

# Taking Part in a Clinical Trial



## What are clinical trials?

- Clinical trials are scientific research studies in which volunteers participate in testing new treatments.
- Clinical trials lead to more effective treatments and cures for a variety of medical conditions.

Before a new treatment is placed on the market, it must be tested through clinical trials to find out:

- › if it works
- › if it is safe
- › how it compares to existing treatments

The treatments tested in a clinical trial may include:

- › medications
- › natural health products
- › devices
- › surgical techniques
- › educational interventions
- › behavioral therapies

## **Why are clinical trials important?**

Clinical trials help medical researchers develop more effective treatments and test how well these treatments work.

For example, clinical trials help find:

- More effective treatments with fewer side effects.
- Medications with shorter periods of treatment.
- Treatments that improve quality of life.

## **What are the benefits of taking part in a clinical trial?**


It is possible that there will be no benefit, but you may get a new and promising treatment for your condition that is not yet available to others. You will be helping medical science find new treatments.

**Please talk to your  
health care team for more  
information.**

## **What do I need to know?**

If you agree to consider taking part in a clinical trial, the research team will give you information about it. You should read this information carefully in order to understand the potential risks and benefits before you sign the consent form. You may also want to talk about the trial with your family and/or doctor before making a decision.

## **Here are some examples of questions you may want to ask:**

- What is the purpose of the trial?
  - What do I have to do?
  - How long will the trial take?
  - What tests or treatments are involved?
  - How much time will be needed on my part?
  - What are the possible side effects?
  - What other treatment choices are there if I don't take part?
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## **Will I be asked to take part in a clinical trial?**

If your medical condition makes you a good candidate for a clinical trial, you may be asked if you'd like to take part. The decision is completely up to you. To protect your privacy, your name and personal information will be kept confidential. In addition, you can withdraw from the trial at any time.

## **Are clinical trials safe?**

No experimental treatment is completely risk-free. Clinical trials are done under very strict rules and guidelines. Health Canada must approve the testing of any new treatment before it goes to clinical trial.

Each trial done at Nova Scotia Health Authority (NSHA) must be approved by the NSHA Research Ethics Board (REB) to make sure that people taking part are not at unnecessary risk. A doctor or medical team supervises the trial and there is always someone available to answer your questions.





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