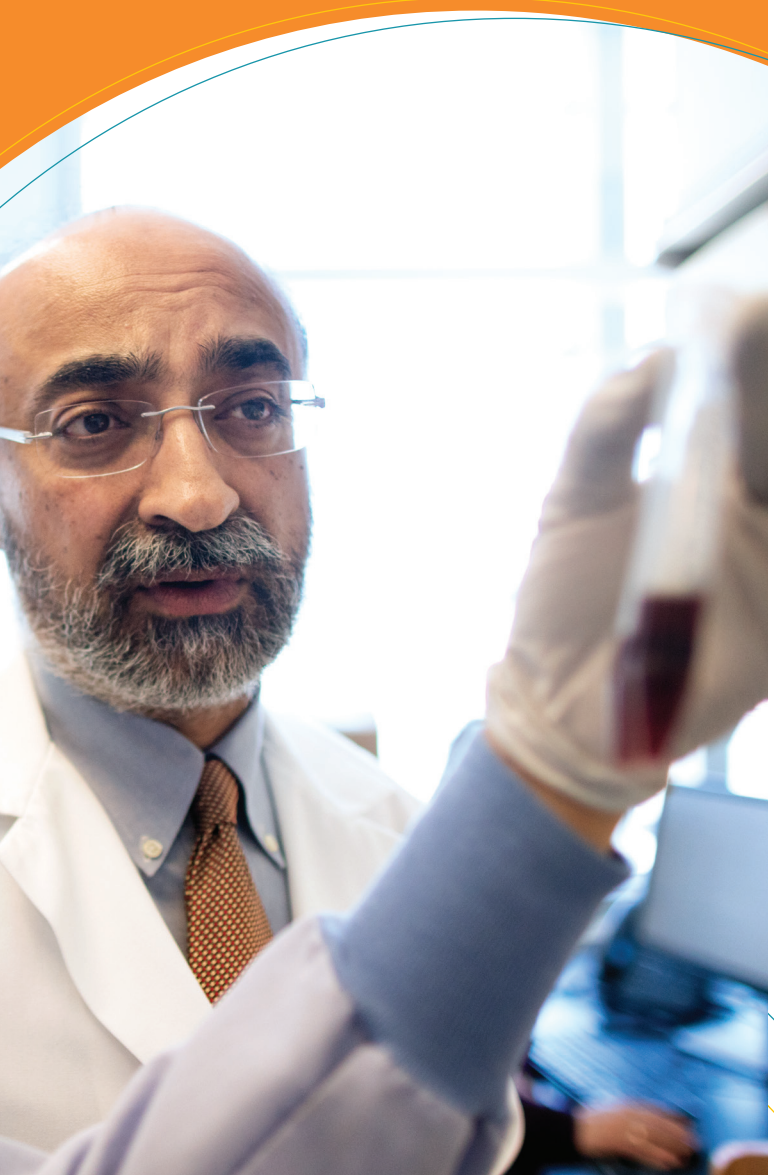
Cedars Sinai

Patient Research

What to know about taking part in our research



What is research?

Research is a way to answer a question and to gain knowledge. We use what we learn from research to come up with new treatments.

Medical practice is different from research. The main purpose of medical practice is to care for the health and wellbeing of patients. The main purpose of research is to test new scientific ideas or new treatments.

What are some types of research or clinical trials?

Doctors and scientists at Cedars-Sinai take part in many kinds of research studies. Not all research includes living human beings. Research that includes humans is clinical research. Clinical research helps researchers understand how best to treat sick people or helps them learn more about a particular condition or disease. There are many forms of clinical research. One common form is a clinical trial, in which researchers test new drugs, medical devices or treatments.

Why should I take part in clinical research?

You can help us develop new medical treatments and cures for diseases by taking part in our research. Clinical research can only be done with volunteers—either sick or healthy people—who agree to take part in the studies. We need to get people of all ages and ethnic groups for our research to make sure our findings apply to everyone.

Research can sometimes improve the health of individual people, communities and future generations.

How do I take part in a research study?

Each research study is different. Each study tries to find answers to a specific question. Researchers must follow strict rules to decide who may take part in research. Not everyone with the disease or problem that is being studied can take part in a research study. If your doctor thinks you might be right for a study, they may ask if you want to join.

Many patients also look for research studies on their own through websites or support groups. Our clinical research website is cedars-sinai.org/research.

To be involved in a research study, you must agree to take part by giving your informed consent. Saying "no" to being in a study will not change how we care for you at Cedars-Sinai in any way. If you have questions, talk to your doctor about your choices or speak to another doctor who is not a member of the research team.

What is informed consent?

Informed consent is a voluntary agreement to take part in a research study. It is not just a form that you sign—informed consent is a process that helps you learn about the study. After learning about the study, you should understand:

- The purpose of the study
- The procedures involved in the study
- The possible benefits and risks of taking part in the study
- How any records identifying you will be kept confidential
- Your rights when you take part in research
- That taking part in research is your choice
- What you can do instead of taking part in the study
- How the research team will give you any new information that may be learned after you decide to take part in a study that might cause you to change your mind

You will be able to ask questions of the researcher or the staff after you learn about the study. You should only agree to take part after you clearly understand the study and feel comfortable about taking part in it. You should talk over your decision with your doctors, family and friends. You will be asked to sign an informed consent form if you agree to take part. The informed consent process goes on even after you are taking part in the study. The researchers must give you any new information as it becomes known.

Will it cost me anything to take part in a research study?

We will tell you what items will be billed to you or your insurance company in the informed consent form that you sign. In some cases, taking part will not cost you or your insurance company anything. In other studies, the research team may bill your insurance company for drugs, devices and services they provide. Your insurance company may not pay for some or all the charges, and you may get a bill for those costs. If the information in the consent form is not clear, please ask the research team to explain any costs before signing the form.

What are my rights as a research participant?

- You have the right to not take part in a research study.
- You have the right to drop out anytime.
- You have the right to be given new information about the study.
- You have the right to ask questions anytime and have them answered as soon as possible.

You also have the responsibility to stay informed while you take part in a study. You should ask questions about anything you do not understand or simply want to know.

Who protects research participants?

The Institutional Review Board (IRB) protects people's health and safety in research studies. The IRB includes scientists, nonscientists and community members. The IRB reviews, approves and monitors all research at Cedars-Sinai in which people take part. This helps keep risks to our research participants as low as possible. The IRB also keeps track of ongoing studies to make sure they are being done in the right way. The IRB requires that all researchers treat research participants with respect.

Cedars Sinai

Institutional Review Board

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