

Peter's Story

“A family discussion...”



My family may be the perfect recipe for plenty of conversation about clinical trials: I have studied statistics, so I have an appreciation for how trials work; my brother trains people on using medical libraries, which are very important for medical researchers; and we know people with chronic illnesses. So, healthcare and research are interesting topics within our larger household. Strangely though, we didn't particularly start discussing clinical trials much until my wife saw an advertisement in the paper that she thought I would be interested in.

I went into the Research Centre on my wife's suggestion and attended a screening interview. I decided I was not keen on the particular medical device that the trial was studying as it was an irreversible procedure. But I asked if there were other trials that I qualified for and ended up participating in **AIM-HY** for my hypertension instead.

Since then, I have participated in two other trials here at the William Harvey as well as a COVID-19 vaccine trial at Barts. My wife and I enjoy participating in community activities and philanthropy, so participating in clinical trials felt like an extension of that paired with the personal health benefits and extra care.

In the clinical trials, I had very good care and really liked the high level of investigation I received concerning my health. It felt comforting to be so carefully looked after and I valued understanding what was happening in my clinical trial and taking an active role in my healthcare.

I wish participants got more feedback on the results of the studies they participate in, as the people that are involved want to know what has been learned. I, for one, never learned what came of the studies I participated in. Researchers need to trust participants to understand the results of the studies and the importance of it. I don't think that researchers always realize



that patients will find the value of any kind of results -- we know that neutral or negative results still teach us plenty and create progress. I know the people running these studies understand it well and are therefore able to explain the studies simply for everyone to understand. But I think there is a certain amount of fear over trying to explain complex subjects simply. I am a strong believer in the idea that if you understand something well enough you can explain it to anyone, regardless of the complexity, and I would love to see this practiced more often.