Pfizer IFLSCIENCE

What Really Happens During **A Clinical Trial?**

Clinical trials are studies with human participants that help test medicines and vaccines that have the potential to prevent, detect, and treat diseases, and are an essential part of medical discoveries.

There are four phases of clinical trials:

1. Involves 20-100 volunteers to determine if the potential medicines or vaccines are safe and to work out the optimum dosage.
2. Involves several hundred volunteers who have the condition/disease, to understand how well the potential medicine or vaccines may work for the condition being studied and the side effects that may occur.
3. Similar to phase two but on a larger scale (300–3,000 people) and can last between one and four years.
4. Involves several thousand participants with the condition to better understand the long-term safety and efficacy of approved medicines or vaccines over time.

Each study and data collected (typically at trial locations) have many entities that provide oversight, including the trial sponsors, regulatory bodies, institutional review boards or independent ethics committees (IRBs/IECs) and Data and Safety Monitoring Boards (DSMBs).

Each clinical trial is different and often they have certain eligibility criteria, which may include overall health, sex, age, and type of condition.

During a clinical trial, the rights, safety and well-being of all participants are of the utmost importance, and so researchers are required to follow specific guidelines and regulatory requirements to protect each participant's safety and rights.

The future of clinical trials is evolving and there has been a significant amount of innovation designed to enhance the clinical trial experience.