

Research involving animals


Information Sheet L

Motor neurone disease is a devastating, rapidly progressing condition. Currently, there is no treatment that will halt the progress of the disease, although one drug, riluzole, has shown a modest benefit for some people. The MND Association funds and promotes research that leads to new understanding and treatments and brings us closer to a cure for MND. This information sheet will explain why animals are used in research and what is being done to ensure their welfare.

The content is split into the following sections:

- 1: Introduction**
- 2: Why is research involving animals conducted?**
- 3: Animal welfare**
- 4: Principles of the '3Rs'**
- 5: ARRIVE guidelines**
- 6: Guidelines on MND research involving animals**
- 7: Research the MND Association funds**
- 8: How do I find out more?**

Disclaimer: *Please note that information provided in this information sheet is based on a review of the currently available literature. This information sheet was written by MND Association staff who are not clinicians, so any information provided in this sheet should not be considered clinical advice. You should always discuss potential treatments with your clinician.*

 This symbol is used to highlight **our other publications**. To find out how to access these, see *Further information* at the end of this sheet.

1: Introduction

MND is a complex disease, affecting motor neurones that connect all the muscles in the body, and one where the symptoms, rate of progression and survival varies hugely between people affected.

The complexity of MND means that much research is required to develop an effective treatment, to be sure that it is safe and has a beneficial effect on the underlying cause of the disease. The search for effective treatments is ongoing in MND laboratories around the world.

Wherever possible, this research is conducted without animals being involved. In some cases, however, where no alternatives are available, this research will use animals. In these cases, the research is conducted in line with the law, using the guiding principles of, replacing, refining and reducing the use of animals.

The types of animals used in MND Association funded research includes rats, mice, zebrafish and fruit flies. This is the MND Association's position statement:

MND Association position statement on research involving animals

There is an urgent need for ongoing research if we are to stop motor neurone disease killing six people every day.

We believe the use of animals in research is essential to understanding, treating and ultimately finding a cure for MND. We only fund and support research involving animals when no appropriate alternatives are available, and where institutions can clearly demonstrate they comply with the rigorous laws that safeguard the welfare of animals used in research in the UK.

As with all research we fund, there must be a clear potential benefit to people with MND.

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2: Why is research involving animals conducted?

Scientists use animals in research studies to ensure that new drugs will be safe when they are first tested in people. (They are also used to find out whether drugs are likely to work in people, but safety is the primary concern). Animals are also used to understand more about the disease or condition - what's going wrong in

the body that's causing the symptoms. If a precise chemical or protein that's not working as it should can be found, then we can develop drugs to correct it. The chemical or protein to change is sometimes referred to as a drug 'target'.

Here is more information on each of these areas of research.

Ensuring drugs are safe

All drugs that people take have been developed to ensure the best balance between the benefit that the drug may bring, against the risk that it may do harm.

New drugs that have never been given to humans before are constantly being developed, while at the same time existing drugs are being reconsidered for new uses. Whichever is the case, before these drugs can be made available to buy or be prescribed, the law requires they reach standards showing that they are safe and beneficial. There are safeguards in place to ensure no one is going to become seriously ill, or – if they have a condition already – made significantly worse or develop new symptoms.

Evidence that drugs are safe and beneficial is usually gathered from tests involving large groups of people, known as clinical trials. However, before regulators allow drugs to be given to humans, their safety and beneficial effect must be established by laboratory studies involving animals. It is a legal requirement in the UK that before any drug can be used in clinical trials involving humans, it must be tested on two species of mammals.

Understanding disease

As MND is such a complex condition, most of the research that the MND Association funds is to understand what's going wrong in motor neurones and the surrounding cells, so we can find new drug targets.

Some of these studies may involve growing animal cells from a specific tissue like nerve cells. As researchers only need a few cells from animals each time, fewer animals overall are used in these studies. At other times, it is important to study the effects of motor neurone damage on the rest of the body.

3: Animal welfare

Research involving animals is not undertaken lightly by the researchers themselves, their research institutes or by the Government. If animal research is conducted at all, the animals' welfare is a primary concern.

Care is taken to ensure that animals are as comfortable as they can be and that any suffering (as a result of them being used in research) is minimised. The animals live in a facility often known as the 'animal house', where their bedding, food and water are checked regularly, they are given things to play with and are kept stimulated, in much the same way as would happen with animals kept at home. The people who look after them are recruited for their interest in animal welfare.

When studies are being conducted by researchers, it's good practice to work in collaboration with those looking after the animals in the animal house. This way the animal house staff know what's happened to the animals and adjust their care and welfare appropriately.

The maintenance of good welfare is written into the law. These strict rules are incorporated into research involving animals across the European Union. In the UK this is enforced by the Home Office.

The Home Office issues licences to conduct research using animals. These are only issued where there are clear reasons to use animals in research, and where no alternatives are available. It is necessary to attend training courses before a licence is granted. Once granted, Home Office inspectors ensure that the law is being stuck to and upheld. Researchers also have to provide regular updates to the Home Office on research underway.

Any proposed research that uses animals must go before an ethics committee made up of scientists, vets and lay members who will decide if the potential benefits outweigh any potential harm to the animals.

4: Principles of the '3Rs'

One of the key principles of the legislation is the replacement, refinement and reduction of using animals in research, sometimes referred to as the '3Rs'.

- **Replace** the use of animals in research with alternatives where possible. For example, this might be the use of human tissue for research studies.
- **Refine** research studies to ensure the highest possible standards of animal welfare. For example, examining whether the same results can be obtained using a method that causes the animals less stress.
- **Reduce** the numbers of animals in experiments. For example, thinking carefully about the study design to ensure that no more than a statistically

valid number of animals are used, and the sharing of data or resources between research groups and organisations.

The National Council for the Replacement, Refinement and Reduction of Animals in Research (known as the NC3Rs) is a UK-based scientific organisation dedicated to replacing, refining and reducing the use of animals in research and testing (the 3Rs). They collaborate with scientists, organisations, research funders and regulatory authorities to support their ongoing commitment to replacing, refining and reducing the use of animals in research. You can read a more detailed description of the 3Rs on their website.

5: ARRIVE guidelines

As part of the NC3Rs commitment to encourage researchers to replace, refine and reduce the number of animals used in research they have published a set of guidelines, known as the 'ARRIVE' guidelines.

These guidelines set out what should be included in reports where the research has involved animals. The guidelines recommend being clear and comprehensive in describing the experiments and results. A poorly reported study will mean that the results may be incorrectly interpreted, and ultimately lead to a higher number of animals being used as experiments are unnecessarily repeated.

These guidelines have been adopted by the scientific journals that publish research reports, by research funders, including the MND Association, and by universities and research institutes.

6: Guidelines on MND research involving animals

The above guidelines and conditions apply to all studies that the MND Association funds, where research is conducted involving animals. Review of the appropriate use, number and species of animals proposed in studies forms an important part of how we assess applications for funding – part of what is known as peer review.

Where the research using animals is not justified, the MND Association will not fund it.

The international MND research community, to which the MND Association belongs, have also produced a set of guidelines for research using animals in the development of drugs for MND (ENMC Guidelines on pre-clinical drug studies).

These are designed to provide results that are as reproducible as possible, and to optimise the successful 'translation' of drugs studies in animals to successful clinical trials, and ultimately to a licenced drug to treat MND.

7: Research the MND Association funds

The vision of the MND Association is a world free from MND. To achieve this we fund and promote research that leads to new understanding and treatments and brings us closer to a cure for MND.

Our research strategy outlines in detail how we plan to achieve our mission. It includes funding a broad portfolio of research projects. Reaching a new understanding of MND means funding research to understand the causes of MND and explore these causes in models of the disease. We are funding the development of effective treatments by searching for effective drug targets and performing drug screens. So-called 'biomarker' research allows us to optimise drug treatments for people with MND – by speeding up the diagnosis of MND and informing us of how individuals, or groups of individuals, are responding to treatments. We also fund research to improve the management of symptoms of MND, known as healthcare research.

For more information on the types of research we fund, please see 'research we fund' on our website.

Around half of the research projects we fund do not involve the use of animals. With those that do, we and the researchers we fund are committed to ensuring that the welfare of the animals is considered at all times and the projects are designed and conducted in accordance with the 3Rs and the ARRIVE principles.



For further information about how clinical trials are conducted, see: Information sheet D – *Clinical trials*.



For further information about how clinical trials are conducted, see: Information sheet E – *Research we fund*.

8: How do I find out more?

Useful organisations

We do not necessarily endorse any of the following organisations, but have included them to help you begin your search for further information.

The contact details are correct at the time of publishing, but may change between revisions. If you need help to find an organisation, contact the Research Development Team (see *Further information* at the end of this sheet for details).

Understanding Animal Research

Organisation aiming to achieve understanding and acceptance of the need for humane animal research in the UK.

Website: www.understandinganimalresearch.org.uk

National Centre for Replacement, Refinement and Reduction

Organisation leading the discovery and application of new technologies and approaches to replace, reduce and refine the use of animals for scientific purposes.

Website: www.nc3rs.org.uk

Home Office information

Provides guidance on how to carry out scientific research and testing using animals. Website : www.gov.uk/research-and-testing-using-animals

Useful links

University websites talking about animal research

www.cam.ac.uk/research/news/fighting-cancer-animal-research-at-cambridge www.ucl.ac.uk/animal-research

Researcher speaks about animal research

World view column, Nature, 7 May 2015, volume 521, page 7
bit.ly/keep-the-directive-that-protects-research-animals

Further information

You may find these information sheets from the MND Association

helpful: D – *Clinical trials*

E – *Research we fund*

We also provide the following guides:

Living with motor neurone disease – our main guide to help you manage the impact of the disease

Caring and MND: support for you – comprehensive information for unpaid or family carers, who support someone living with MND

Caring and MND: quick guide – the summary version of our information for carers

You can download most of our publications from our website at www.mndassociation.org/publications or order in print from the MND Connect helpline, who can provide further information and support.

MND Connect can also help locate external services and providers, and introduce you to our available services, including your local branch, group, Association visitor or regional care development adviser.



MND Connect

Telephone: 0808 802 6262

Email: mndconnect@mndassociation.org

Research Development Team

Telephone: 01604 611 880

Email: research@mndassociation.org

MND Association website and online forum

Website: www.mndassociation.org

Online forum: forum.mndassociation.org or through the website

We welcome your views

Your feedback is really important to us, as it helps improve our information for the benefit of people living with MND and those who care for them. If you would like to provide feedback on any of our information sheets, you can access an online form at: www.surveymonkey.co.uk/r/infosheets_research

You can request a paper version of the form or provide direct feedback by email: research@mndassociation.org.