

Behind the Scenes with ADAPTABLE Importance of Diversity in Clinical Research

The main phases of a clinical research study include: 1) identification and recruitment of study participants, 2) data collection and monitoring, 3) analysis of study results, and 4) distribution of study findings. ADAPTABLE team members are currently focused on the first two phases. In this issue, we explore why it is important that people of different ages, races, ethnic groups, and sexes are included in clinical trials.

Despite what is known about how certain groups of people may respond differently to disease; traditionally, the majority of cardiovascular clinical research study participants are white men. Increasing diversity in clinical research studies is a priority for the Food and Drug Administration and the ADAPTABLE team in making sure results provide evidence that is relevant and helpful to a wide range of people. Diversity in clinical research studies helps ensure that the results will have an impact on the people the study is intended to help. To learn more about the importance of diversity in clinical research, visit: www.theaspirinstudy.org/news

Meet an Adaptor

ADAPTABLE patient partner, Desiree Davidson, shares her perspective on the value patients bring to clinical research, the importance of patient-centered research, and the ADAPTABLE experience.

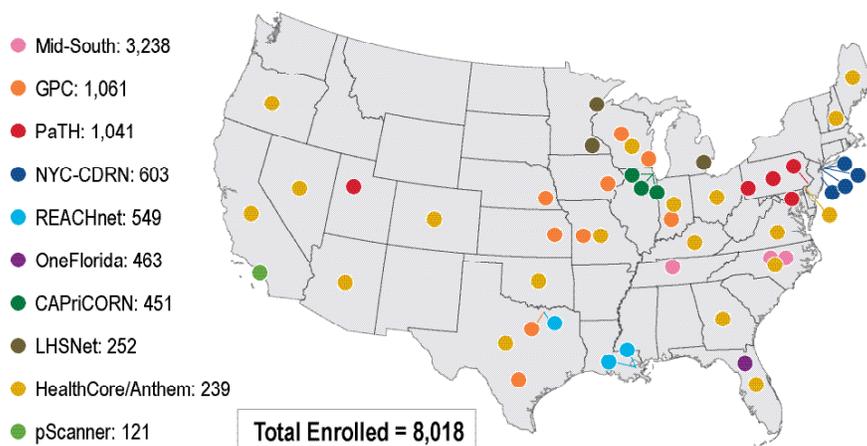


Goodness, how did we do research before? After participating as an Adaptor in Adaptable, I wonder how research could be done any other way. We do not see our care providers as researchers and it feels like there has been a barrier between patients and researchers, that is concerning to me. This model of patient-centered research is an opportunity to advance medicine in my opinion.

Read more about Desiree at theaspirinstudy.org/news

Where is ADAPTABLE?

Thirty two healthcare systems and one health plan are enrolling in ADAPTABLE across the U.S.



Who's Involved

"Our team loves the patient focus of ADAPTABLE and that it is helping to answer a question that can actively impact the lives of patients enrolled and we feel this study touches a large population of patients since Aspirin is so widely used."



Get to know what drives and motivates the team at University of Florida in Gainesville, part of the OneFlorida Research Consortium, by visiting theaspirinstudy.org/university-of-florida

Perspectives on ADAPTABLE



Co-Principal Investigator Schuyler Jones discusses the role and importance of clinicians in the video, Clinician Engagement in the ADAPTABLE Study. Watch this video and others on theaspirinstudy.org.

Why I Joined - The Participant Voice

Thank you ADAPTABLE participants who responded to the survey question, "Why I joined ADAPTABLE?" We were excited to see so many participants engaged and enjoyed reading each story. Your participation helps build a community of patients, researchers, and clinicians who are actively engaged in answering important health questions.

We have included a few responses below and encourage you to visit theaspirinstudy.org/participantvoice to read more. We will continue to highlight your voice in each newsletter, on the website, and through our social media channels. If you have not had the opportunity to share your voice or have more to say, e-mail us at ADAPTABLEcommunity@duke.edu.

Frequently Asked Questions

What is randomization and why is it done in clinical trials?

Randomization is a method based on chance alone by which study participants are assigned to a treatment group. Randomization helps ensure that participants with particular characteristics are distributed equally between the different treatment groups in the study. That way, at the end of the study, we can be pretty sure that any differences are because of the dose of aspirin—not because the groups were different from the start. In ADAPTABLE, we use a computer to assign the dose of aspirin so that every patient has a fair and equal chance of getting either dose of aspirin.

"Simple. To (maybe) be part of helping with research to find answers for treating heart problems."

Bob, KS

"It is my belief any assistance we can give to those conducting the studies who may be able to bring a better way of life is a good thing."

Terry, IA

"I want to live to see and share all the milestones that will happen in my grandchildren's lives. They are such a joy to me. Also, my wife and I are celebrating our 50th wedding anniversary this year. Our goal is 70. I hope that this dosing study will help me reach these goals. "

Don, WI



For more information please visit theaspirinstudy.org or email us at ADAPTABLEcommunity@duke.edu