



# You could be part of the next COVID-19 treatment breakthrough.

There is no cure for COVID-19, and physicians have many questions about how to best diagnose, treat and prevent this disease. The most effective way to solve these unknowns is through research studies — and you can help.

Because you may have the virus, or have been confirmed to test positive for the virus, that causes COVID-19, you are in a unique position to help us better understand and fight this disease. Following your visit to our respiratory clinic, your doctor or a research study coordinator may contact you about joining a COVID-19 clinical trial. Being part of a clinical trial is a personal choice, one that you should discuss in depth with your family and your care team. If you decide to join a trial, you may change your mind at any time, for any reason.

## Join Us



We need your help to stop the spread of COVID-19. You can play a critical role in the development of a life-saving treatment, test or vaccine. If you would like to participate in a COVID-19 clinical trial at MultiCare Health System, contact us:

**Email:** [research@multicare.org](mailto:research@multicare.org)  
**Phone:** 509.724.4464

## Clinical Trials Advance Our Mission

MultiCare has been conducting collaborative community-based research for more than 38 years. Our physicians lead clinical research studies that are conducted worldwide and collaborate with a variety of local partner organizations such as Seattle Cancer Care Alliance, Washington State University, and University of Washington.



We have over 300 active clinical trials investigating new treatments for a variety of diseases and chronic conditions, from cancer and diabetes to seizures and migraines. Leading research is part of our mission to heal patients and play an active role in creating a healthy future for our community.

**MultiCare**   
**Institute for Research  
& Innovation**

# The Facts About Clinical Trials

Clinical trials are the driving force behind every modern medical advancement, from the polio vaccine to bone marrow transplantation to over-the-counter medicines for back pain. These innovations wouldn't be possible without the participation of volunteers.

Yet, should you participate in a trial? There is no right or wrong answer; it's a highly personal decision based on one's beliefs, values and health. It's a decision that should also be based on the facts. What follows is information about clinical trials to help you determine if joining one is right for you.

## What is a clinical trial?

A clinical trial is a type of research study that is conducted in people. The goal is to evaluate how well a new treatment, product or medical approach works and whether it is safe. Clinical trials test:

- new drugs or a new use for a drug
- vaccines
- surgical procedures
- medical devices
- methods of detecting disease
- strategies for improving quality of life

## How does a clinical trial work?

### Who's in charge:

Clinical trials are led by a principal investigator, a physician or scientist who is an expert in their field.

### What they do:

Many principal investigators conduct clinical trials that are randomized. This means that some participants are assigned to receive the new treatment while other people are assigned to receive the standard treatment — the treatment that's currently available to the public for a particular disease or condition. When you enroll in a trial, a computer program will assign you by chance to one group or another.

### Why they do it:

The goal of randomization is to allow researchers to compare treatments without bias. Randomized clinical trials are the ideal way to judge the benefits of a new treatment. For more detailed information about the required phases of research for a new treatment, visit our website at [www.multicare.org/research](http://www.multicare.org/research).

### How placebos fit in:

If there is no standard treatment available, then one group may be given a placebo. This is a harmless substance that appears to be the same as the new treatment, but does not have any effect on your health. There are strict rules around when researchers can use placebos in a clinical trial. For example, they may not be used if withholding an effective treatment from people would cause harm. You can find out before joining a clinical trial whether placebos are involved.