

**What other options do I have?**

You may choose not to participate. Your treatment at hospital will be unaffected by this.

**Will it cost me anything financially?**

No.

**Learn as much as you can & ask questions**

**It's your decision!**

**For more information:**

Contact:

Clinical Research Office

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**Sources:**

Clinicaltrials.gov Website

NIH Clinical Centre general information for research participants

Guidelines by Office of Human Research Protection

**MISSION STATEMENT**

To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of health care professionals and the public and perform research into the causes and treatment of cancer.

# Would You Like To Participate In Research?



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**Shaukat Khanum**  
Memorial Cancer Hospital  
and Research Centre

## Would you like to participate in Research?

We can help you make a decision

### What is research?

- Research is a study that is done to answer a scientific question
- Scientists and doctors do research to find out what works best to help you
- Research is not the same as treatment however mostly it can be coupled with your ongoing medical care

### Why is research important?

Research has led to important discoveries that make our lives better. Some examples are:

1. New drugs to treat cancer, diabetes & other diseases.
2. Vaccines to prevent certain diseases e.g., polio vaccine.

### Why should you participate?

You can contribute to medical research to generate new useful knowledge and/or to help others who may benefit from this knowledge.

### How can you participate in research?

You can discuss regarding participation in research with your physician or clinical research office team. Additionally members from the research office team may also contact you for discussion about participation in research studies relevant to you.

### Is your participation voluntary?

Yes, it is completely voluntary.

## What are the benefits and risks of participating in a research study?

**There may be no direct benefits to you however potential benefits include the following:**

- Close monitoring of your health care and any side effects.
- A more active role in your own health care.
- If the approach being studied is found to be helpful, you may be among the first to benefit from that opportunity and make a valuable contribution to research.

**Every effort is made to reduce any risks or adverse effects to the best possible extent and most of the time it is ensured that no physical harm is involved however potential risks include the following:**

- Experimental drugs and procedures, if involved, may have side effects or risks unknown to the doctors
- The research may require more of your time and attention than would a routine treatment, including more frequent hospital visits, interviews, and scheduled treatment regimens to be followed

### What Safeguards are there to protect participants in clinical research?

#### Research review by Institutional Review Board:

As in any other medical research organization, all research which is to be conducted in SKMCH & RC must be approved by Institutional Review Board (IRB). It is an independent hospital committee that safeguards the welfare and rights of human research participants. The majority of our IRB members,

including chairperson, are not from SKMCH & RC, ensuring independence of decision making.

Informed consent: IRB ensures that informed consent is being taken from all research participants ensuring that full information is provided prior to obtaining consent from patients. This information must describe that participation is voluntary, participants may choose to not to participate or can withdraw at any time without any penalty, purpose of research, what is involved in it, any alternative options and risks and benefits to participants.

Ethical codes in research: In addition, there are certain international and national ethical and legal codes that govern clinical research. To keep research in human subjects in line with these codes SKMCH & RC has developed comprehensive Research Guidelines (<http://shaukatkhanum.org.pk/health-care-professionals-researchers/research/research-guidelines>) with built in safeguards to protect the participants.

### Questions to ask:

#### What will exactly happen to me in research?

It varies largely depending on what type of study you are participating in. You may be contacted just once for some interview taking 30-45 minutes or may be extensively involved in research as taking medicines or new regimens being used in research studies and followed up for few years.

#### Will the research help me personally?

It may or may not.