

# INTERNATIONAL CLINICAL TRIALS DAY

## MAY 20, 2024



### What is International Clinical Trials Day?

On May 20, 1747 aboard the HMS Salisbury of Britain's Royal Navy, surgeon mate James Lind acted on a hunch that scurvy was caused by putrefaction of the body that could be cured through the introduction of acids. Lind recruited 12 men, allocating two men to each of six different daily treatments for a period of fourteen days. His hunch was correct, and those ingesting citrus fruit saw an improvement of their symptoms. Clinical Trials Day is celebrated around the world each May to recognize the day that James Lind started what is often considered the first clinical trial.

### What are Clinical Trials?





Clinical trials are a type of clinical research that involve an intervention that could be a drug, a procedure or a device, or a change to someone's lifestyle such as exercise or diet. Clinical trials are used to determine safety and effectiveness of treatments, devices and procedures.

### What is Clinical Research?

Clinical research is research that involves people who voluntarily participate, or research that is done on samples provided by volunteers such as blood or tissues.



### Why are Clinical Trials Conducted?

-  To learn how best to use medications, treatments or devices in a different populations, such as the elderly.
-  To compare 2+ existing medications, treatments or devices to determine which is better.
-  To study new ways to use standard (approved) medications, treatments or devices.
-  To see if a new medication, treatment or device is safe and effective for people to use.

### Who Do Clinical Trials Impact?





-  **1 Yourself**  
...to learn about your own condition and try to improve your health
-  **2 Someone you love**  
...to support a friend or family member who has a chronic illness or condition
-  **3 Someone you don't know**  
...to improve the lives of all Canadians by contributing to the development of new treatments

### What are the Types of Clinical Trials?

-  **Prevention** ...trials to look for new ways to prevent illness
-  **Screening** ...trials to help detect diseases or conditions
-  **Treatment** ...trials to test new types of treatments

### What are Clinical Trial Phases?

Clinical trials involving new medications are done in a series of steps called phases so researchers can learn about new medications in a gradual and safe way.

- Phase 1**  
 Is it safe?
- Phase 2**  
 Does it do what it's supposed to?
- Phase 3**  
 How does it compare?
- Phase 4**  
 What happens long-term?

### Where do Clinical Trials Happen?

Depending on the research that is being done, clinical trials may happen in many different places

