



*institute for*  
**RESPIRATORY HEALTH**



# OUR CLINICAL TRIALS

We help people with a respiratory condition through clinical trials and research.



## WHO ARE WE

The Institute for Respiratory Health is a collaborative respiratory research organisation.

Through our clinical trials and research we aim to help improve the life of everyone living with a respiratory condition.

We conduct clinical trials on new and improved medications for a range of respiratory conditions.

Our clinical trials team is made up of a multidisciplinary team of Consultants, Doctors, Registered Nurses and health science professionals who together make up 100 years of respiratory health experience.

We focus on real people and our work gives hope for a better future to those with respiratory diseases.



## WHAT IS A CLINICAL TRIAL

A clinical trial is a scientific study involving people to determine if a new treatment for a particular condition works and if it is more effective than an alternative treatment.

We conduct trials for the following conditions:

- Asthma
- Chronic obstructive pulmonary disease (COPD – emphysema and chronic bronchitis)
- Bronchiectasis
- Alpha-1 antitrypsin deficiency
- Idiopathic pulmonary fibrosis (IPF)
- Cystic fibrosis
- Mesothelioma
- Sarcoidosis
- Pulmonary hypertension

All of today's standard treatments for lung disease are a result of clinical trials completed years ago. Some were conducted here, at the Institute for Respiratory Health. Without clinical trials, medicines cannot be approved for use in Australia.

# WHAT'S INVOLVED

After your study eligibility has been determined by a study Doctor you may then commence participation in the study.

Participation can involve regular visits to our Clinic at designated time intervals for the duration of the study.

A clinical trial can run anywhere from one month to three years but a typical length is 12 months.

Study visits will take approximately 2 – 3 hours each and you will be asked to remain at the clinic during the study visit.

Procedures can include regular lung function tests, ECG, vital signs measurement, physical examination and urine tests. Some studies require you to have a chest x-ray or HRCT scan if you have not had one recently.

## WHAT ARE THE BENEFITS FOR ME?

- You are followed very closely by a research team that is made up of doctors, nurses and other health professionals.
- You have access to promising new treatments that may be better than standard approaches.



- Most volunteers report an improvement in the management of their condition and wellbeing.
- You can gain a stronger understanding of your condition and how to manage it.
- Results from the study may help others.

### WHAT ARE THE RISKS FOR ME?

All clinical trials have risks, just as any medical test, drug or procedure has risks. These risks are often no more than the risks you take when taking your current standard medication.

### ARE THERE ANY SIDE EFFECTS?

Please ask our staff for a Patient Information Sheet that will outline any known side effects of the drug. If you do suffer a side effect we will monitor your health very closely, and provide additional care or cease treatment if necessary.

### WILL I BE A GUINEA PIG?

The answer is no. By the time a treatment or medicine reaches the clinical trial stage it has been extensively tested. It also goes before an Australian independent ethics committee for approval to ensure it is safe and ethical.

### PAYMENTS AND COST

There are no costs nor will you be paid. All medication, tests and medical care required as part of the study will be free of charge. We will also reimburse you for travelling costs.

### CAN I STOP IF I WANT?

Participation is voluntary. If later on you decide to change your mind, you are free to withdraw from the study at any stage. This will not affect your routine treatment, your relationship with those treating you, or your relationship with the Institute for Respiratory Health.

# PARTICIPATING IN A TRIAL

Each clinical trial has certain criteria that a volunteer must meet to be included in that trial.

This can include age, medical history, current health, disease severity and ability to comply with the study protocol.

A member of the Clinical Trials Team will discuss your suitability for a trial with you to identify which will be the most beneficial trial for you.

## FURTHER INFORMATION

For more information about clinical trials or to register your interest:

Call a team member on (08) 9346 4482

Email [admin@resphealth.uwa.edu.au](mailto:admin@resphealth.uwa.edu.au).

Register at [www.resphealth.org.au/contact-us](http://www.resphealth.org.au/contact-us)