

CALHN RESEARCH SERVICES

November 2024

SHAPING THE FUTURE OF WORLD CLASS CLINICAL TRIALS

Definition of a Clinical Trial

A clinical trial is a way for scientists to test new ways to help people stay healthy or get better. They pick people or groups to try out different treatments or methods, such as new medicines, surgeries, or even changes in daily habits. This helps them see what works best and what doesn't. There are different stages of these trials, from early tests to larger studies, to make sure everything is safe and effective.

Ethical Guidelines & Consent

In Australia, there are strict rules to make sure that people taking part in clinical trials are safe and that research is done properly. Before a trial can start, a special group called an ethics committee has to review and approve it. They check that everything in the study is fair and follows the right guidelines.

If you decide to join a clinical trial, here is what you should expect from the researchers:

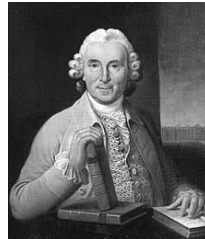
- ◆ They will explain what the study is about and what they are trying to find out.
- ◆ They will let you know about any risks or problems that might come up.
- ◆ They will give you a phone number you can call any time, day or night.
- ◆ They will ask you to sign a consent form to show that you agree to be part of the trial.

CALHN Research Services

CALHN (Central Adelaide Local Health Network) Research Services is a department made up of different teams that work together to help staff that work in research. These teams include:

- ◆ Ethics
- ◆ Governance
- ◆ NCTGF Consumer Partnering, Education & Auditing
- ◆ Grants
- ◆ HSCGB, HR & Administration
- ◆ Finance

James Lindt

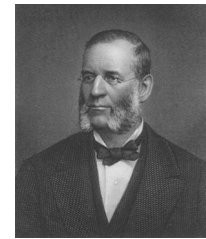


James Lind (1716–1794) was a famous doctor known as the "founder of naval hygiene in England." He made a huge difference in the British Navy by discovering that fresh citrus fruits and lemon juice could prevent scurvy, a deadly disease affecting sailors.

Lind worked as a naval surgeon from 1739 to 1748 and then as a physician at Haslar Hospital in Gosport until he died. He saw many cases of scurvy, typhus, and dysentery, and noticed how conditions on ships made these diseases worse. In his 1754 book, *A Treatise on Scurvy*, Lind showed that scurvy was killing more British sailors than combat during wartime.

One of the earliest clinical trials was designed by Lind himself. He tested citrus fruits against other treatments like vinegar, cider, and seawater. His findings proved that citrus fruits were the best at curing scurvy.

Austin Flint



Austin Flint (1812–1886) was a well-known American doctor who led the New York Academy of Medicine and the American Medical Association. In 1863, Flint conducted an interesting experiment: he gave a placebo (fake) treatment, which was a herbal extract, to 13 patients with rheumatism and compared their results with those of patients who got a real treatment.

Flint found that, surprisingly, there was not a lot of difference between the results of the placebo treatment and the real treatment.

In medicine, a placebo is something that looks like a real treatment but doesn't actually have any healing effects. Placebos are really useful in research because they help doctors figure out if a new treatment is actually working or if people are just getting better on their own.

THE HISTORY OF CLINICAL TRIALS

First Controlled
Clinical Trial
Scurvy



1747

1863



First Placebo Clinical Trial
Rheumatism

First Double Blind Controlled
Clinical Trial
Common Cold



1943

1946



First Randomised
Clinical Trial
Streptomycin

The Nuremberg Code
The First International
Guidance on the Ethics of
Medical Research



1947

1964



The Declaration of Helsinki
Ethical Principles for Medical
Research Involving Human
Participants

ICH-E6 Guidelines
for Good Clinical
Practice



1997