Participating in Clinical Research Trials

Elizabeth Wardrop

Senior Clinical Research Coordinator

Regional Cancer and Blood Service Auckland Hospital

Sweet Louise 11 March 2017

What is a Clinical Research Trial

A type of research study that tests how well new medical approaches work in people

- New methods of screening
- Prevention
- Diagnosis
- Treatment of Disease

The goal of clinical trials is to determine if a new test or treatment works and is safe

Clinical trials can also look at other aspects of care, such as improving the quality of life for people with chronic illnesses

Clinical Trial Approval in New Zealand

Clinical trials that involve use of a new medicine require approval under Section 30 of the Medicines Act 1981

The Health Research Council of New Zealand

Standing Committee on Therapeutic Trials (SCOTT) - Undertake scientific assessment of applications to conduct trials and makes recommendations to the Director-General of Health on whether or not trials should be approved. Approval is granted by MedSafe

In parallel with

Health and Disability Ethics Committees -function is to secure the benefits of health and disability research by checking that it meets or exceeds established ethical standards.

Local approval

Institutional review board grant approval for each locality

Maori research committees

MEDSAFE
NEW ZEALAND MEDICINES AND MEDICAL DEVICES SAFETY AUTHORITY
A BUSINESS UNIT OF THE MINISTRY OF HEALTH

hrc Health Research Council of New Zealand

Health and Disability Ethics Committees

Institutional Review Board

Maori Research Review Committee

Good Clinical Practice

International Council for Harmonisation (ICH) established Good Clinical Practice (GCP) guideline document 1996

-Ensure the ethical and scientific quality standard for all aspects of clinical trials
- Design, conduct, performance
- Monitoring, auditing, recording
- Analyses and reporting

-Participants
- Protect the rights, integrity and confidentiality of trial subjects

Regulatory Boards/Sponsors/Principal Investigator responsibility to ensure study is adhering to GCP and all those involved in the trial are trained in GCP

Patient Information Sheet

Before consenting to a clinical trial the doctor/nurse will discuss the trial and give you a patient information sheet to take home and read, discuss with family, to see if the trial is right for you

- Purpose of the research
- How many participants (international/local)
- Expected length of time for participation
- Procedures that will be performed during enrolment on the clinical trial
- Procedures that will be performed once enrolled in the clinical
- Description of any predictable risks
- Any possible benefits
- Statement describing patient confidentiality
- Compensation of medical treatments if injury occurs
- Where more information can be found (https://clinicaltrials.gov)
- Contact details
- Voluntary -right to refuse treatment and will not lose any benefits or access to treatment
- Consent form

Phases of Clinical Trials

- *Phase 0: usually ≤ 15 participants, small doses at sub-therapeutic doses to determine pharmacokinetics (what the body does to the drug). Aren't widely used, not required.*
- Phase I trials: ~20–80 participants for the first time in humans to evaluate its safety, determine a safe dosage range, and identify side effects.
- Phase II trials: ~100–300 participants to see if it is effective and to further evaluate its safety
- Phase III trials: large groups of people (300–3,000+) to confirm its effectiveness, monitor side effects, compare it with standard or equivalent treatments, and collect information that will allow the experimental drug or treatment to be used safely
- Phase IV trials: After a drug is approved for marketing researchers track its safety, efficacy and any side effects associated with long term use

Most trials are just one phase but some trials cover more than one phase i.e. I/II

Trials that compare several treatments are called multi-arm

Commitment from the Patient

Required to follow the trial protocol without deviation

- Usually more tests than standard of care
- Blood tests, how often and extended periods of time i.e, pharmacokinetic samples
- How often are CT scans
- Need for fresh biopsy
- Able to adhere to the schedule
- Able to continue working
- Prepared to be randomised to either treatment arm/ standard of care/placebo
- Can I take a vacation

Eligibility Criteria: Inclusions And Exclusions

All trials have a specific list of criteria for participant eligibility known as inclusions and exclusions

-Select criteria needed to determine the possible effect of the intervention
-Similar population for comparison
-Safety of participant

Participants must meet **ALL** inclusion criteria and have **NO** exclusion criteria

Some eligibility criteria may be known prior to consent but others will require testing
No tests or procedures are allowed to be performed before a patient consents to a trial

Screening Period to Determine Eligibility

Eligibility is different for every trial

Examples may include:

Inclusion

- Expression of cell surface receptor (HER2 +ve, triple negative breast cancer)
- Adequate organ function laboratory tests
- Measurable disease
- Able to provide biopsy sample (fresh/archival)
- Previous cancer treatments (i.e. treatment experienced)

Exclusion

- Central nervous system disease (brain tumour)
- Previous use of similar treatment
- Known additional malignancy
- HIV/HCV/HBV positive
- Use of medication that may interfere or possibly be unsafe in combination with the study drug i.e. steroids

Randomisation

Once eligibility is confirmed you are then registered to begin the trial
Not all trials are randomised but if it is it will be listed in the title of the trial and described in the patient information sheet

<u>Randomisation</u>

- Way of testing new treatments without bias
- Randomisation may be treatment vs standard of care/placebo or different treatment arms (cohorts)
- The probability of receiving the study treatment is listed in the patient information sheet i.e. 50:50, 1:1:1, 3:1
- Randomisation may be stratified according to certain criteria such as disease stage, number of previous treatments, age etc.
- Neither the doctor nor the participant can select the group
- Double blind trials neither the doctor nor participant is aware of the treatment
- For most trials data is entered in computer and randomisation is allocated

Randomisation

MARIANNE: A randomized, 3 arm, multicentre, phase III study to evaluate the efficacy and the safety of T-DM1 combined with pertuzumab or T-DM1 combined with pertuzumab-placebo (blinded for pertuzumab), versus the combination of trastuzumab plus taxane, as first line treatment in HER2- positive progressive or recurrent locally advanced or metastatic breast cancer (MBC)

A Phase II Clinical Trial of Pembrolizumab (MK-3475) as Monotherapy for Metastatic Triple-Negative Breast Cancer (mTNBC) – (KEYNOTE-086)

Future Biomedical Research

Almost all cancer studies now collect biological samples for correlative and future research. Usually samples collected for the main trial but there may be additional samples.

- Blood samples
- Tumour tissue

Requires separate consent, not required to participate in FBR to be included in main trial

Why Participate in Clinical Research Trials

- Advance our understanding of cancer and improve treatment options/outcome for patients
- Controlling or reducing disease burden when other lines of therapy have failed
- Access to therapy that is approved elsewhere but not approved/funded in New Zealand

If you want to be considered for a clinical trial have your GP refer you to the medical oncologist if you are not already under their care

Need More Information

http://clinicaltrials.health.nz
https://clinicaltrials.gov
https://www.anzbctg.org
http://www.trog.com.au
https://cancernz.org.nz
https://www.cancer.org
http://www.cancerresearchuk.org