Student's Name

Professor's Name

Course

Date

Diversity in Clinical Trials

Medical researchers use clinical trials to perform studies meant to evaluate medical, surgical, and behavioral interventions. It is the only way researchers can discover the side effects of a new drug or piece of equipment and ascertain if it is less harmful than the standard medication or whether it is safe and effective to treat diseases in people. The research progressively assigns human groups to the health-associated intercessions to appraise the impact of these innovations on patient health. These petitions are not just about drugs, devices, or biological goods, but also about surgical and radiological trials and preemptive care, among other things. The trials use people with different personalities from different backgrounds. The goal of this article is to evaluate the factors that may be incorporated to increase diversity.

There are considerable discrepancies in healthcare and scientific test criteria, especially along the lines of sex and race. To increase diversity in these trials and ensure little to no prejudice, specific measures must be implemented. In the cardiovascular sphere, there is a high underrepresentation of ethnic minorities. The disparity in the races is as follows: African-Americans are 12% of the total US populace, but just 5% of the scientific trials, and the 16% of Hispanics only account for 1% in clinical trials (Food and Drug Administration, 2017).

Additionally, in cardiovascular trials, males account for 67% (Food and Drug Administration, 2017). These numbers and figures attest to an inequality in access to clinical trials. Despite the fact that women are more sensitive and more likely to develop adverse drug reactions, clinical trials instead favor men.

Organizations like the Coalition to Eliminate Disparities and to Research Inclusion in Clinical Trials (CEDRICT) have proposed changes that may combat the disparities mentioned above. The organizations conducting clinical trials should recruit female and minority physicians, build trust via communication, educate the public to raise awareness, work with the community, integrate new technology, and re-evaluate the existing design and ethics of clinical trials (Coakley et al. 2012). The above-listed areas act as a guide on what the changes instigated when formulating new policies and requisites should take into account.

The publications will spark a debate and, therefore, a need to alter the way clinical trials in general function. More people will be aware of the discrimination in the clinical trial setting and help advocate equal opportunities and possible outcomes regarding clinical trials. The issues presented in the publication will impact the decision-making process regarding the procedure of selecting participants as well as the doctors and methods used (Coakley et al. 2012). The ethical concerns of such a publication include the possibility of decreased confidence in the process of clinical trialing (Coakley et al. 2012). Women and marginalized communities will lose faith in the tested drugs, devices, and methods related to providing them with quality care because the clinical trials themselves do not represent them fairly.

It is the current policies that create a disincentive for conducting clinical trials that equally represent the populace due to their differences. Since the medication, devices, and

methods under examination are expected to serve the whole community, it is, therefore, imperative for the clinical trialing process to incorporate different ethnicities for the sake of increased accuracy and validity. The organizations conducting the clinical trials must increase or broaden the eligibility criteria for participation to ensure that there is an increased diversity in the enrolment of participants. I believe that having more diverse clinical trial groups will provide better results due to the improved representation of all the groups constituting the population.

Works Cited

Coakley, Meghan, et al. *Dialogues on diversifying clinical trials: successful strategies for engaging women and minorities in clinical trials*. Journal of Women's Health, vol. 21, no.7, 2012, pp. 713-716.

"Enhancing the Diversity of Clinical Trial Populations:Eligibility Criteria, Enrollment Practices, and Trial Designs Guidance for Industry." [Food and Drug Administration] Draft Guidance. June, 2019.