

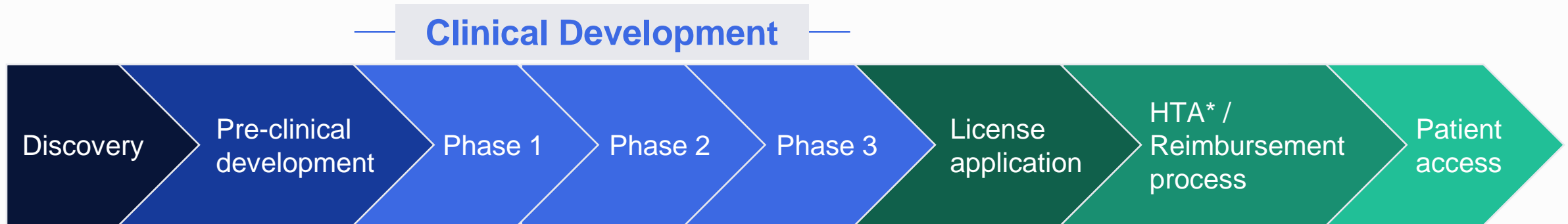
Patient Participation in Clinical Trials

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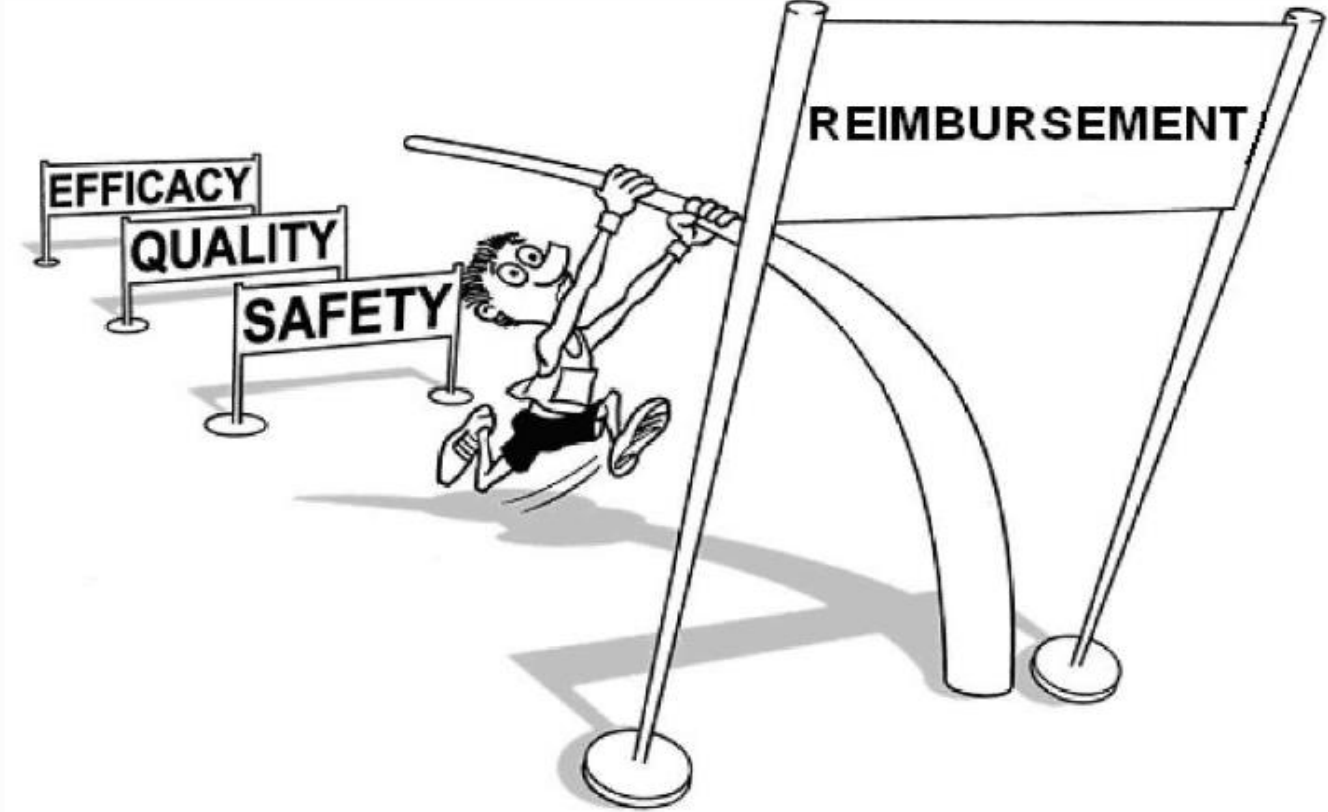
Trustee, Alpha-1 UK

Patient-centred evidence generation and incorporation of the patient voice is critical for demonstrating the value of medicines to decision-makers



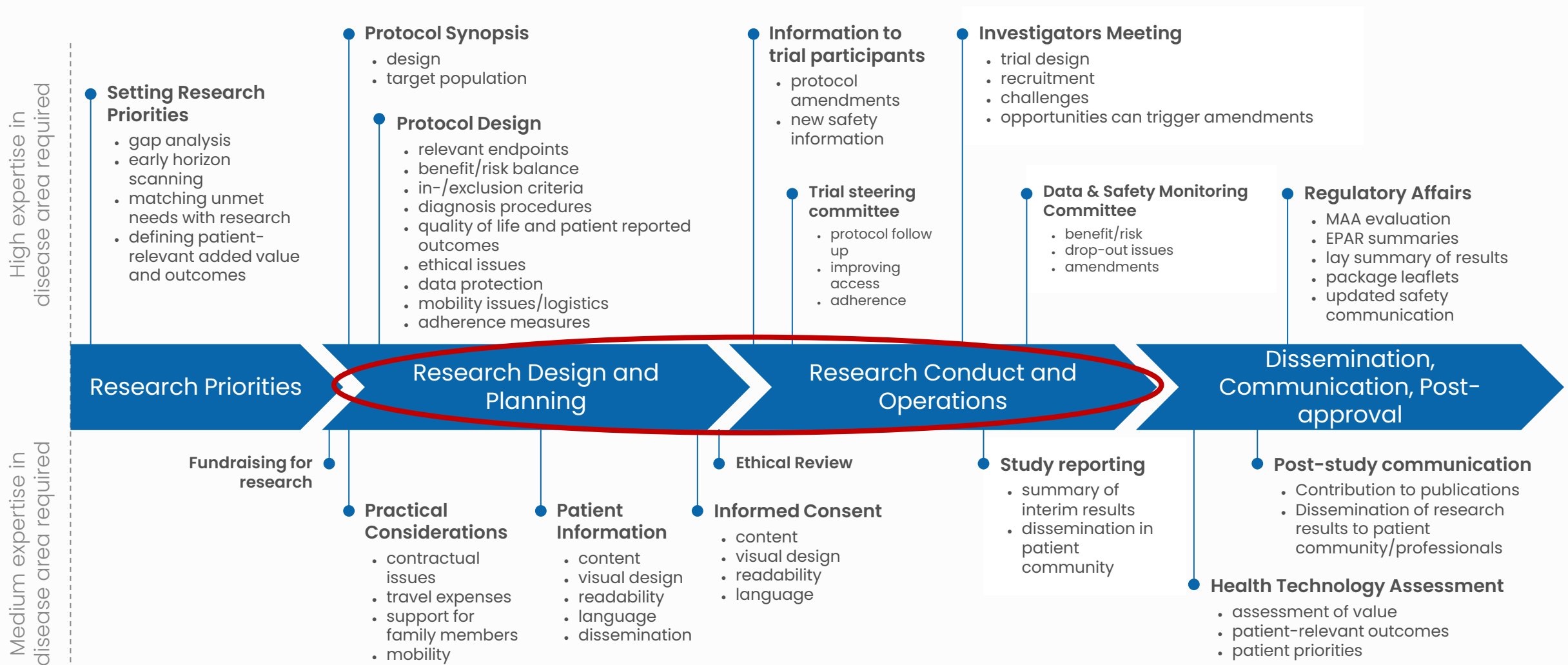
*HTA: Health technology assessment

The “fourth hurdle” to get new therapies to patients



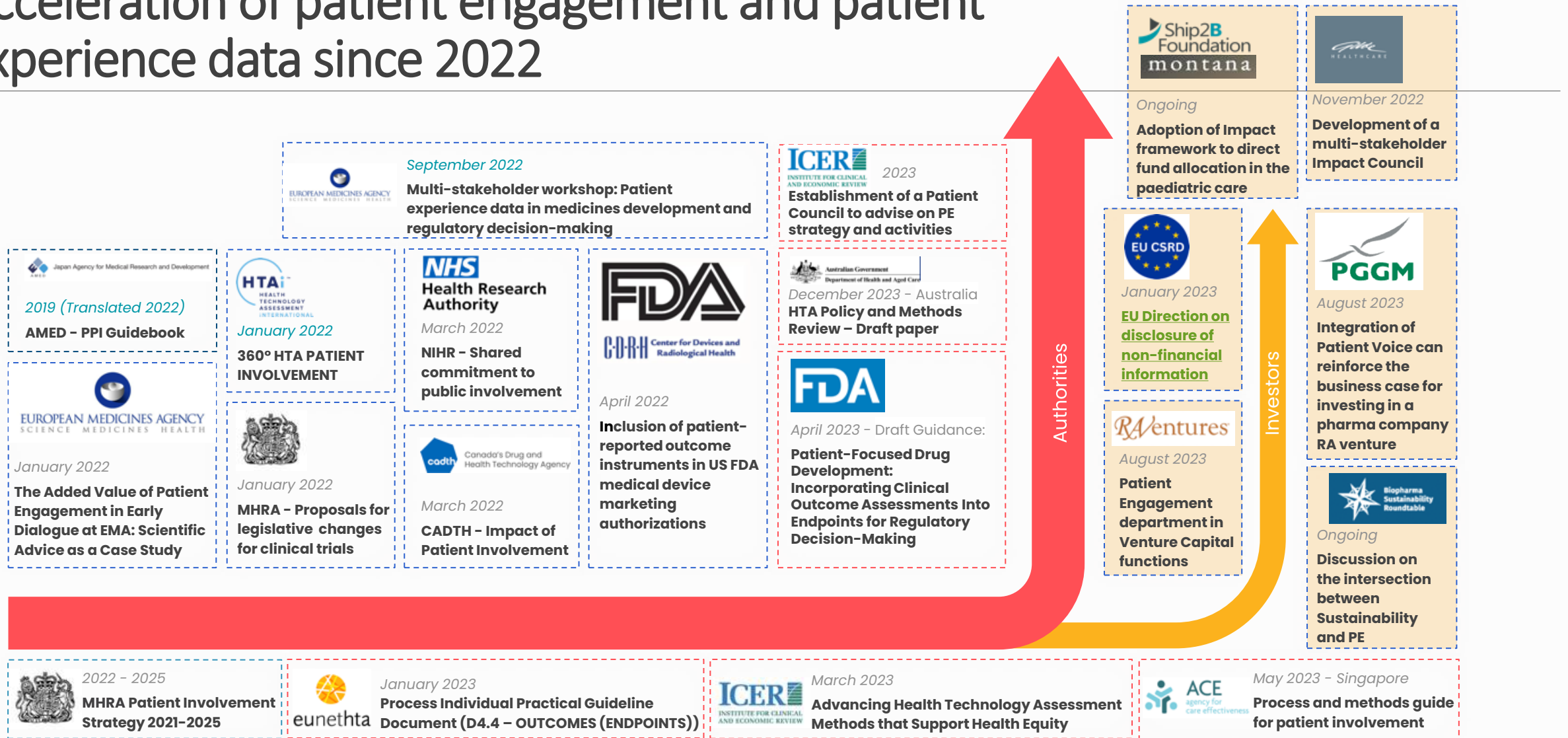
*HTA: Health technology assessment

Patient engagement in medicines research and development



Source: adapted from EUPATI

Acceleration of patient engagement and patient experience data since 2022



Source: Patient Engagement and Patient Experience Data in Regulatory Review and Health Technology Assessment: A Global Landscape Review (2023)

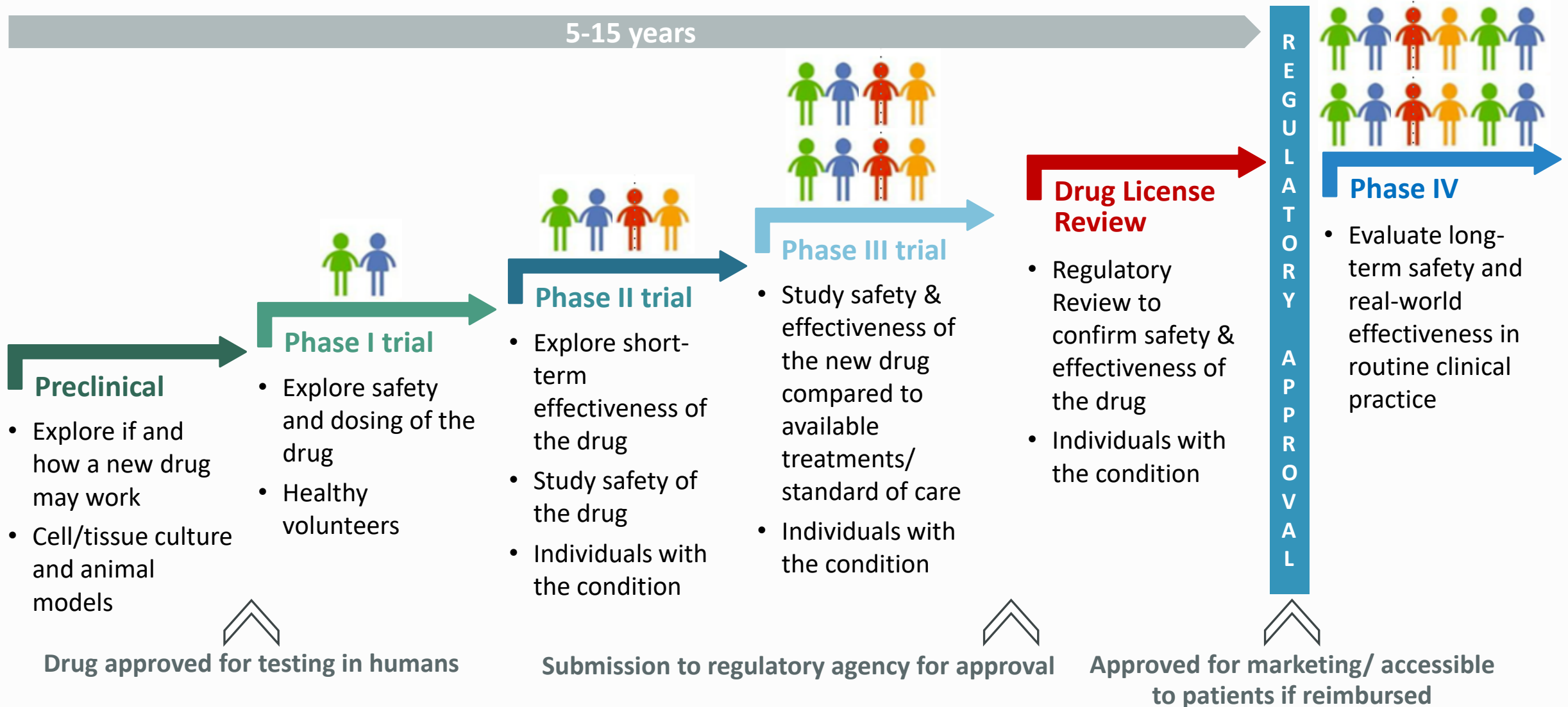
Regulators & HTAs 2022 Regulators & HTAs 2023 Investors

Poll Question 1 (patient attendees only)

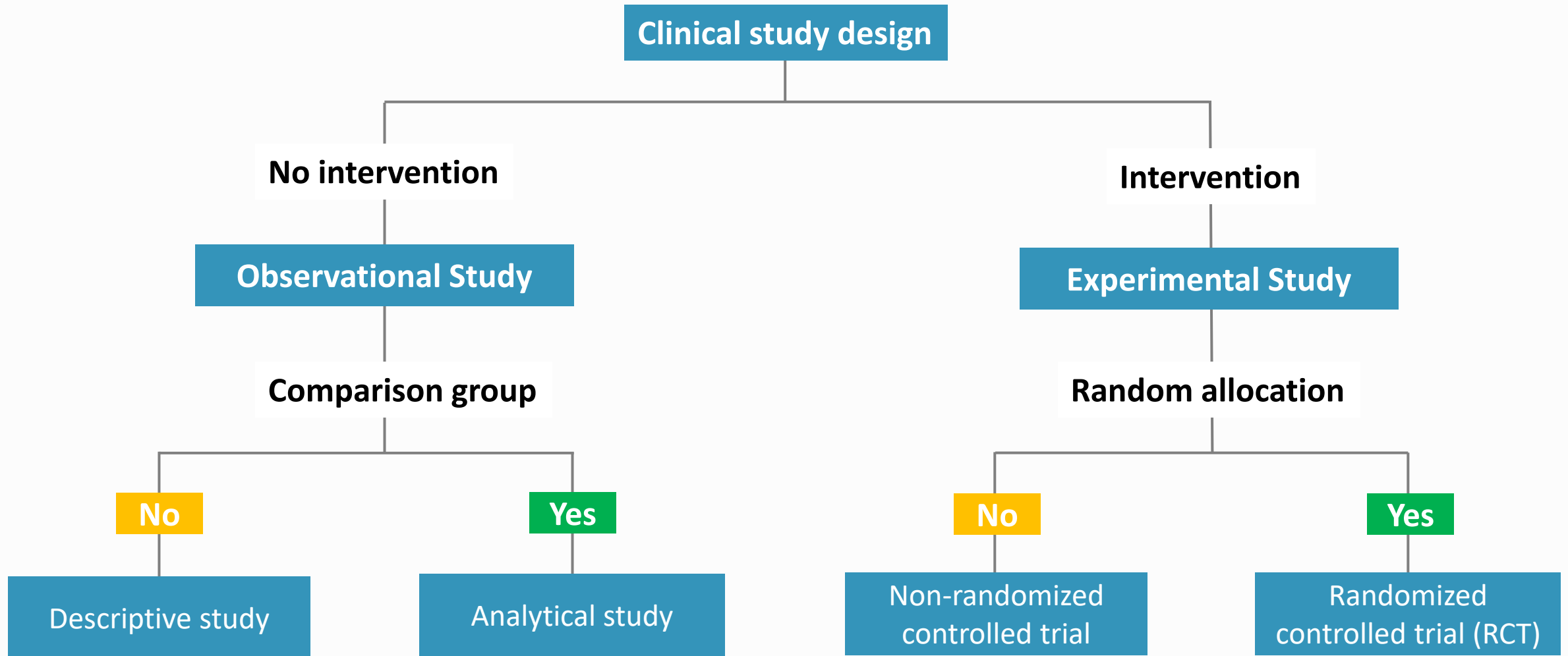
How much do you know about clinical trials?

- A) Nothing
- B) A little bit
- C) Not as much as I would like
- D) A lot
- E) Everything

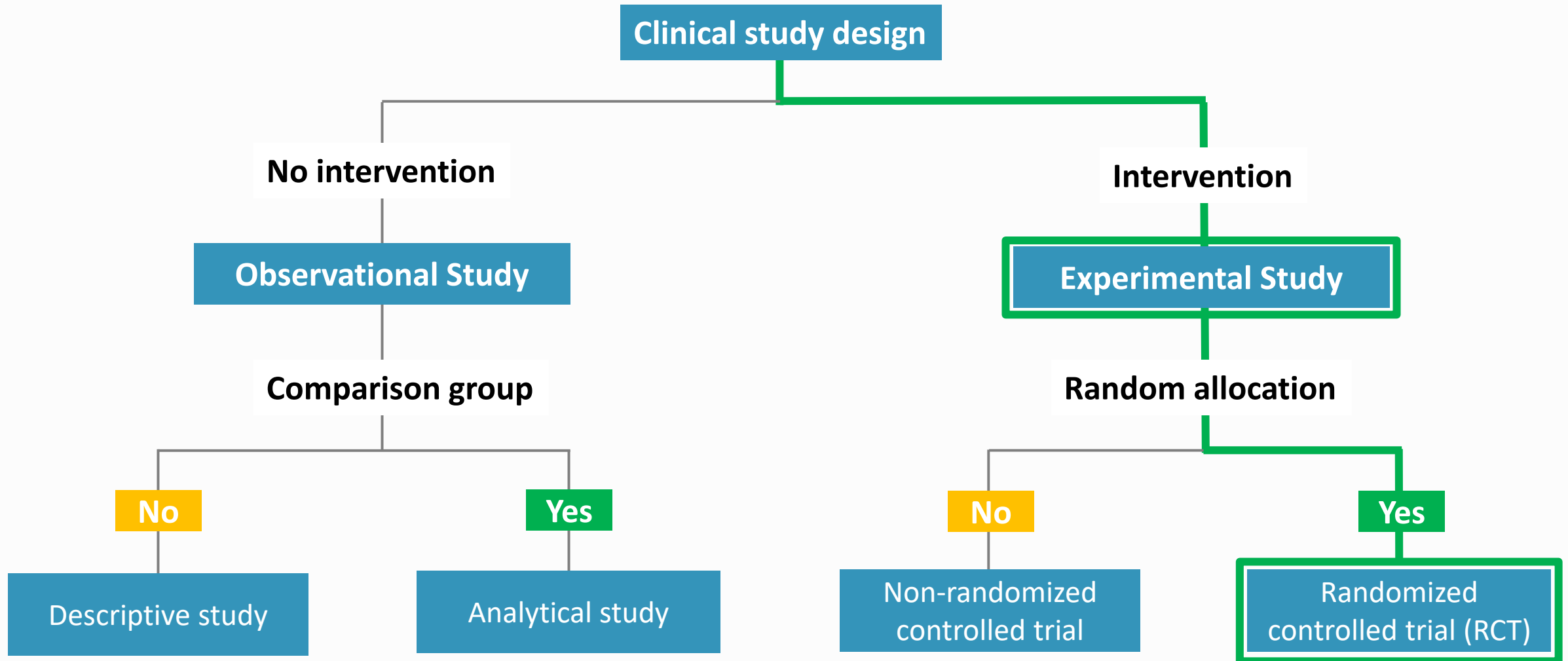
Clinical trial phases



Examples of common clinical study designs

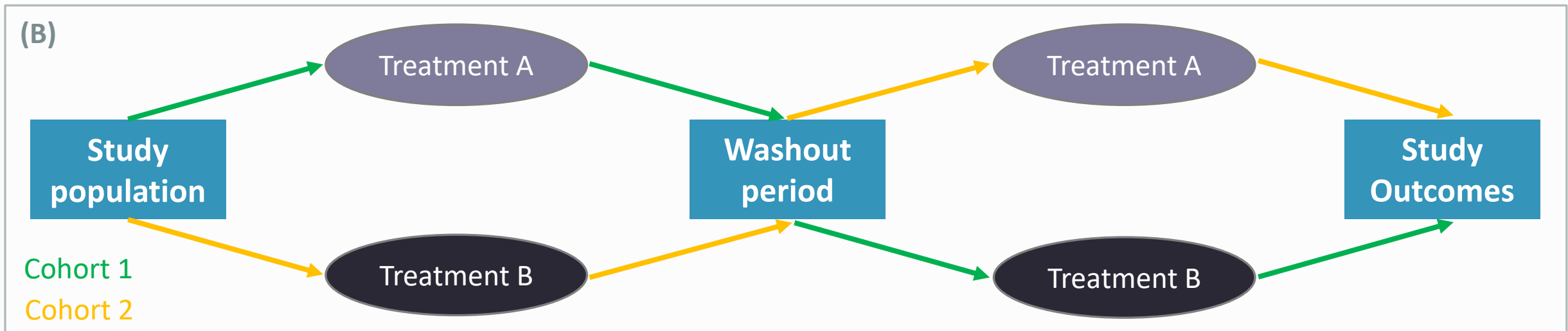
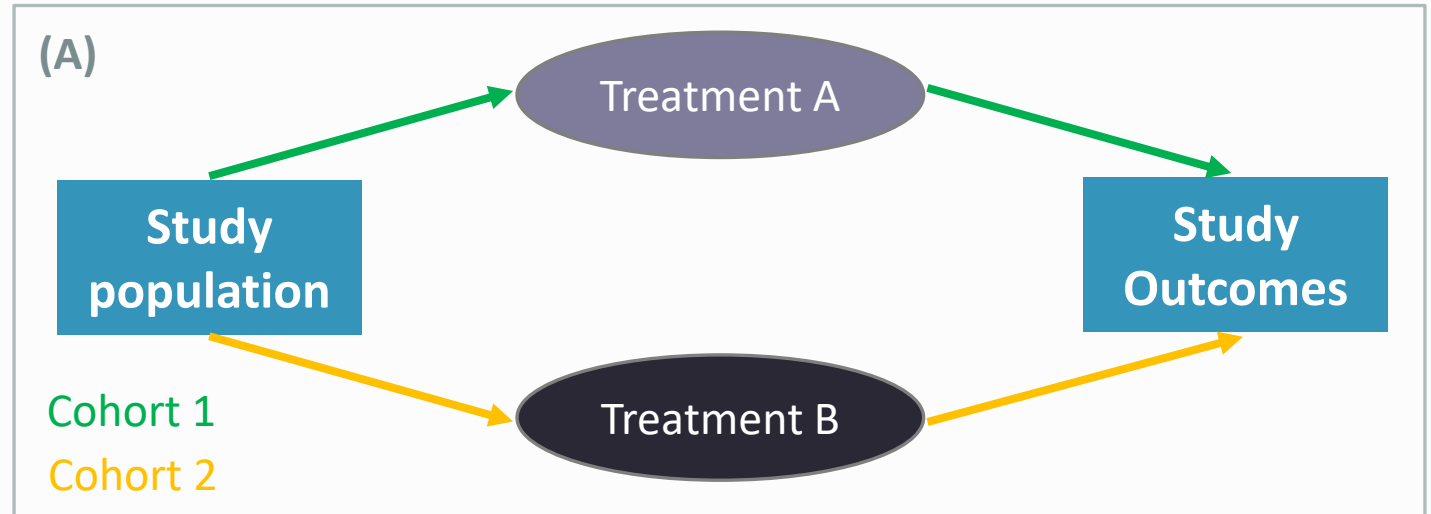


RCTs are considered the “gold-standard” method for evidence generation



Types of Randomized Controlled Trials (RCTs)

- Parallel group trial design (A)
- Cross over trial design (B)
- Adaptive trial design
- Others



Challenges in clinical research in rare diseases

Common challenges include:

- Small patient population
- Disease heterogeneity
- Delayed diagnosis / misdiagnosis
- Uncertainty related to disease-specific and validated trial outcomes (clinical and quality of life)

Additional challenges specific to AADT include:

- For a genetic condition, relatively late onset (except childhood liver disease)
- Slowly progressing, requiring long trial durations to demonstrate clinical benefit of new therapies
- Many clinical trials ongoing simultaneously, competing for participants
- Ethical considerations with placebo-controlled trials

What aspects should you consider before participating in a clinical trial?

Investigational therapy

- What is the investigational therapy treating and how does it work in the body?
- What are the potential risks/discomforts/side effects and benefits compared to available treatment options?
- What are the longer-term implications of the investigational therapy? For example:
 - Replacement (augmentation); short-acting
 - RNA-based; long-acting
 - DNA-based; likely irreversible

What aspects should I consider before participating in a clinical trial?

Clinical trial

- Why do the researchers believe that the treatment being studied may be better than the one being used now? Why may it not be better?
- How long will I be in the trial and any follow-up observation, and how many visits will I need to make to the hospital or clinic?
- What kinds of tests and treatments are involved?
- How will the doctor know if the treatment is working, and how will I be told about the trial's results?
- What happens after the trial? Will I be able to access the treatment after the trial has finished?
- How long do I have to make up my mind about joining this trial?
- Who can I speak with about questions I have during and after the trial?
- Who will be in charge of my care?
- Will participation in this trial exclude me from participating in other trials, and for how long?

What aspects should I consider before participating in a clinical trial?

Time, costs and impact on daily life

- How much will participation in the trial affect my daily life?
- Will I have to stay in the hospital during the clinical trial? If so, how often and for how long?
- How often and how far will I need to travel to the hospital or clinic to take part in the trial? What arrangements for transport to/from the trial centre will be provided?
- Will I have check-ups after the trial? How many and for how long?
- Will I get reimbursed for my time and any additional costs I incur (time off work, travel, parking, childcare, etc.)?
- Who pays for any costs arising from unforeseen consequences of participation in the clinical trial, e.g. an adverse reaction that requires hospitalisation?
- Who can I talk to about costs and payments?

What aspects should I consider before participating in a clinical trial?

Comparing choices

- What are my other treatment choices, including standard treatments or experimental treatments available in other clinical trials?
- How does the treatment I would receive in this trial compare with the other treatment choices?
- What new treatments may become available in my country during the trial duration, and might that make me want to change my mind about being in the clinical trial?

Poll Question 2 (patient attendees only)

If a patient signs the study consent form, this means that they have given their *Informed Consent* to participate in the trial.

A) True

B) False

Informed Consent – the drug company’s and study investigator’s responsibilities

Informed consent is one of the founding principles of research ethics and is often mistakenly viewed as getting a research participant's signature on the consent form.

According to the FDA, informed consent involves:

- providing a potential participant with adequate information to allow for an informed decision about participation in the clinical investigation;
 - facilitating the potential participant's understanding of the information;
 - Giving the potential participant an appropriate amount of time to ask questions and to discuss with family and friends the research protocol and whether they should participate;
 - obtaining the potential participant's voluntary agreement to participate;
 - continuing to provide information as the clinical investigation progresses or as the subject or situation requires.
- This process must occur under circumstances that minimise the possibility of coercion or undue influence.
- Patients have the right to change their mind at any time before or during the trial, and they can withdraw their consent, without this having any impact on their routine care.

Informed Consent – study participants' responsibilities

- Hear all about the study from someone involved in running it.
- Take as much time as you need to consider all your options and express any concerns.
- Get answers to any questions you have about the trial, and your condition, explained in a way that you fully understand.
- Go over all the details of the research as many times as you need, so that you are able to understand what will happen before, during, and after the trial.
- Choose whether you want to join the trial, decide not to participate in the trial, or decide that you need more time to think about it. Don't make a decision because you feel pressured or influenced by someone else.
- Learn how you can get more information and ask more questions should they come up.
- Understand what happens if you decide to discontinue your participation in the trial.

Weighing up all information in the final decision-making

- Discuss with family, friends and your doctor.
- Do you feel that you are making the decision to join or not join a trial on your own, without being pressured or influenced by someone else?
- Are you clear about your reasons for enrolling in the trial?
 - It offers a chance of receiving a treatment in the experimental stage that is not available to you otherwise.
 - To participate to help others who may face the same disease in the future even if it doesn't benefit you directly. Is this enough for you to balance the inconvenience and potential risks of participating in the specific trial you are considering?
- Do you understand what the alternative treatment options are?
- How might you feel about potentially not getting the new therapy that is being tested, but receiving a placebo?
- How would you feel if the experimental therapy does not work or might have serious side effects? Would you be happy continuing with the trial?
- Do you have the time, energy and commitment to participate in a clinical trial for the whole length of the trial?
- Do you trust the institution, doctors, and nurses who will be running the trial? Have they answered all your questions? Do you feel like a partner with them in this endeavor?

Why is it critically important to make a well-informed decision?

- To feel confident and comfortable that you will be able to commit for the duration of the study.
- To give the investigation treatment a fair chance of being adequately assessed and maximise the success of the clinical trial.

Poll Question 3 (patient attendees only)

After what you have just heard, how confident are you that you know what questions to ask before deciding whether you would participate in a clinical trial?

- A) Not confident at all
- B) Slightly confident
- C) Fairly confident
- D) Fully confident