



# Clinical Trials in Lung Fibrosis

A clinical trial is a research study that tests whether a treatment works or not. The effect of the treatment on each person is closely monitored and the information is used to understand whether the treatment works and how to improve it. Clinical trials are particularly important when treatment options are limited, as for Pulmonary Fibrosis (PF).

People who take part in clinical trials are volunteers. Clinical trials are approved and monitored by an Ethics Committee, to make sure that participants are safe and their rights are protected.

## Why should you consider taking part in a clinical trial?

Clinical trials have made a big contribution to new treatment options for people with Pulmonary Fibrosis. Although laboratory research is important to invent new treatments and understand how they work, clinical trials are vital to understand whether these treatments are beneficial when used in people.

If you take part in a clinical trial, you may get access to a new treatment whilst it is still in the testing phase, however, there are no guarantees that it will be successful or make you feel better. Taking part in a clinical trial may offer more frequent monitoring and contact with your healthcare team. You will also contribute to better treatment options for people with Pulmonary Fibrosis in the future.

One of the most common clinical trials is a **randomised controlled trial**. This type of trial compares different treatments to find out which one works best. If you participate, you will be randomly allocated to one treatment or the other (like flipping a coin). Some trials involve a 'placebo' treatment; if you are randomised to this treatment, you will receive something that looks identical to the real treatment but has no active ingredients. These features are an important part of a trial as they help make sure that the results are accurate.

### Pros

- Early access to therapy
- Frequent monitoring by your treating doctor

### Cons

- May be allocated placebo therapy
- Frequent hospital visits

## What does taking part in a clinical trial involve?

**Each clinical trial has different requirements, but there are some common features:**



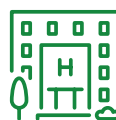
Before starting, the researchers will assess whether you are eligible based on your stage of disease, age, medical conditions or other factors.



Detailed assessments of your health and well-being will be made, usually before you start the treatment and at regular intervals during and after treatment. You may need to attend a hospital or clinic for these assessments.



The researchers will keep in touch with you during the trial to monitor your well-being and check for any side effects of the treatment.



During the trial, you can help by informing the researchers of any changes to your health or medications, attending the assessments and filling out the forms as requested.

**Taking part in any clinical trial is voluntary, which means you are free to withdraw at any time.**

## What questions should you ask if you are considering a clinical trial?

Before you agree to be involved in a trial, you will be given an Information Statement with details of the trial aims, potential benefits and risks, your time commitment and how your privacy will be protected. You will be given an opportunity to ask the researchers and your healthcare team some questions, so you might want to consider:

*How long will I be in the trial?*

*How often will I need to go to the hospital/clinic?*

*What are the benefits and side effects I might experience?*

*Will I have to stop any of my current treatments?*

*What happens to my treatment when the trial is finished?*

## How can you find a clinical trial?

### FIND A TRIAL

[pact.lungfoundation.com.au/find-a-trial/](http://pact.lungfoundation.com.au/find-a-trial/)

If you are interested in participating in a clinical trial, or just want to see what is available, you should visit the Pulmonary Fibrosis Australasian Clinical Trials (PACT) Network for a list of clinical trials currently recruiting people with Pulmonary Fibrosis. You can also ask your healthcare team about clinical trials that are recruiting people like you.



## FURTHER INFORMATION AND SUPPORT

Contact Lung Foundation Australia for more information, to access our support services and join our mailing list for regular updates and latest news.

### Lung Foundation Australia Services

- Information and Support Team
- Lung disease information resources
- Education webinars
- Lung Cancer and Respiratory Support Nurses
- Support groups
- Peer-to-peer connections
- Referral to pulmonary rehabilitation and Lungs in Action exercise programs

### External Links

- Centre of Research Excellence in Pulmonary Fibrosis [www.cre-pf.org.au](http://www.cre-pf.org.au)
- Pulmonary Fibrosis Australasian Clinical Trials Network [www.pact.lungfoundation.com.au](http://www.pact.lungfoundation.com.au)
- Pulmonary Fibrosis Foundation [www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org)
- Canadian Pulmonary Fibrosis Foundation [www.cpff.ca](http://www.cpff.ca)

[Lungfoundation.com.au](http://Lungfoundation.com.au) | Freecall 1800 654 301 | [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

Note to reader: This information is intended as a general guide only and is not intended or implied to be a substitute for professional medical advice or treatment. While all care is taken to ensure accuracy at the time of publication, Lung Foundation Australia, the Centre of Research Excellence in Pulmonary Fibrosis and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided. Always consult with your doctor about matters that affect your health.

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