USDRN PUSH | Research Article Summary

Impact of COVID-19 on Prevention of Urinary Stones with Hydration (PUSH) Study: Challenges and Opportunities for Future Trials



What was this paper about?

This paper looked at how the COVID-19 pandemic made it harder to run a research study (called a clinical trial) and what changes helped keep the study going.

Why did we write this paper?

Clinical trials are important so researchers and the public can learn how to prevent and treat diseases, but trials can be hard to run because of difficulty finding and keeping participants. The COVID-19 pandemic made these problems worse by decreasing in-person clinic visits and making people hesitant to join studies. Based on our experiences with the PUSH trial, we wrote this paper to help patients and researchers learn more about how to overcome those challenges and improve future research studies.

What did we learn?

Remote participation reduced barriers and improved access, despite the COVID-19 pandemic's disruption of clinical research activities. Reducing the number of study tests and procedures made it easier for people to participate and helped to expand the number of people from different backgrounds the study could include.

How did we do research during the COVID-19 pandemic?

We partnered with health systems and clinicians to reach participants across the United States. To make it easier for people to participate, we allowed them to join and participate from home. We used phone or video for consent and enrollment, and we reduced the number of study tests and procedures people needed to complete.

What does this mean for patients and care teams?

- Clinical trials can be designed to be more flexible and patient-centered.
- Remote participation can improve access to research for people of different backgrounds and those who may live far away from a trial site.
- When patient care and research happen together, the results are better for both patients and researchers.

Learn more about this study from the full research article:
https://pubmed.ncbi.nlm.nih.gov/33908800

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Prevention of Urinary Stones with Hydration