

KHSC CEO's Research Brief

International Clinical Trials Day

May 2018

The first recorded clinical trial occurred in 1747 when Dr. James Lind, a Scottish naval surgeon, investigated treatments for sailors with scurvy. He divided the sailors into pairs and gave each pair a different treatment. Dr. Lind observed that the sailors who received two oranges and a lemon every day recovered remarkably well. Dr. Lind published his findings and the British Navy began to send its sailors out to sea with a supply of limes to prevent scurvy, earning the sailors the nickname "limeys".

The celebration of International Clinical Trials Day originated in 2005 and pays tribute to and recognizes all those who have participated in or are involved in the delivery of clinical trials. Today, clinical trials transform new scientific discoveries into the standard treatments of tomorrow and make new therapies available to patients sooner. Clinical trials have become an extension of the delivery of patient care.

International Clinical Trials Day is celebrated each year on May 20th. Over the past decade at KHSC, various research groups have held research showcases, panel discussions, and/or information booths for staff, patients and their families to learn more about the benefits in participating in clinical trials.

This year, the Hotel Dieu Hospital Kingston Research Institute (HDKRI) will be hosting the KHSC Clinical Research Associates Advisory Committee (CRAAC) for a meeting and tour focusing on clinical trial research at the HDH site. CRAAC members will learn about the development of clinical trials over recent years, particularly in outpatient care, such as Respiriology, Gastrointestinal conditions, Ophthalmology, and Youth Mental Health. **Dr. Onofre Moran-Mendoza** will speak about his clinical trial research with patients who have idiopathic pulmonary fibrosis (IPF), a chronic disease of unknown cause, characterized by scar tissue (fibrosis) within the lungs. The CRAAC group will tour the Human Mobility Research Lab, Skeletal Observation Lab, Clinical Neurosciences Centre, and Ophthalmology Simulation & Teaching Lab, where researchers in each area will be present to demonstrate and discuss clinical trials. The HDHKRI looks forward to introducing CRAAC members to potential collaboration opportunities, and to joining in worldwide recognition of the importance of clinical trials to the development of best practice in patient care.