



Title: The exclusion of the elderly from clinical trials:
Proposal of a Charter for clinical research in the
elderly

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- Abstract -

The elderly seldom participate in clinical trials. This affects the external validity of many trials and makes the clinical management of an increasingly aging population with multiple disease more difficult.

We present a brief summary of the PREDICT project. This project was carried out with the collaboration of investigators from different disciplines at geriatric research centers in 8 countries in the European Union and Israel. The study included a systematic review of the medical literature about the participation of the elderly in clinical trials. Later, healthcare professionals were surveyed to determine their opinions about the participation of the elderly in clinical trials, barriers involved in including them, and factors that might promote greater participation. To ascertain elderly patients' opinions and those of their caretakers about participating in clinical trials, we also held 42 sessions with focal groups comprising different types of patients and caretakers. The study recently concluded with the elaboration of a Charter to promote research in the elderly.