

My patient has cancer... is a clinical trial an option?

Why should GPs discuss clinical trials with patients?

- GPs are the first point of care for 85% of cancer diagnoses.¹
- Many patients are unaware clinical trials are an option.
- Patients are interested in enrolling in clinical trials.
- GP awareness of clinical trials empowers patients to discuss trials with their specialist.
- Patients value their GP's involvement in their care.

How do cancer clinical trials help patients?

- Clinical trials may provide patients with access to new and potentially life-saving treatments and care.
- Cancer clinical trials are not only for patients who have exhausted all treatment options.
- Cancer clinical trial results benefit all people with cancer.

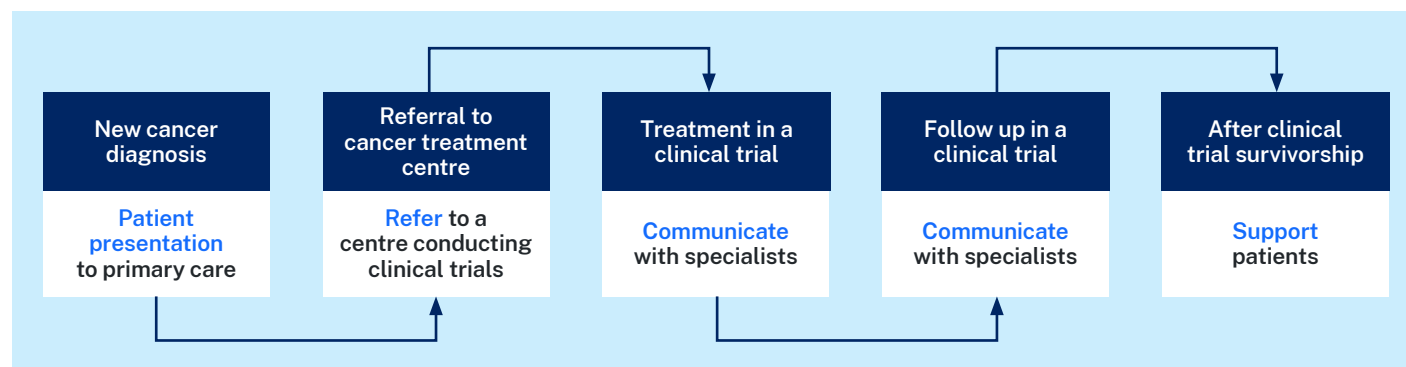
Cancer clinical trials are multi-purpose

- Prevent cancer.
- Find and diagnose cancer.
- Manage symptoms of cancer.
- Treat cancer.
- Manage side effects of cancer treatment.
- Improve wellbeing (quality of life).
- Monitor cancer over a long period.

What should I tell my patients about clinical trials?

- People of any age are eligible.
- People with any cancer stage are eligible.
- Participation is voluntary.
- Participants can withdraw any time. They will receive the best available standard of care.
- Trials are approved by ethics committees to monitor safety and compliance to regulations.
- Patients remain in the care of their GP during a trial, ensuring continuity of overall health care.
- GPs communicate with the research team about their patient's progress in a trial.

GPs' role in the clinical trial journey



¹ Nunez C, Nair-Shalliker V, Sarich P, Sitas F, Bauman A. Modifiable lifestyle factors and cancer risk: An Evidence Check rapid review brokered by the Sax Institute (saxinstitute.org.au) for the Cancer Institute NSW, 2018. Available at: cancer.nsw.gov.au/how-we-help/reports-and-publications/modifiable-lifestyle-factors-and-cancer-risk

How GPs can support patient decision making about clinical trial participation

Possible advantages

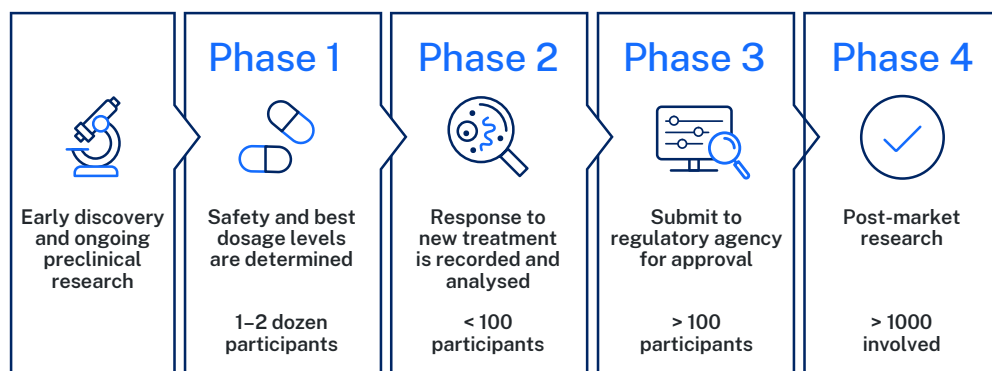
- ✓ Treat or control the cancer and improve patient's health.
- ✓ Access new treatments and care.
- ✓ Help discover new or better ways to treat cancer.

Possible disadvantages

- ✗ Tested treatment may not work.
- ✗ Experience side effects.
- ✗ More tests and medical visits requiring more time, travel and parking costs.

Phases of clinical research

To prepare for regulatory approval and integration into standard of care, clinical trials test the safety and efficacy of pharmaceuticals and other treatments. Clinical trial testing occurs across 4 common phases.



Additional resources for health care providers

Go to australianclinicaltrials.gov.au/health-care-providers for useful resources on the following topics:

- Why talk to your patients about clinical trials
- How to refer your patient for a clinical trial
- How to talk to your patients about clinical trials

How to find recruiting cancer clinical trials

- ① **Canrefer:** website search to identify cancer specialists and hospitals in NSW and ACT conducting trials: canrefer.org.au
- ② **Recruiting cancer clinical trials in NSW:** website search to identify cancer trials by cancer type and location: cancer.nsw.gov.au/research-and-data/cancer-clinical-trials-in-nsw/recruiting-cancer-trials-in-nsw
- ③ **ClinTrial Refer:** website or app search for trials, including cancer trials. Download ClinTrial Refer app for mobile phone or tablet: web.clintrialreferapp.com