

## THE FUTURE OF CLINICAL TRIALS – PART 1 WEARABLES

Most people are aware of the tremendous impact technological advances have had on virtually every aspect of our lives. From home appliances to automobiles to space travel, high tech progress is leading to ever greater capabilities and opportunities. These changes are no less true of medical clinical trials. While not generally in the public eye, advances in technologies are having impacts on many aspects of approaches and methods related to medical clinical trials.

New technologies are now allowing researchers the ability to streamline testing procedures, interconnect remotely with other researchers, and encourage more patient involvement in research efforts. Also, a much greater volume of data can now be collected when trials involve the use of patient wearables and smart devices. These changes and advances are allowing researchers the ability to both analyze patients remotely and collect clinical trials data on a continuous basis.

In the past, researchers collected treatment and test data from patients using diaries and formal paper logs. Additional data was also collected during patient visits with attending doctors, periodic lab work, and interviews. The quality of this data for the clinical trials depended on patients remembering to record the needed information and to make accurate result assessments and readings. Further, periodic office visits allowed for only a sample of patient data thus limiting the amount of information that could be gathered. As a result and due to office visit requirements, clinical trials required more time to conduct and limited the geographic area from which patients could be chosen.

In the future, patients enrolled in clinical trials will often be able to use a wearable device which will transmit data on a frequent and periodic basis or, even, continuously. Thus researchers will be able to gather data for new medications and treatments when the patient is under a variety of conditions. For, example, data might be collected when the patient is exercising, sleeping, eating, or resting. Only now is this kind of comprehensive data becoming available to researchers. As a result, new approaches in data analytics are being developed to reduce this data to meaningful conclusions.

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Not only do wearables allow researchers to gather more and better data, but they also allow patients to be selected from broader and broader geographic areas. In the future, it may be possible that remote data collection could allow patients to be located virtually anywhere in the world. The internet provides a connection between a remote patient and the clinical trial center that has never before been possible. Social media can also provide a channel of communication between the patient and researchers.

At DM Clinical Research we are constantly examining new ways and approaches to improving and streamlining our clinical trials processes. We are based in Tomball, Texas, and are a leading provider of research through clinical trials. Currently, we have important trials underway to examine new treatments for Meningitis, Rheumatoid Arthritis, Clostridium Difficile (C Diff), Type 2 Diabetes, and COPD. At DM Clinical we are continually seeking new patients to enroll in any of our research trials. We offer the most advanced treatments for various conditions free of charge to eligible patients, along with free doctor visits and lab work. Also, participants are compensated for their time and travel. If you believe you may be a candidate for one of our exciting research trials, please give our office a call at [281-517-0550](tel:281-517-0550). One of our professional staff will be glad to assist you and will answer any questions you have.

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