

Ethnic minority presentation in clinical trials

The importance of inclusion in health and social care research has gained increasing traction, particularly after the disproportionate impact on certain populations such as the elderly, deprived and ethnic minority populations during the COVID-19 pandemic.

Unless participants from a broad range of backgrounds are included in trials, it is not possible to estimate how the study findings will be translatable to a broader population in the real-world setting. A number of general and specific barriers exist in relation to ethnic minority participation in clinical trials.

Kamlesh will discuss key barriers for ethnic minority involvement in research including language and communication, lack of trust, access to trials, eligibility criteria, attitudes and beliefs, lack of knowledge regarding trials, and some logistical practical issues. He will also present examples of key strategies to overcome and improve inclusion in clinical trials such as staff cultural competency training, building community partnerships, promoting a personalised approach, utilising multilingual materials and staff, communication-specific strategies, increasing understanding and trust, and tackling logistical barriers.

Evidence suggests that no single strategy will be universally effective in improving ethnic minority representation in trials and therefore multifaceted approaches will need to be implemented. Implementation of these strategies will help improve representation of ethnic minority groups in clinical trials which will ultimately improve the external validity of the trial findings.