

Clinical Research



By participating in a research study, you can play a more active role in your health care and contribute to better health for everyone.

Clinical research and clinical trials

Clinical research helps us answer questions about health and medical care. It helps researchers develop new approaches to prevent, diagnose, and treat disease, and it helps health care providers determine which approaches are best for which patients. Clinical research often involves clinical trials - research studies in human volunteers designed to answer specific health questions. Some clinical trials may involve testing experimental treatments in patients, while others may simply involve observing patients or collecting samples to study in a laboratory.

Why is clinical research important?

Clinical research is the only type of research that can provide direct information about human health and disease. While studies in cells and in animals are an important first step in improving health care, all experimental treatments must go through extensive human testing (clinical trials) to ensure that they are safe and effective before they can be made widely available. Without clinical research, we would not have the effective new treatments we have today for diseases such as breast cancer, heart disease, depression, and AIDS.

Clinical research at The Ottawa Hospital

The Ottawa Hospital is a major centre for clinical research, with thousands of patients involved in studies each year. Clinical research is coordinated by the Ottawa Health Research Institute (OHRI) - the research arm of The Ottawa Hospital and an affiliated

research institute of the University of Ottawa. The OHRI has about 130 physician-scientists leading clinical trials, plus many other scientists, students, and staff supporting clinical research.

“Clinical research at The Ottawa Hospital has changed the way care is provided here and across the planet.”

Dr. Phil Wells, Director of Clinical Research



Examples

Clinical research at The Ottawa Hospital and the OHRI has resulted in:

- Improved diagnosis of ankle injuries, knee injuries, blood clots in the legs (deep vein thrombosis) and blood clots that have travelled to the lungs (pulmonary embolism).
- Better management of patients with diabetes, HIV, blood clots, emphysema, chronic bronchitis, and many cancers.
- New methods to help patients make decisions about their care.
- Improved methods for making sure health care providers have the most up-to-date results from clinical research.

For more information

The Ottawa Health Research Institute has developed a website about clinical trials and clinical research. Visit www.ohri.ca/clinical for more information, or talk to your family physician or specialist.