

15th May 2013

Press Release

CELEBRATE INTERNATIONAL CLINICAL TRIALS DAY AT THE RNHRD

The Royal National Hospital for Rheumatic Diseases NHS Foundation Trust (RNHRD) is celebrating International Clinical Trials Day on Monday, 20th May, 2013 and is inviting members of the public along to find out more about our role in research. The date commemorates the start of James Lind's trial into scurvy, generally considered the first true clinical trial.

The Bath based RNHRD, known locally as the 'Min' has an international reputation for research. The Trust currently has around 29 active National Institute for Health Research (NIHR) projects, including clinical trials into conditions such as Rheumatoid Arthritis, Ankylosing Spondylitis and Connective Tissue Diseases such as Lupus and Sjogren's Syndrome. The Trust also undertakes research into Fatigue Management and Chronic Pain conditions including Complex Regional Pain Syndrome (CRPS). The NIHR provide the infrastructure that allows high quality clinical research to take place in the NHS.

Sarah Cole, Clinical Tissue Diseases Research Nurse says: "International Clinical Trials Day is an opportunity for us to celebrate the crucial role of clinical research in gathering evidence to improve treatments and care for patients in the NHS."

Sarah continues: "Research is very close to our heart. It has always been a core principal of the Min to combine clinical research and development with high quality patient care. This year we have seen a fifty per cent increase in the number of patients taking part in our research projects. We really encourage patients to take a pro-active approach to getting involved in research; by taking part in clinical studies patients can help others like themselves."

Patients, visitors, health professionals and the public are invited to visit the RNHRD foyer on the day to talk to clinicians and find out more about current and future clinical trials. The Trust will also be running a special 'Chocolate Trial' to demonstrate in a fun and interactive way how randomised, controlled trials work.

This year the NHS is using International Clinical Trials Day as a way to encourage more patients to ask about research, as part of their 'Ok to ask' campaign. In many cases doctors will tell patients about research projects and invite their participation, but if you have a medical condition and are undergoing treatment you can ask your family doctor, nurse or consultant about clinical research, and whether it might be right for you.

Ends

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Notes to Editors

- The RNHRD NHS FT is a national specialist rehabilitation and rheumatology hospital based in Bath. Offering services to adults, children and young people, the trust has expertise in general and complex:
 - Rheumatological and musculoskeletal conditions
 - Chronic pain management
 - Fatigue Management (CFS/ME and cancer survivorship fatigue)
 - www.rnhrd.nhs.uk
- More information about the NIHR is available here <http://www.crncc.nihr.ac.uk/>
- More information about the 'Ok to ask' campaign can be found here <http://www.crncc.nihr.ac.uk/oktoask>