

## Setting up a research in diabetes

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## Main elements

- Origin of research
- Funding
- Ethics
- Recruitment
- Local resources
- Study data

## Origin of research

- Academic
- Clinical trial – from pharma
  - Agreed protocol

## Funding

### Funding agreed

- Staff
- Venue
- Materials
- Investigations
- Responsibility for compensation

## Ethics Approval

- International
  - Data safety monitoring
- National
- Local – need principle investigator
  - Consent form
  - Patient confidentiality

## Recruitment

**RECRUITMENT IS ALWAYS  
THE CHALLENGE**

### Recruitment

- Potential based on entry criteria
  - And exclusion criteria
- Verbal explanation
  - this depends on your own understanding of the study
  - Free to withdraw with no blame
- Written, signed and dated consent
- Contact details of research team
- Withdrawal from study on clinical grounds

### Local resources

- Staff
  - Doctor
  - Nurses
  - Admin
- Research area
  - Clinical
  - Office space, computer access for nurses and monitors
  - Separation and storage of samples
  - Shipment of samples
- Other departments
  - Pharmacy
  - Laboratories
  - XRay

### Study data

- Patient records / local
- Clinical record folder for the study
  - anonymous
  - Now often electronic
- Centralised record keeping
  - Data safety monitoring board
- Dissemination and publication

### Source of information

National Ethical Guidelines for Health  
Research in Nepal and Standard  
Operating Procedures

[www.nhrc.org.np/guidelines](http://www.nhrc.org.np/guidelines)