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Media Release

Get involved with research at the RUH

Local people are being urged to help support the development of new medical treatments which could transform people's lives by getting involved with research at the Royal United Hospitals Bath NHS Foundation Trust.

Bath resident Willm Mistral is just one of many people already taking part in research at the RUH. Willm joined a diabetes study where he is trialling a continuous glucose monitor, or CGM, used to track blood glucose levels.

It involves wearing a small, disc-shaped sticker on his arm, which gives him real time data on his blood sugar levels so he can ensure he keeps them within an optimal range.

By taking part in the study Willm is helping to assess how successful the new equipment could be in helping people with diabetes keep a more accurate check on their blood glucose levels using more precise data.

Willm, 78, said: "My background is in research, so taking part in a trial like this was something I already had an interest in.

"I just looked on the hospital's website to see which specialties were running research trials and picked the area of research which was most relevant me.

"It's been so easy and straightforward though and the staff have been excellent, so helpful and supportive.

"I would encourage everyone to take part in research if they can. It is so rewarding and you know you are doing something which could help a lot of people in the future."

Today (Tuesday 20 May) is Clinical Trials Day, a national campaign to raise the profile of research in clinical settings and celebrate all that has been accomplished thanks to clinical trials and the people behind them.

The RUH has an excellent reputation for being a research active hospital and last year launched its Research Strategy, which focuses on supporting and developing research studies that address the healthcare needs of the local community through collaborative working.

Our studies take place across lots of hospital departments and often involve working together with other hospitals, universities, charities and businesses.

Sarah Stratton, Clinical Research Practitioner, said: "We are so grateful for our research patients who volunteer to take part in clinical studies, giving their time, experience and voice to make sure that our patient population is included in innovative research that forms future care.

"From complex personalised treatments which can offer care above what is currently available, through to studies collecting data to better form an idea of how healthcare is received by the people we care for, we have a well-rounded portfolio of research studies at the RUH.

"If you think you could help us develop new medical treatments and transform the lives of people in the future, please get in touch."

You can find out more about the research opportunities available at the RUH on our website - https://www.ruh.nhs.uk/patients/research_development/index.asp or through the newly relaunched Be Part of Research website which lists research opportunities at the RUH and across the UK- <https://bepartofresearch.nihr.ac.uk/> .

Ends

Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.

In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

Our new Dyson Cancer Centre brings together many of the RUH's cancer services under one roof to provide a cancer services hub for over 500,000 people in the South West. The centre includes the RUH's oncology,



Royal United Hospitals Bath

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chemotherapy and radiotherapy services, a 22-bed inpatient ward, a dedicated pharmacy, research team and nuclear medicine and physics teams.

A key feature of the new centre is the Macmillan Wellbeing Hub. The three-storey hub provides a welcoming, non-clinical space designed around the needs of patients and their families. It also includes comfortable accommodation where relatives and loved ones can stay overnight.

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk