

HOW TO BE PART OF A CLINICAL TRIAL

If you are interested in participating in a clinical trial it is a good idea to seek out information from a variety of sources.

You can talk to any of the health professionals involved in your care– general practitioners (GPs), specialists, nursing or allied health professionals.

They should be able to provide general information about clinical trials and may have particular information on new treatments that are relevant to you.

Support groups or consumer health organisations with an interest in your particular disease or condition may also have information on relevant clinical trials.

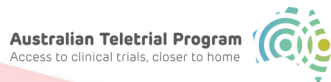
There is a wealth of information available on the internet about clinical trials. We suggest visiting the following Australian websites:

www.australianclinicaltrials.gov.au

www.safetyandquality.gov.au/standards/clinical-trials

Bendigo Health is part of the **Australian Teletrial Program** which is improving access to, and participation in, clinical trials for rural, regional and remote Australians. For more information:

www.australianteletrialprogram.com.au



GIVING INFORMED CONSENT

Everyone participating in a clinical trial must give informed consent, or have someone legally authorized to give consent on your behalf. When being invited to participate in a clinical trial you will be given information written in easy to understand language in a document usually called a Patient Information and Consent Form (PICF).

It is important that you and/or your family read and understand the information forms before deciding to participate. The information forms explain important details of the clinical trial, such as the purpose, duration, required tests, potential risks and benefits of the trial. You should speak to the clinical trial team about anything that you don't fully understand.

You are under no obligation to take part in a clinical trial. Signing the PICF means that you agree to take part in the trial and understand what it involves.

A participant may exit a clinical trial at any time, however they should let the clinical trial team know that they wish to withdraw.

For further information about participating in a clinical trial at Bendigo Health, please visit our website:

www.bendigohealth.org.au/informationforpatientsandfamilies

Email:

clinicaltrialsresearchsupport@bendigohealth.org.au

Telephone:

03 5454 6411

CLINICAL TRIALS AT BENDIGO HEALTH

Information for patients and families



Excellent Care. Every Person. Every time.

Whilst receiving care at Bendigo Health you may be invited to take part in a clinical trial. Choosing to participate in a clinical trial is an important personal decision. The information in this brochure may help you in making that decision.

WHAT IS A CLINICAL TRIAL?

A clinical trial is a type of research study that tests how well a medical treatment works in people. The treatment, also known as an 'intervention' may be a drug, vaccine, device, surgical procedure, behavioural therapy, dietary change or a diagnostic test.

WHY ARE CLINICAL TRIALS NECESSARY?

Clinical trials investigate whether new treatments are safe and effective for you.

Clinical trials can help to establish any potential side effects and what the correct dosing of a treatment should be. This lets doctors decide if an intervention is more effective and/or safer than pre-existing treatments. Results from clinical trials may provide information about whether the treatment could be effective in treating or preventing other illnesses.

Without clinical trials, medicines and other treatments cannot be approved for use in Australia.

WHO CAN PARTICIPATE IN A CLINICAL TRIAL?

Clinical trials can involve people of all ages and with all types and stages of a disease or condition, however each clinical trial has its own specific set of criteria to be eligible to participate in. Taking part in a clinical trial is completely voluntary and you can withdraw at any time without affecting the quality of your medical treatment or relationship with your doctor/s.

Before you agree to participate in a clinical trial the following risks should be considered:

- The new treatment may not work for you.
- You may be placed in the control group and, therefore, not receive the new treatment. You will still receive the current best standard of care.
- The clinical trial may involve additional treatments, tests, hospital visits or other complicated requirements.
- You may experience unpleasant, serious or even life-threatening side effects from the trial treatment.

Bendigo Health strives to offer clinical trials to meet the needs of our diverse local community



Bendigo Health would like to acknowledge the Traditional Custodians of the land and pay our respects to Elders past, present and emerging



Bendigo Health is committed to LGBTQI+ inclusive practice

WHAT ARE THE BENEFITS OF PARTICIPATING IN A CLINICAL TRIAL?

In addition to helping find better treatments, therapies and diagnostic tests, clinical trials may provide direct benefits to you, including:

- The opportunity to receive a new intervention that may be better for your condition, or one that has fewer side effects than your current treatment.
- Gaining early access to new treatments at no cost, or that are otherwise not available.
- The chance to gain a greater understanding of your disease or condition.
- Access and support from clinical trials staff in addition to your usual treating team.
- More frequent visits, scans, tests and other assessments to monitor your condition and the effects of the clinical trial treatment.

Clinical research also contributes to the advancement of scientific knowledge, and potentially, to the improved health of others with the same disease or condition in the future. It also improves our local health care service by improving patient care practices.



Excellent Care. Every Person. Every time.