

Managing Cancer The Importance of Clinical Research

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Cancer Research UK

- CRC & ICRF est. 1902
- Merged in 2002
- World's largest charity dedicated to cancer R&D
- Largest single independent funder cancer
 - Europe
 - UK
- 4800 scientists, doctors and nurses in UK
- Receives no government funding for research
 - Entirely reliant on public funding
- Spent £355m last year on research activities

“Together we will beat cancer”

This is our vision:

- What we aspire to
- Why we exist
- How we would like to improve outcomes:
 - Patients
 - Carers
 - Society

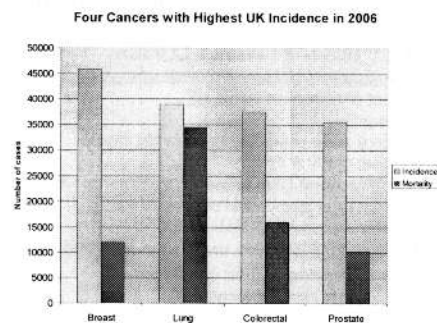
CRUK – OUR VISION

- Carry out worldwide research to improve understanding of cancer
- Ensure the findings improve lives of all patients
- Help people to understand:
 - Cancer
 - The progress being made
 - The choices available for each patient
- Work in partnership with others to achieve the greatest impact in the global fight against cancer

Cancer Patients - Goals in 1995

- Uniformity of practice/equality of care
- Public and professional education
- Provision of clear information and assistance for patients and carers
- Patient-centred cancer services
- Continuity of GP involvement
- Provision of psychosocial support
- Cancer register/monitoring treatment and outcomes

Cancer in the UK



What cancer means for us?

- Total mortality from all cancers in 2007 = 155,484
 - Same as the population of Oxford
 - About 50% of Croydon
- We are detecting cancer earlier
- Treatments are becoming more effective
- Need to balance
 - Risk of side effects
 - Benefits of treatment or diagnostic test
- Treatments still have unwanted side effects
 - Nausea & Vomiting
 - Hair loss
 - The body's ability to protect itself is reduced
 - Problems with our blood

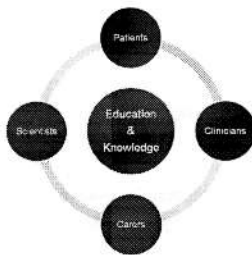
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How can we improve this situation?

- Promote benefits of screening
- Drive cancer research within:
 - Biomedical sciences/laboratory research
 - Epidemiology
 - Clinical research and treatment development
 - Evaluation of symptom control
 - Improve approaches to palliative care
- Education & knowledge sharing

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Education & Knowledge Sharing



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Clinical Research & Cancer

- Find out what causes cancer
- Learn how to detect cancer
 - Earlier
 - More reliably
- Develop better treatments
 - More effective new drugs or types of surgery
 - Better use of existing treatments
 - Less unwanted effects
- Teach people to help themselves
 - Managing risk factors:
 - Smoking
 - Obesity
 - Alcohol intake

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Research Studies in Patients

- Research studies in patients = CLINICAL TRIALS
- Provide scientific evidence to evaluate prevention or treatment of cancer in terms of:
 - Effectiveness
 - Safety i.e. fewer or less severe unwanted effects)
 - Improved quality of life
- Avoids false hope from untested treatments which may:
 - Have no real or reproducible benefits
 - Be harmful e.g. make situation worse
- Allow patients to be more involved in their healthcare
- Regular monitoring of their conditions
 - Extra attention can be a worry

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How Clinical Trials Help Improve Cancer Outcomes

- Regulated process with ethical review ensuring
 - Rights and well being of patients are safeguarded
 - Risks & benefits assessed formally
 - Scientific rigour in design, conduct and analysis
- Robust evidence provides confidence that we can find:
 - More effective treatments
 - Less toxic treatments
 - Fewer
 - Less frequently occurring
 - More tolerable

} Unwanted effects

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Benefits of Research

- Incidence & mortality of cancer still high yet
- Diagnosis & treatment improving
- Clinical trials drive improvements in cancer care:
 - Quality of life & survival for patients
 - Best use of technology e.g. better tests such as imaging
 - Better use of existing treatments
 - More convenient e.g. Outpatient vs. inpatients, tablets vs. injections
 - More cost effective = wider, fairer availability
 - Expand understanding of Disease:
 - Contributory factors
 - Prevention
 - Impact on patients & carers
 - How we can help ourselves

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The Challenges we Face?

- Epidemiological studies take time
 - Examine incidence and patterns over years
 - Complicated by migration between countries
 - Genetic influences
- Developing new medicines expensive
 - Closely scrutinised with strict regulations
 - Estimates =
 - 6 – 10 years development time
 - Average £500 million per new drug

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The Way Forward

- Collaborative working across public and private sectors (NHS, CRUK, Pharmaceutical Industry)
- 19 Experimental Cancer Units (UK) established
 - funded by DoH and Cancer Research UK
- Raise awareness among patients about R&D
- Developing the Research Nurse Role to:
 - Co-ordinate early phase clinical trials ensuring good care for the patients
 - Sustain continuity of research projects
 - Share lessons learnt

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Take Home Message

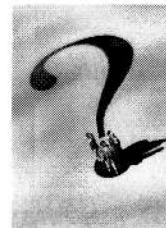
- Understanding of your disease & related issues:
 - Internet e.g. www.cancerresearchuk.org
 - Leaflets from Clinical Nurse Specialist or GP
- Prepare for clinic visits:
 - Investigate possible treatment options
 - Identify unwanted side effects
 - Prepare questions before your appointment
 - Ask a relative/friend to accompany you
 - Keep a record of your questions and responses
 - This will help you remember the related issues

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THANK YOU

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Any Questions



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