What is a clinical trial?

Clinical trials are research studies that explore whether a medical strategy, treatment, or device is safe and effective for humans. These studies also may show which medical approaches work best for certain illnesses or groups of people.

**COERCION STATEMENT**

Please remember that trials are voluntary and up to the participants and their families. Help 4 HD supports your choice and knows that it is a very personal decision.

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BRING ALONG:
❖ Snacks
❖ Favorite drinks (thickener & straw if needed)
❖ Entertainment (i.e. DVD player or cards)
❖ Change of clothes (keep weather in mind)
❖ Briefs/wipes
❖ Medications
❖ Pillow/light blanket
❖ Phone chargers
❖ D.M.E. (walker, wheel chair etc.)

TIPS:
❖ Leave early for the trial time. If you are stressed about arriving late, both you and your loved one will have a much harder day. This is especially important if it is your first time visiting the clinic for this study.
❖ Eat a full breakfast (unless asked to fast).
❖ If you are not bringing along your medications, do print out a list of all medications, including vitamins and over-the-counter medications and supplements.
❖ Both caregiver/patient should wear comfortable clothing and shoes, as it will be a long day.

MINIMAL DISCUSSION: when helping someone with HD participate in a trial, try to avoid too much discussion the night before to prevent unnecessary stress/perseveration.

ACTIVITY: try watching a favorite movie, playing a board game or doing another favorite calm activity the night before to help the participant feel at ease.

REVIEW: talk to your coordinator frequently with any and all questions. Request and review the informed consent in case you have questions. Review your plan the day before if possible.

PAPERS: print out directions to the clinic, parking instructions, medications lists etc.