

Clinical Trials

A Guide for Patients/Families



What is a Clinical Trial?

A clinical trial is a study that helps doctors test new ways to prevent, diagnose or treat patients to improve the quality of care.

- May offer you to participate in such a trial.
- Your participation in the trial may allow you to be offered a new treatment that is being tested to see if it may be better than the standard treatment.
- The team will explain the study to you in detail and answer any questions you may have. You can always refuse to participate in a clinical trial. This will not affect your ability to get care at the Aga Khan University Hospital (AKUH).

How safe are clinical trials?

- Before a clinical trial is offered to patients, it is thoroughly reviewed by the Ethics Review Committee (ERC).
- ERC comprise a group of doctors, researchers, and others, who are not involved with the study but ensure that the research is being done while maintaining the highest standards of ethics, patient safety and patient welfare.
- While some studies may be done to test the safety of a new treatment in humans, such treatments usually have undergone years of testing before they are studied in patients.
- Most studies test treatments that we already know are safe in humans but are being tested to treat disease better.
- While no treatment is without risks, any study offered to you has been reviewed to ensure that it is safe for participants. You will be informed about both the risks and benefits.
- In general, people who participate in clinical trials tend to do better than those who do not, simply because most clinical trials test what we already use and compare it to what we think may be better mode of treatment? Perhaps.
- If you decide to participate, you will be carefully monitored throughout the trial and can withdraw at any time.


How could participating in clinical trials benefit you?

- You may gain access to new and possibly effective treatments or medicine available only to those participating in the trial
- You may be monitored more closely for your particular disease or health condition
- You may learn more about your disease or health condition



How could you benefit science and future health care?

- You will be contributing to the development of new medicines and treatment guidelines
- You will help us to discover new ways to prevent or cure diseases or health conditions
- You could improve the way doctors, nurses and other health professionals are trained
- You may influence health laws and funding for health services.

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