

## How does the RDS work?

Advice and support is best provided face-to-face. The NIHR RDS EM researchers will be very happy to meet with you at a convenient time and place to discuss your research and, where required, offer on-going support to help you to finalise your grant application. The NIHR RDS EM staff may also agree to become collaborators in your research project, but this is not always necessary or possible. At times the RDS team will also advise on involving other collaborators, for example, patients, other clinicians or other methodologists.

## When should I contact the RDS?

It is preferable to contact the NIHR RDS EM at an early stage to discuss your ideas, although you may contact us at any stage as you develop your research proposal.

## How can I find out more about the services provided?

More information about the services provided by the NIHR RDS EM can be found on the website, by subscribing to the quarterly newsletter or by contacting your local centre.

**Leicestershire, Northamptonshire, Rutland**  
enquiries-LNR@rds-eastmidlands.org.uk

**Nottinghamshire, Derbyshire, Lincolnshire**  
enquiries-NDL@rds-eastmidlands.org.uk

[www.rds-eastmidlands.nihr.ac.uk](http://www.rds-eastmidlands.nihr.ac.uk)

## The NIHR Research Design Service for the East Midlands

[www.rds-eastmidlands.nihr.ac.uk](http://www.rds-eastmidlands.nihr.ac.uk)



## What are Research Design Services (RDS)?

The National Institute for Health Research has funded a network of Research Design Services (NIHR RDS) across England with the aim of increasing the volume and quality of successful research grant applications. To do this they provide expert advice to help local researchers to develop and design high quality research proposals for submission to national, peer-reviewed funding competitions for applied health or social care research. Each RDS is part of the NIHR infrastructure and this support is provided free of charge.

The NIHR RDS for the East Midlands (NIHR RDS EM) has its main bases in Leicester and Nottingham with other associated staff based in Derby, Lincoln and Northampton. The NIHR RDS EM staff have a wide skill-mix and include statisticians, qualitative researchers, epidemiologists, health economists and information specialists. Staff are research-active and have considerable expertise in developing and designing high quality research proposals.

## Who can use the RDS?

The NIHR RDS EM supports all health and social care researchers and their academic partners who are developing an application to a national peer-reviewed funding body. We focus on NIHR funding programmes, particularly Research for Patient Benefit (RfPB), but support is also available to those applying to other funding streams, such as research councils and charities.



## How can the RDS help me?

The NIHR RDS EM can advise on all aspects of preparing grant applications including:

- Focusing ideas and refining the research question
- Building an appropriate research team
- Involving patients and carers in all stages of the research process
- Overall research design
- Choice and application of research methodologies for quantitative research e.g. statistical issues, health economics and qualitative research e.g. sampling, analytical strategies
- How to conduct literature searches and undertake systematic reviews
- Identifying the resources required for a successful project
- Identifying suitable funding opportunities for your research
- Signposting researchers to other sources of research expertise and support.

The NIHR RDS EM also supports research design through workshops and other learning events.