

Time, Travel, Expenses, and Other Logistics

When you are weighing up whether to join a clinical trial, you need to consider logistics such as the time commitment and other anticipated expenses even including lost earnings. This is where planning at the outset is so important. Once you've done that you can prepare for what's to come and stick with your treatment plan to help keep yourself healthy.

Stay Healthy

To participate in a clinical trial, you should make sure you or your child are undertaking your treatments and following your CF care team's advice. Researchers will be reluctant to include you or your child in a study if they don't think that you will be able to follow the study's requirements, particularly if it requires a potential treatment. If you or your child are not doing your treatments, start doing them now.

As an adult participant, ensure you get your flu shot and don't smoke.

Manage Your Time

Ask your research team members what the time commitment is for the clinical trial. Broadly speaking you need to know how many visits you will need to make for example. But there can be more to it than that - some studies will require a quick blood test while others may require hours of extensive screening. Don't forget to add in any travel time.

Most research teams are willing to coordinate with your CF care team so that you or your child can do the study tests and regular appointments on the same day.

Consider Compensation and Reimbursements

There is no cost to participate in a clinical trial. In some clinical trials, volunteers receive compensation for participating. This is a decision made by the trial sponsor, who is paying for the study. If you are considering participating in a clinical trial, you will receive information about compensation during the informed consent process before the study begins.

Compensation can vary and is usually given to offset the costs of participating. Some studies offer additional reimbursement for expenses such as meals, travel, and parking. It is important to ask the research coordinator if these costs will be covered before the trial begins. Some expenses, such as childcare, may not be covered.