HOW TO GET INVOLVED IN

CARDIOVASCULAR RESEARCH AT MATER PRIVATE NETWORK

www.cvridublin.ie

CVRI DUBLIN

RCSI UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

Mater Private Network

ABOUT

The Cardiovascular Research Institute (CVRI) is a research centre located at Mater Private Network. The Cardiovascular Research Institute is an initiative of the Heart & Vascular Centre at Mater Private Network in collaboration with Royal College of Surgeons Ireland (RCSI), University of Medicine & Health Sciences. The Cardiovascular Research Institute is led by Prof. Robert Byrne, Mater Private Network's Director of Cardiology and Chair of Cardiovascular Research at The Royal College of Surgeons in Ireland. Study teams are located at both Mater Private Network Dublin and Mater Private Network Cork.

The Cardiovascular Research Institute brings together the expertise of Mater Private's world-class team of over 30 cardiology consultants and specialist clinical researchers. The objective of the Cardiovascular Research Institute is to provide ongoing innovation, knowledge, and discovery in the field of cardiology.

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WHAT IS RESEARCH?

Research involves the detailed study of patients and their medical conditions. Research helps us to learn new information or to reach a new understanding about these medical conditions.

The aim of research is to improve the detection of conditions and the treatments offered to patients. This may lead to better treatment results, reduced side-effects, and improvements in quality of life. You may hear research being called different things, such as **research study** or a **clinical trial**.

WHAT ARE THE DIFFERENT TYPES OF RESEARCH?

There are three main types of research studies: clinical trials (also called interventional studies), observational studies, and qualitative research.

Clinical trials / interventional studies:

There are different types of interventional studies, and they all involve an intervention of some kind – an intervention is an action prepared by the researchers. This action can be a drug, treatment, or medical device.

Observational studies:

In an observational study researchers observe and collect information about a medical condition over a period of time – this could be weeks or years. This helps researchers to collect large amounts of data, allowing them to look for patterns, which may help to select suitable treatments or tests for patients.

Qualitative research:

Qualitative research finds out how people cope with their condition on a day-to-day basis. For example, a participant might be interviewed or asked to join in a group discussion about what they feel and experience living with a condition. Their comments will often be recorded, and the words and phrases noted will be looked at to understand what are the common experiences across a group of people.

WHAT ARE THE ADVANTAGES OR BENEFITS OF TAKING PART IN A RESEARCH STUDY?

"The benefits of research not only enable us to provide our patients with early access to novel treatments, they also have further outreaching benefits. By working together with our patients the answers from our research contribute towards advancing the scientific knowledge around heart health. This can be used to improve patient treatment, outcomes and quality of life in the future."

Prof. Robert Byrne
Director of Cardiology, Mater Private Network, Chair of Cardiovascular Research, The Royal College of Surgeons in Ireland

You may not benefit from taking part in research, however, the information collected may help someone in the future with your condition. If you decide to take part in a research study, you may receive access to new or currently unavailable treatments sooner than patients who choose to not take part. Every patient taking part in our research studies plays a very important role in innovation, new discoveries, and further understanding of new treatments that will help patients in the future. Your contribution is vital in furthering our knowledge and expertise in the field of cardiology.

Without research, our diagnosis and treatment of medical conditions would be frozen in time. Consider how treatments were different 5, 10, or 20 years ago, compared with today. Research is what keeps healthcare moving forward.

Every patient taking part in our research studies plays a very important role **in innovation, new discoveries, and further understanding** of new treatments that will help patients in the future.

WHAT IS INFORMED CONSENT?

It is very important that you understand everything about the research study before you decide to take part in it. This is called informed consent.

Each Research study has an information leaflet written for patients to explain the study and their involvement. Giving consent means that you fully understand the research and agree to take part in it. It is needed before you become involved in any research study. If you decide to take part, you will be given a consent form which will explain to you:

- The purpose of the research study
- What the research study hopes to achieve
- Possible benefits and risks of taking part
- Why you have been invited to take part
- How your data will be used, shared, and protected

Your consultant and nurses will help you to understand and complete the consent form, to ensure that you fully understand the research study and what it involves. You can change your mind about participating in the research study at any stage during the process, without having to give a reason. Your treatment or care will not be affected in any way by what you decide.

HOW CAN I GET INVOLVED IN RESEARCH?

Every research study requires people to take part as 'participants' of the study. You might be contacted directly by us and invited to participate in one of our studies, or you can ask your consultant and nurses what studies you may be eligible for.

HOW DO I KNOW IF I'M ELIGIBLE TO TAKE PART IN A RESEARCH STUDY?

Research studies have strict rules about who can and cannot take part. These are for safety reasons and might include age, sex, or medical history. As a result, not all research studies are going to be suitable for you to take part in. These rules ensure that research studies are safe for everyone taking part, while delivering accurate and reliable results.

WHAT IF I AM NOT ELIGIBLE?

You don't have to take part in a research study to be involved in research. You may not be eligible or you may simply not want to. You can still be involved.

Researchers are always seeking patient perspective. Reach out to us if you would like to be part of our patient panel.

HOW DO I KNOW IF I'M TAKING PART IN A GOOD RESEARCH PROJECT?

All research in Ireland is independently overseen by a research ethics committee, either locally by the Health Service Executive (HSE) or via the National Office for Research Ethics Committees (NREC).

A Research Ethics Committee (REC) is the acknowledged international best practice structure for overseeing the conduct of ethical standards in healthcare research. A Research Ethics Committee has three main functions:

- **Protection:** to contribute to safeguarding the dignity, rights, safety and well-being of all actual or potential research participants, to weigh the risks and benefits for research participants, and to protect the rights of researchers to carry out legitimate investigation.
- **Advice:** can advise individual researchers about whether a research project requires research ethics review, if it is likely to be harmful or offensive to participants, or the broader community.
- **Quality:** for research to be ethical it must be scientifically sound – poorly planned and conducted research is not ethical.

In addition to this, any clinical trials involving an unapproved medicinal product or medical device must also be reviewed by the Health Products Regulatory Authority (HPRA) to ensure that it is safe and effective, and that the quality of the product is sufficient.

The Health Products Regulatory Authority works alongside ethics committees, to assess and approve clinical trial applications in Ireland. They are responsible for monitoring clinical trials in Ireland and ensuring that Good Clinical Practice (GCP) is adhered to. This is vital for the continued protection of the health and safety of Irish patients.

HOW LONG DO RESEARCH STUDIES LAST?

Each study is different and some studies last longer than others.

If you are included in a study the research team will explain how long the study will last and how much of your time is needed.

WHAT HAPPENS AFTER I HAVE TAKEN PART IN A RESEARCH STUDY?

Once the last patient in a study is seen, all of the study information or data is processed, and study results will become available.

Results will be usually available through a public website such as www.clinicaltrials.gov. This website will include information about the study and a summary of the results, but will not include any information that can identify you. You can search this website at any time.

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WHO CARRIES OUT THE RESEARCH?

Our specialist team of doctors, nurses and assistants, along with the management team, work together to carry out research at the Cardiovascular Research Institute Dublin and Mater Private Network, Dublin and Cork. The team is led by Professor Robert Byrne.

CARDIOVASCULAR RESEARCH INSTITUTE (CVRI) TEAM OF LEADING CLINICIANS, SCIENTISTS AND RESEARCHERS

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WHERE CAN I FIND OUT MORE?

To find out more about supporting and getting involved in our research, you can speak with our consultants and nurses, or contact the Cardiovascular Research Institute directly:

Telephone 01 248 1820

Email cvri@materprivate.ie

You can also visit the Cardiovascular Research Institute website **www.cvridublin.ie**

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