

# The CenterWatch Monthly

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## Shift focus to rheumatoid arthritis subjects

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First of two parts

Today's patients are more empowered to take control of their healthcare than ever before, and with the emergence of patient-centered clinical trials, patients' preferences are starting to actively shape clinical trials and drug development. The Center for Information and Study on Clinical Research Participation (CISCRP) has made significant contributions to the understanding of clinical trial perceptions across the globe, but further studies are needed for the industry to understand how to tailor trials to the needs of each patient population.

Rheumatoid arthritis (RA) is a significant indication in terms of R&D pipeline and study volume, and to expand on current knowledge, INC Research initiated a study that gathers insights directly from RA patients. The study shows that RA patients are more inclined to enroll in a trial when disease specialists are involved and when patients fully understand the trial

and their role as participants. Playing an active role in their own healthcare is also a motivator.

RA patients with clinical trial experience are generally more satisfied with their health and medication effectiveness, and participating in a trial gives patients the opportunity to learn more about their condition, improving their health literacy. Unfortunately, RA patients seem less familiar with clinical trials, and less likely to participate compared to other patient populations.

Fears and uncertainties about clinical trials are major barriers to participation among RA patients, but 60% agree that an even bigger barrier is lack of opportunity; they have simply never been asked to participate.

Collectively, the major barriers to participation could be alleviated by educational efforts focusing on safety in clinical trials and empowering patients to actively seek out clinical trials on their own.

*Continued in the June 2017 issue of The CenterWatch Monthly.*



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