

# Patient's Poderspective



Medicine Explained  
...in plain English

## Poderspective Diagrams - Clinical Trials

This document is to help provide context for the topics discussed in episode 1 & 2 of the 'Patient's Poderspective' Series.



Copyright  
Published by Cuttsy and Cuttsy Ltd.  
Tel: +44 1223 967222  
[www.cuttysandcuttsy.com](http://www.cuttysandcuttsy.com)

All rights reserved. This booklet or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a booklet review.

The right of Cuttsy and Cuttsy Ltd. to be identified as author of this work has been asserted by them in accordance with the Copyright, Designs and Patents Act 1998.

Copyright © 2020 by Cuttsy and Cuttsy Ltd

Cover Design by Samuel Johnson

Diagram Illustrations by Nick Cade

First edition 2020

NOTE: The material contained in this booklet is set out in good faith for general guidance and no liability can be accepted for loss or expense incurred as a result of relying in particular circumstances on statements made in this book. The laws and regulations are complex and liable to change, and readers should check the current position with relevant authorities before making personal arrangements.

This booklet is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.



# Contents

<b>Questions that you may like to ask if you are interested in participating in a clinical trial</b>	<b>4</b>
<b>Diagrams</b>	<b>5</b>
Testing for eligibility	5
Randomised clinical trials	6
Blinded clinical trials	6
<b>How to find a clinical trial</b>	<b>7</b>
<b>Useful Resources</b>	<b>8</b>
<b>Books available in the Explained ...in plain English series</b>	<b>9</b>



## Questions that you may like to ask if you are interested in participating in a clinical trial

If your doctor has suggested a clinical trial may be the next course of action for your treatment or if you are thinking of taking part in a clinical trial as a healthy volunteer, you may find some of the questions listed overleaf helpful to find out more about the trial and the treatment. These types of questions will normally be included in the participant information sheet which you will be given before joining a clinical trial.

### Specific trial information:

- What is the purpose of the trial?
- How will the trial help people in general and me in particular?
- Who can take part in the trial? Why am I being asked?
- What are the treatment choices in the trial?
- Will I definitely get the treatment?
- How long will the trial last?

### What the trial involves:

- What will the trial involve?
- If the trial is testing a drug how often must I take it, when and for how long?
- What is already known about the potential side effects, risks or benefits of the drug?
- What will happen if I get side effects?
- How often will I have to visit the clinic?
- Will I have to have extra tests or scans?
- Is there anything I am not allowed to do while I am taking part in the trial?
- Who will have access to my data?

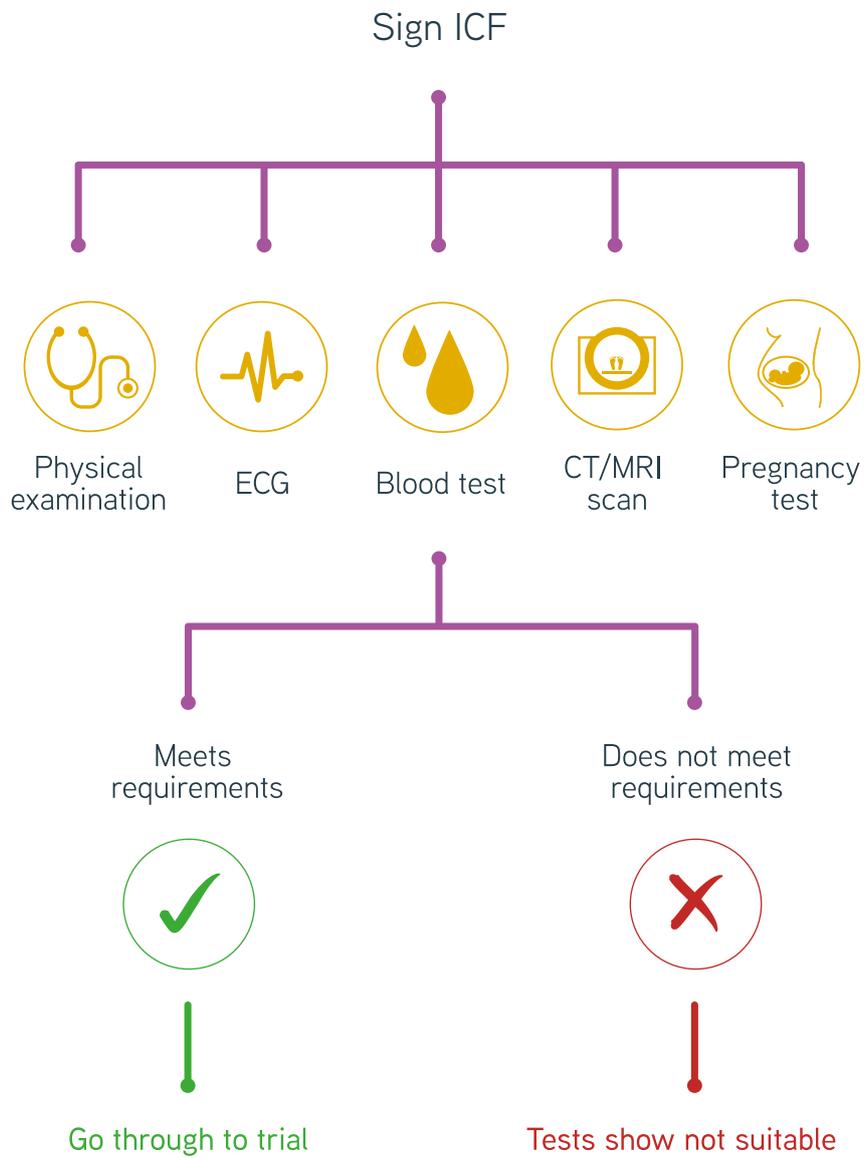
### Other things you may like to know:

- What will happen when the trial is finished?
- Will I be told about the results if I take part?
- What if I later change my mind?
- Who can I talk to if I have any more questions?
- Will any reimbursement or compensation be available (usually offered for Phase one trials)?
- Will I be told what arm of the study I was in when the trial is finished?

In addition to the questions above it is also important to have a support network which you can rely on. Make sure you have friends, neighbours or family who know what you are doing and can help with any transport difficulties you may have, help support you during any bad days or even just be there to talk to.



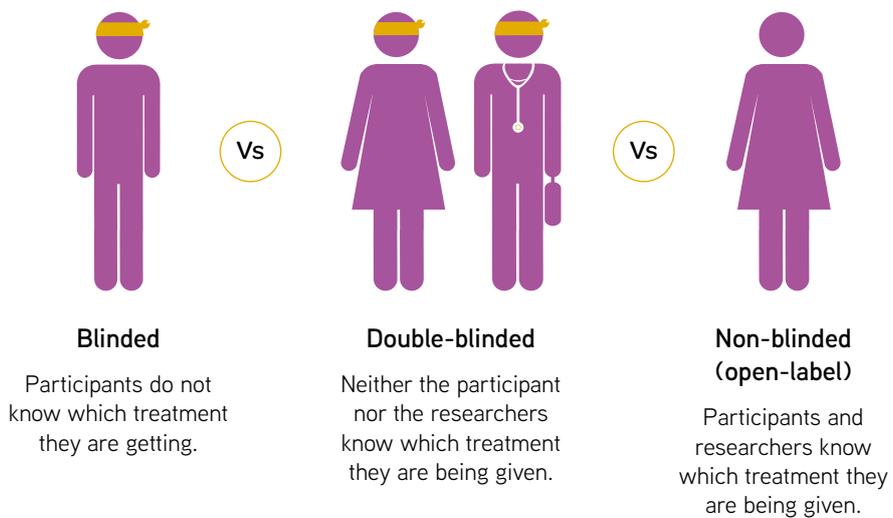
## Testing for eligibility



## Randomised clinical trials



## Blinded Clinical Trials



## How to find a clinical trial

If you would like to be involved in a clinical trial or you have been asked whether you would like to take part in a trial, the best place to start is by asking your doctor or by looking on the internet. There are many clinical trial websites which list the clinical trials that are currently running in your country. These websites usually let you search by condition, making finding a trial suitable to you a little easier.

Charity websites, research charities or patient advocacy groups or forums may also be able to point you in the right direction or have a database of suitable clinical trials for your specific condition. In addition, private companies such as pharmaceutical or biotechnology companies may list the clinical trials they are currently running or are recruiting for on their company websites.

Remember that there is no guarantee that you will be allowed to join a trial as it depends whether you meet their specific criteria.

Please find a list below of websites which may be able to help you find a suitable clinical trial.

### UK

[www.ctu.mrc.ac.uk/our\\_research](http://www.ctu.mrc.ac.uk/our_research)

[www.nhs.uk/Conditions/Clinical-trials/Pages/clinical-trial.aspx](http://www.nhs.uk/Conditions/Clinical-trials/Pages/clinical-trial.aspx)

[www.ukctg.nihr.ac.uk/default.aspx](http://www.ukctg.nihr.ac.uk/default.aspx)

---

### EU

[www.clinicaltrialsregister.eu/ctr-search/search](http://www.clinicaltrialsregister.eu/ctr-search/search)

---

### US

[www.clinicaltrials.gov/ct2/search/index](http://www.clinicaltrials.gov/ct2/search/index)

[www.nih.gov/health/clinicaltrials](http://www.nih.gov/health/clinicaltrials)

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

[www.nhlbi.nih.gov/studies/index.htm](http://www.nhlbi.nih.gov/studies/index.htm)

[www.researchmatch.org](http://www.researchmatch.org)

[www.centerwatch.com/clinical-trials/listings](http://www.centerwatch.com/clinical-trials/listings)

---

### International

[apps.who.int/trialsearch](http://apps.who.int/trialsearch)

[www.isrctn.com](http://www.isrctn.com)

---

### Australia / New Zealand

[www.anzctr.org.au/TrialSearch.aspx](http://www.anzctr.org.au/TrialSearch.aspx)

---

### Africa

[www.pactr.org](http://www.pactr.org)

---

### Healthy Volunteers

[www.helpmakehistory.mrc.ac.uk](http://www.helpmakehistory.mrc.ac.uk)

[www.centerwatch.com/clinical-trials/volunteering.aspx](http://www.centerwatch.com/clinical-trials/volunteering.aspx)

There is a lot of information about clinical trials available on the internet however some of this may not be appropriate for you. **Please always refer back to your doctor** if you are unsure of anything you read or hear, or before you make any treatment decisions.



## Useful resources

For more details on the information provided in the podcast, you may find some of the websites listed below useful:

[www.nhs.uk/Conditions/Clinical-trials/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Clinical-trials/Pages/Introduction.aspx)

[www.nih.ac.uk/patients-and-public/how-to-join-in/join-a-study.htm](http://www.nih.ac.uk/patients-and-public/how-to-join-in/join-a-study.htm)

[www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/what-clinical-trials-are](http://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/what-clinical-trials-are)

[www.ctu.mrc.ac.uk/about\\_clinical\\_trials/what\\_is\\_a\\_clinical\\_trial](http://www.ctu.mrc.ac.uk/about_clinical_trials/what_is_a_clinical_trial)

[www.cancer.org/treatment/treatments-and-side-effects/clinical-trials.html](http://www.cancer.org/treatment/treatments-and-side-effects/clinical-trials.html)

[www.nhlbi.nih.gov/studies/clinicaltrials](http://www.nhlbi.nih.gov/studies/clinicaltrials)

[www.cancer.gov/about-cancer/treatment/clinical-trials](http://www.cancer.gov/about-cancer/treatment/clinical-trials)

[www.hra.nhs.uk/resources/before-you-apply/types-of-study/study-types](http://www.hra.nhs.uk/resources/before-you-apply/types-of-study/study-types)

[www.ccra.org.uk/FAQs/ParticipatingInTrials/AboutClinicalTrials.asp](http://www.ccra.org.uk/FAQs/ParticipatingInTrials/AboutClinicalTrials.asp)

[www.ctu.mrc.ac.uk/about\\_clinical\\_trials/how\\_can\\_you\\_take\\_part\\_in\\_a\\_trial](http://www.ctu.mrc.ac.uk/about_clinical_trials/how_can_you_take_part_in_a_trial)

[www.clinicaltrials.gov/ct2/about-studies/learn](http://www.clinicaltrials.gov/ct2/about-studies/learn)

[www.centerwatch.com/clinical-trials](http://www.centerwatch.com/clinical-trials)

[www.ucdmc.ucdavis.edu/cancer/Clinical\\_Trials/thebigc/question1.html](http://www.ucdmc.ucdavis.edu/cancer/Clinical_Trials/thebigc/question1.html)



## Books available in the Explained ...in plain English series



### Clinical Trials Explained ...in plain English

Written in plain English with beautifully illustrated images and diagrams, this book provides information on things like the importance of clinical trials, why you may be offered to join one, the potential benefits and risks associated with clinical trials and what you could expect if you decide to join one. This guide aims to make you feel more at ease about clinical trials.



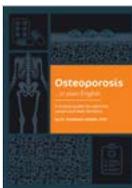
### Coeliac Disease ...in plain English

Written in plain English, this book provides information on things like why and how CD develops, the tests you may be asked to have, questions that you may like to ask your doctor, suggestions on how to maintain a gluten-free diet, manage the risks of cross-contamination and how to manage your CD on a daily basis. This guide aims to make you feel easier about living with and managing your CD.



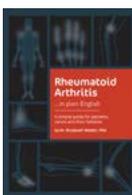
### High Blood Pressure ...in plain English

Written in plain English, this book provides information on things like why and how high blood pressure develops, advice on monitoring your blood pressure, the treatments you may be given and possible lifestyle changes that you can make. This guide aims to make you feel easier about managing your blood pressure.



### Osteoporosis ...in plain English

Written in plain English, this book provides information on things like why and how osteoporosis develops, the tests that you may be asked to have, the treatments you may be given and suggestions on how to improve your bone health. This guide aims to make you feel easier about living with and managing your osteoporosis.



### Rheumatoid Arthritis ...in plain English

Written in plain English, this book provides information on things like why and how RA develops, the tests you may be asked to have, questions you may like to ask your doctor, the type of treatments you may be given and ideas on how to manage your RA on a daily basis. This guide aims to make you feel easier about living with and managing your RA.



### Pain ...in plain English

Written in plain English, this book provides information on things like why and how pain develops, what you should tell your doctor, treatments and how to manage your pain on a day to day basis. The aim of this guide is to make you feel easier about living with and managing pain.



Thank you for listening to  
our 'Patient's Poderspective'  
podcast on Clinical Trials!



[www.cuttsyandcuttsy.com](http://www.cuttsyandcuttsy.com)

