YOUR GUIDE TO PARTICIPATING IN CLINICAL RESEARCH

Answers to the six most frequently asked questions, why you want to participate and what the potential benefits are.
Contents

Introduction

Question 1: What are clinical trials?

Question 2: What are the benefits?

Question 3: Is it safe?

Question 4: How much time is involved?

Question 5: What do I have to do if I decide to participate?

Question 6: Will my medical information remain private?

Testimonials: What Clinical Trial participants are saying about their experience

About Optimal Clinical Trials
What are the most important factors influencing the decision to participate in a research trial? This guide will help answer your questions, why you want to participate and what the potential benefits are to you and others.
We know how invaluable research trials are to increase knowledge, advance medicine and improve the health and wellness of patients the world over.

Making the decision to become involved in potentially ground-breaking research relies on six key factors:

1. Access to quality medical care
2. Access to medical professionals
3. Greater learning about your medical condition
4. Feeling part of a community
5. Making a contribution to society
6. Having the opportunity to access free medicine and care
The top three perceived benefits are

1. Advancement of science and treatment
2. Help improve and save the lives of others
3. Improve your condition

You can help yourself and the others through your participation in clinical research. Clinical Trials enable new medicines to be developed and improved to treat patients around the world. We are proud to be part of this research.
The Top 6 questions our participants have about participating in Clinical Trials
Clinical trials are a vital part of medical research. They are rigorously controlled tests of a new medication. Clinical trials enable the development of new medicines, or improvements to existing medications to treat patients around the world.

The aim of a clinical trial is to investigate whether a medicine is reliable, safe and effective for a particular disease or condition. Every medication must go through this process before it can be prescribed.

“Optimal made participating easy. They all treated me with respect, explained things fully and they made sure I knew what was happening before starting and throughout the study.”

- Rebecca
What are the benefits?

If you participate in a clinical trial you may gain access to new research treatments before they are widely available, and you will help others by contributing to medical research.

For most clinical trials you will be reimbursed for “out of pocket” expenses such as travel costs. If there is a big time commitment, there may be a payment for this. You will also receive regular checks and medical tests that do not cost you anything.

In addition, you will:

- Learn more about your condition
- Potentially gain access to new and potentially better medications at no cost
- Receive free regular check-ups which may include physical examinations, blood tests, breathing tests, ECGs
- Assist with improving the health of future generations
- Receive advice on diet, exercise and managing your medications
- Potentially enjoy improvement in the treatment of your condition

Want to discuss this more? Feel free to call us on 0800 RESEARCH (737 327)
Is it safe?

We only conduct clinical trials with medications which have already been tested for safety elsewhere. There is always some risk with taking a medicine or using a medical device. Even paracetamol has potential side effects.

Of course, we monitor all clinical trial participants closely to check that the new medication is well tolerated.
Most clinical trials involve visits to our research site of 1 – 2 hours each time, sometimes shorter, sometimes longer. Every clinical trial is different. Visits may be every week, every month, or even every 3 months.

Clinical trials run for varying durations and the treatment period also varies. In general, they run for six to twelve months, whilst some run for several years.

Our mission is to make everyday lives better by conducting world class research
QUESTION #5

What do I have to do if I decide to participate?

You will be given a study information sheet that explains what is involved and can ask any questions to help you understand the trial. Participation in any clinical trial is completely your choice and you may withdraw at any time without affecting your ongoing healthcare.

84% of New Zealanders are interested in health and medical research.

2018 Roy Morgan Research NZHR Opinion Poll
Will my medical information remain private?

Yes your information is confidential. Any personal data will be coded and study records will identify you by a number, not by name.
What clinical trial participants are saying about their experience.

"Thanks for allowing me the opportunity to take part in this study. I found the whole experience to be very pleasant and professional. Everyone was very friendly and easy to get along with, which made the time pass very quickly. I would thoroughly recommend Dr Montgomery and his team to anyone considering doing studies with them."
- Emmie C

"Friendliest group of people. Barney, and team, you're the best. Explanations and answering questions fully. Great follow-up."
- Trevor M

"Awesome experience with Optimal Clinical Trials. Always felt welcome coming in for research and everyone spoke to me like I was a friend rather than a "participant"."
- Alycia C
About Optimal Clinical Trials

The team at Optimal Clinical Trials are highly trained, specialised doctors, nurses and researchers. They care for, monitor and supervise our clinical trial participants who voluntarily take part in clinical research of new medications for a variety of medical conditions.

All our staff hold Good Clinical Practice certification, and all research trials Optimal runs have been approved by the New Zealand Health and Disability Ethics committee and Medsafe. Our clinic is located in Grafton, Auckland, opposite Auckland Hospital, with parking available on site.

Volunteer today! Help create a healthier community.
Contact our friendly team on 0800 RESEARCH (737 327) or info@optimalclinicaltrials.com