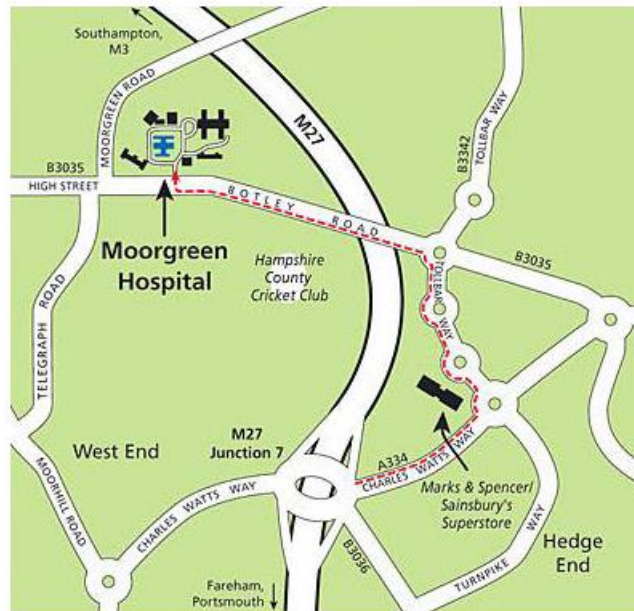
**E-mail:** [viv.hopkins@southernhealth.nhs.uk](mailto:viv.hopkins@southernhealth.nhs.uk)

**Tel:** 023 8047 5206

## Getting to us

We are near Junction 7 of the M27. Leave Junction 7 (signposted Hedge End) and follow local signs for West End B3035 and then Moorgreen Hospital.

The entrance to MARC is in the Tom Rudd Unit. If you have any trouble finding us, please report to main reception at the Tom Rudd Unit, who will be happy to direct you.



**Informed consent is always needed before you take part in any clinical research and you should ask as many questions as you need to gain the relevant information before agreeing to take part.**

Southern Health   
NHS Foundation Trust

# An Introduction to Clinical Research



## About Clinical Trials

Clinical trials are used to help with understanding how to diagnose, treat, cure or prevent disease. This may involve comparing treatments or looking at new ones.

### Some clinical trials include:

- Possibility of taking a new medication that may slow memory decline
- A regular well person's clinic including ECG, blood tests & physical examinations
- Possible access to a CT, MRI or PET scan at a private hospital
- Regular memory testing using the most up to date computer packages
- Opportunity to speak about issues with experienced staff
- Travel costs reimbursed or travel provided
- Helping future patients with Alzheimer's disease by contributing to current research

Information about research in general can be found at the UKCRC website at [www.ukcrn.org.uk](http://www.ukcrn.org.uk)

Clinical trials are important to ensure that the best advice and treatments are being provided. Most importantly, clinical research is key to **improving patient care.**

## Who Can Take Part?

All trials have what is called 'eligibility criteria' to make sure that those taking part are the sort of people who may benefit from the treatments being tested. These criteria also ensure that people are not exposed to any avoidable risks.

### Generally at MARC:

- Patients must have a diagnosis of Mild Cognitive Impairment or Alzheimer's
- Patients must have someone to accompany them to visits
- Patients must be willing to take their study medication regularly
- Patients must be quite physically fit

Before joining a trial there are always extra tests that need to be carried out in order to ascertain eligibility.

There is no catchment area; you can be referred from anywhere but bear in mind that to take part in a trial at MARC you would need to be willing to travel to Moorgreen on at least one occasion. You would always be fully informed before agreeing to take part.

**In all clinical trials you are free to opt out at any time you choose.**

## Benefits & Risks

Clinical trials are carefully designed to reduce the risks and maximise the benefits to those taking part.

You will be told everything that is known about possible side effects and risks by the research team before deciding whether to take part.

If you do decide to take part in research and meet the eligibility criteria you will be monitored regularly during and after the trial. This may involve regular tests or answering questions about how you feel.

Taking part in research may mean you see a doctor more often than you would normally. This means you get extra medical attention which sometimes leads to any changes in your health being detected and acted upon earlier than they might otherwise be.

Taking part in research does not mean that you will definitely receive a new treatment. Some research is about comparing new treatments with current treatments or looking at the benefits of a new treatment where there currently is none.