

Learn more about clinical trials for skin diseases and conditions



Canadian Skin Patient Alliance
L'Alliance canadienne des patients
en dermatologie

STUDY VOLUNTEERS ARE ESSENTIAL TO THE ADVANCEMENT OF MEDICINE.

Clinical research can be confusing, and most people have questions about the clinical research process. Whether you are participating in a study, considering participation, or just want to be more informed – this brochure is for you. Choosing whether or not to participate in a clinical trial is a decision that millions of people make each year. Before making that decision, it is important to learn about clinical trials and what it means to be a study participant.

What is a clinical trial?

A clinical trial is a research study that attempts to answer specific health questions by working with human volunteers. They are very carefully planned, coordinated, and monitored. They give scientists the best opportunity to evaluate potential therapeutics and medicines by studying their effects on both healthy people and those living with the condition they are meant to address.

Why participate in a clinical trial?

There are a number of reasons why someone would participate in a clinical trial:

1. Participants are among the first to receive potential new interventions for a condition.
2. Participation allows people to make a valuable contribution to research.

3. Clinical trial participation allows a person to play a more active role in his or her healthcare.
4. Involvement in a clinical trial can give a person greater access to a team of experts who may be able to provide deeper insight into his or her condition.

What are the risks of participating in a clinical trial?

While clinical trials are closely monitored and planned, they do involve risks:

1. There may be side effects to the intervention, ranging from minor or unpleasant side effects to more serious ones requiring medical attention.
2. The intervention may not be effective for some participants.
3. Some participants may experience discomfort related to the additional medical tests and procedures.

Joining a clinical trial may require some participants to interrupt the treatment they were receiving before joining the trial.

Who is eligible to join a clinical trial? How will I know if I am eligible?

Each clinical trial has its own criteria about who can participate in it.

These criteria are carefully considered by the trial researchers and scientists when the trial is designed.

They are important parts of the clinical trial itself, because they allow researchers to control the variables of the trial in order to improve the quality of the trial data and results. Ultimately, the clinical trial staff will inform you if you are eligible for the trial or not.

How are participants protected?

Canadian clinical trials are highly regulated, as is the treatment of participants in those trials. These regulations entitle participants to important rights such as informed consent, confidentiality and privacy, best possible care, and withdrawal at any time.

What should I consider before participating?

Before you decide to participate in a clinical trial, you should discuss it with your doctor. He or she will tell you if there are any medical reasons for you not to participate in the trial.

Learning more about clinical trials

To learn more about clinical trials for skin diseases, how they are organized, and the rights and responsibilities of participants, please visit us at canadianskin.ca/education/clinical-trials

It is important for you to do your own research.

This includes asking members of the clinical trial team some questions. You can find a list of printable or downloadable questions to ask the clinical trial team or your doctor at canadianskin.ca/images/Documents/Clinical_Trials_questions.pdf

To search for Canadian clinical trials, visit ResearchTrials.org or contact the Canadian Skin Patient Alliance at info@canadianskin.ca or reach us by phone at 1-877-505-2772.

The Canadian Skin Patient Alliance

The Canadian Skin Patient Alliance (CSPA) is a national non-profit organization dedicated to the advocacy, education and support of Canadians living with skin diseases, conditions and traumas.

Our mission is to promote skin health and improve the quality of life of Canadians living with all skin conditions, diseases and traumas (including those affecting the hair and nails).

To learn more, visit www.canadianskin.ca

