

# How to Have a Conversation about Clinical Research with your Doctor

Use this guide to help start a conversation about clinical research with your doctor. University Hospitals has hundreds of actively enrolling clinical research studies and clinical trials that you, a family member, friend, or colleague can take advantage of. Clinical research is entirely voluntary. Whether you have a disease or condition or not, there may be an opportunity for you to take an active role in your healthcare.

## Background

A **clinical research study** is a project involving volunteers that answers specific health questions.

**Clinical trials** are research studies performed with people that are aimed at evaluating an investigational medical, surgical, nutritional or behavioral intervention. Clinical trials are led by a Principal Investigator (PI) who must follow a clinical trial protocol (i.e., written instructions) and facilitated by study teams, which can include research nurse specialists and study coordinators.

## Questions to Ask

### General

- Are research studies or clinical trials available for my disease or condition?
  - Yes
  - No
  - Unknown (see [UHhospitals.org/Research](http://UHhospitals.org/Research) or call 1-833-78TRIAL)
- If you do not have a disease or condition - Are research studies or clinical trials available for people without diseases or conditions (i.e., healthy controls)?
  - Yes
  - No
  - Unknown (see [UHhospitals.org/Research](http://UHhospitals.org/Research) or call 1-833-78TRIAL)

## Study Details

- What is the name of the study or trial?  
\_\_\_\_\_  
\_\_\_\_\_
- What type of study or trial is this?
  - Investigational treatment** (i.e., new drug, procedure)
  - Observational** (observes individuals or outcomes, no treatment given)
  - Screening** (i.e., testing new ways to detect illness or health condition before symptoms start; e.g., imaging, laboratory, genetic)
  - Survey/Questionnaire**
  - Healthy Controls**
- What is this study testing?
  - Drug** (a medicine or other substance that has an effect when ingested or introduced into the body)
  - Device** (any article, instrument, or apparatus, including any component, part or accessory, used in the diagnosis, treatment, mitigation or prevention of a disease)
  - Biologic** (medications that can be made of sugars, proteins, DNA, whole cells or tissues)
  - N/A**

## Purpose

- Why is this study or trial being done?  
\_\_\_\_\_  
\_\_\_\_\_
- What might make this investigational treatment, drug, biologic, or device better than what I could have access to now?  
\_\_\_\_\_  
\_\_\_\_\_

## Commitment

- How long would I be in the study or trial?  
\_\_\_\_\_  
\_\_\_\_\_
- What is the time commitment?  
\_\_\_\_\_  
\_\_\_\_\_
- How often will I have to come to the hospital or clinic for research visits?  
 Daily     Weekly     Bi-weekly     Monthly  
 Bi-monthly     Quarterly     Yearly     Other  
\_\_\_\_\_
- What is the typical length of time I'll have to reserve for research visits?  
 0-30 min     30-60 min     1-2 hours     2-3 hours  
 3-4 hours     4+ hours     Overnight     Other  
\_\_\_\_\_
- Are research visits available by phone or via telehealth?  
 Yes  
 No  
 Unknown

## Involvement

- What types of tests or treatments are involved in the study or trial?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- How could the study or trial affect my daily life?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Risks

- What are the possible side effects of participation?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- What are the possible risks of participation?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Cost

- Will I have to pay for any treatments or tests?  
 Yes  
 No  
 Unknown (contact study coordinator)
- What costs might my health insurance cover?  
\_\_\_\_\_  
\_\_\_\_\_

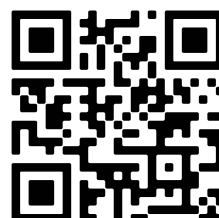
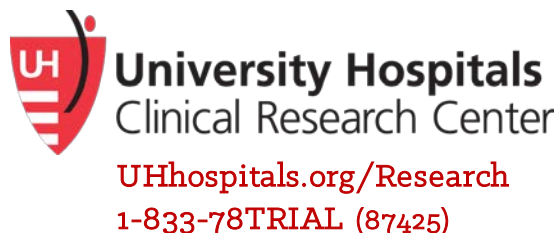
## After the Study

- Will I be monitored after the study or trial?  
 Yes  
 No  
 Unknown (contact study coordinator)

## Contact

- Who should I contact to learn more?
  - Study Contact Name  
\_\_\_\_\_
  - Phone Number  
\_\_\_\_\_
  - Email Address  
\_\_\_\_\_

Learn more about clinical research studies:



Scan this code using your phone camera or QR code reader to learn more and sign up to be contacted about study opportunities!