



It's 'ok to ask' about clinical research!

On International Clinical Trials Day (ICTD) 2016 on 20 May, the Public Health Agency's HSC R&D Division, and HSC partners, will be highlighting that it's 'OK to ask' about clinical research. This message supports the National Institute of Health Research's national campaign which aims to encourage patients, health and social care professionals and the public to support the campaign today so that more people might benefit from research in the future.

ICTD is celebrated around the world on 20 May each year to commemorate the day in 1747 that James Lind started his famous trial on the deadly disease scurvy. While serving as a surgeon on HMS Salisbury he began his trial which consisted of just 12 men, grouped into pairs and given a variety of dietary supplements ranging from cider to oranges and lemons. The trial only lasted six days but, within that time, there was a noticeable improvement in the group eating the fruit, providing Lind with evidence of the link between citrus fruits and scurvy.

Lind's trial provides a focal point to raise awareness of the importance of research to healthcare and highlights how partnerships between patients and healthcare practitioners are vital to ensure high-quality, relevant research is undertaken. Lind's experiments were conducted under very different conditions than today's. Clinical trials have developed a great deal since Lind's discovery, and on 20 May we remember his influential work and the importance of research in healthcare.

We want as many people as possible to get involved, make their voices heard and help us remind HSC professionals that research matters to patients. Support the 'OK to ask' campaign by:

Contacting us by email at ok2ask@hscni.net and telling us:

- that you asked for information;
- what response you received;
- about your experience of taking part in research;
- any additional comments you have;

The A3 poster and leaflet are both available to download below:

[Clinical Trials Day A3 Poster 05_15.pdf](#)

[Clinical Trials Day Leaflet final_05_16.pdf](#)

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