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To find out more you might like to read these websites:

www.cambridge.crf.nihr.ac.uk or

www.generationr.org.uk



**National Institute for
Health Research**

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WHAT IS CLINICAL RESEARCH?

Information for young people and children





Ellie, Tom and Ravid want to know more about Clinical Research.

They recently took part in a research study to measure how much exercise they do. This was organised through their school. They enjoyed the study and taking part but had lots of questions. Such as **'What is Clinical Research?'** and **'Why do you need children to take part?'**

They decided to interview Caroline a Research Nurse and Carlo a specialist children's doctor to find out more.



Carlo



Caroline

Ellie - What does clinical research mean?

Carlo - Clinical means looking at and treating the human body, when we are healthy and when we are ill. Research in the human body is about understanding how our bodies work.

Caroline - We do research to find answers to questions about how our bodies work. This could be to find new cures for illnesses, find out if the medicine you are taking is working properly, or to understand more about how our bodies grow and develop.

Ravid - Why do you need to do research in children? Can't you find the answers from adults?

Caroline - Children's bodies are very different to adults. For example you are still growing. This could affect how medicines might work in your body compared to an adult.

Carlo - It would be very wrong to give children medicines or do operations on them that have not been tested first. We need to do more research with children to understand how their bodies work. This will help us to improve the treatments we make for children.

Tom - I took part in a research study at school and it was quite easy. All I had to do was fill in a diary about how much exercise we did each day. Is all research like that?

Carlo - No. Some research will involve filling in questionnaires but other research might include giving a blood sample, or having your weight and height measured, or a series of tests to understand how well your body is working.

Caroline - Lots of children have taken part in research here, they tell us they like to do this to find out more about how their bodies work or to help other children who might be ill. Some children that take part in research are already ill and they want to help improve treatments for them or help to find a cure.