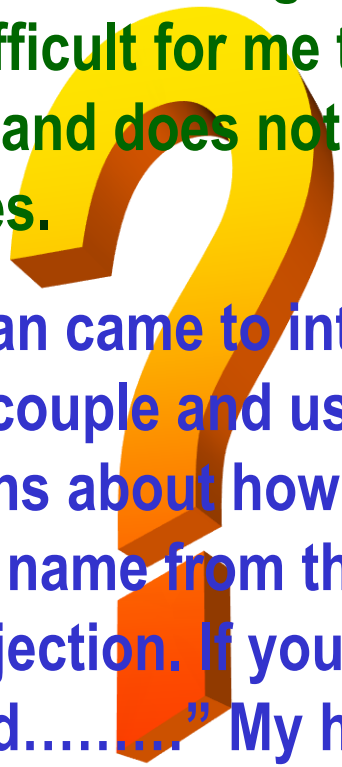
"I have been using injection for the last one year without informing my husband. I am working in a garment factory and have two children. It is very difficult for me to afford any further children at this time. But my husband does not like me to use any contraception nor he does.

On the other day a man came to interview him mentioning that "as you are responsible couple and using FP method, I would like you to ask some questions about how decision was made to use contraception. I got your name from the worker register and it says that your wife is using injection. If you permit me to ask you some questions, I shall proceed……." My husband became furious, when, why and how I am using injection……."



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Ethical issues in reproductive health research

Heli Bathija, 6 December 2007

This presentation has been adapted from the presentation developed and produced by Family Health International (FHI) (www.fhi.org)

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Overview of Presentation

- Describe research and research participants
- Principles of research ethics
- Foundations of research ethics
- Responsible conduct of research and its supervision
- Special issues in research
- Discussion on case studies

What is Research?

Research is a systematic investigation designed to produce generalizable knowledge.

Research results are usually:

- **applied to other populations**
- **published and disseminated**

Source: The Common Rules

Who are Research Participants?

Research participants are living individuals about whom a researcher (a professional or student) conducts research and obtains:

- **data through intervention (physical procedures and manipulation of participant's environment) or interaction with the individual**
- **identifiable private information**

Source: The Common Rules

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Fundamental Principles of Human Research Ethics

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Fundamental Principles of Human Research Ethics

Human research ethics rest on 3 basic principles that are considered the foundation of all regulations and guideline governing research ethics. These principles are:

1. **Respect for persons** RespectF(
2. **Beneficence** Beneficence.ppt
3. **Justice** Justice.ppt

These principles are consider universal

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Respect for Persons

Respect for persons recognizes the capacity and right of all individuals to make their own choices and decisions. It refers to the respect of:

- Autonomy, self-determination
- Protection of vulnerable groups
  - — women, children, prisoners, mentally ill
  - — those with limited education
  - — the poor
  - — those with difficult access to health services
- Informed consent

Beneficence

Beneficence is refer to as the principle of non-maleficence or no harm.

- **Beneficence makes researcher responsible for the participant's physical, mental and social well-being**
- **Reduced risks to a minimum**
- **Protection of well-being of participant is the primary responsibility of researchers. Protecting participant is more important than:**
  - **the pursuit of new knowledge**
  - **the benefit to science**
  - **personal or professional research interest**

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Justice

The researcher's obligation is to:

- Distribute equally the risks and benefits of participation in the research
- Recruitment and selection of participants should be done in an equitable manner
- Special protection for vulnerable groups

The Foundation of Research Ethics

Discusses some of the incidents and histories that have led to develop universal research ethics

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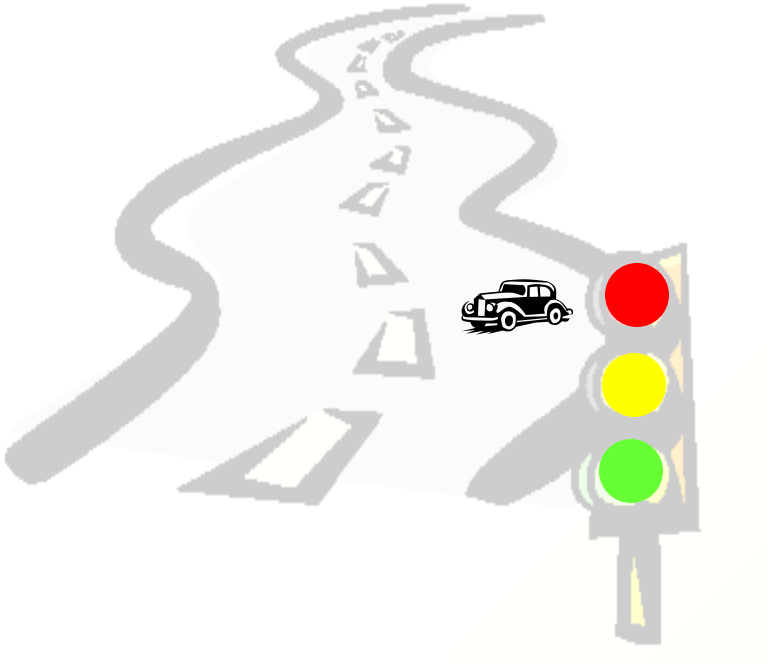
The Evolution of Research Ethics



Codes, guidelines and regulations developed to observe the rules of the road for research involving human participants

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Codes, Guidelines and Regulations

- **Nuremberg code** Nuremberg code.ppt
- **Declaration of Helsinki** Decleration of Helsinki.ppt
- **Belmont report** Belmont report.ppt
- **Common rule** Common rule.ppt
- **Council for International Organizations of Medical Science (CIOMS) Guidelines** CIOMS guidelines.ppt
- **International conference on Harmonization** ICH guidelines.ppt

The Nuremberg Code

(10 point statement for permissible medical experimentation on human participants)

- **Voluntary informed consent of the human subject is absolutely essential**
  - **Capacity to consent**
  - **Freedom from coercion**
  - **Comprehension of risks and benefits involved**

- **Favorable risk/benefit ratio**
- **Qualified researchers use appropriate research designs**
- **Participant must be free to stop at any time**

For details go http://ohsr.od.nih.gov/nuremberg.php3

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The Declaration of Helsinki

World Medical Association created it in 1964

- **"The well-being of the subjects should take precedence over the interests of science and society"**
- **Consent should be in writing**
- **Risk be reduced to minimum**
- **Use caution if participant is in dependent relationship with researcher**
- **Limited use of placebo (not recommended where a proven prophylactic, diagnostic and therapeutic method exists)**
- **Greater access to benefit**

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The Belmont Report

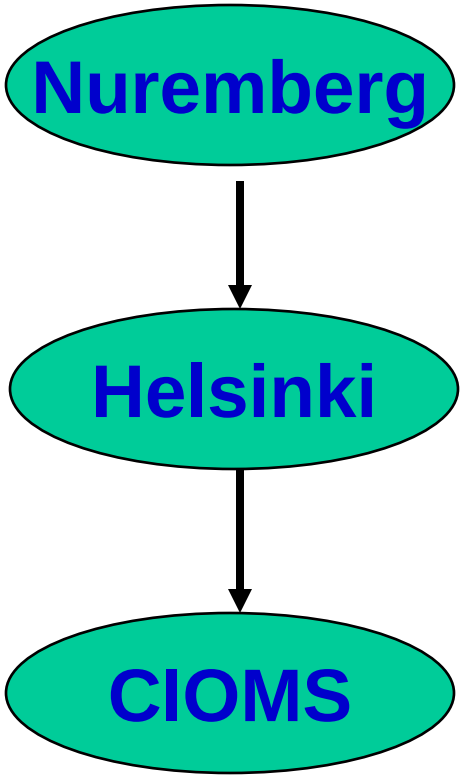
In 1974 National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research was established in USA in response to Tuskegee study. In 1978 the commission submitted its report called

"*The Belmont Report: Ethical Principles and Guidelines for the Protection of Human Subjects of Research.*"

This report sets forth the fundamental ethical principles while conduct research with human subject:

- **Respect for persons, Beneficence and Justice**

Council for International Organizations of Medical Science (CIOMS) Guidelines



In 1993, CIOMS issued the *International Ethical Guidelines for Biomedical Research Involving Human Subjects*

It is based on 3 principles of research ethics and consists of 15 guidelines. Topics addressed:

- informed consent
- research in developing countries
- protection of vulnerable populations
- distribution of burdens and benefits
- role of ECs
- Obligations of sponsors

The U.S. Code of Federal Regulations (also called *The Common Rule*)

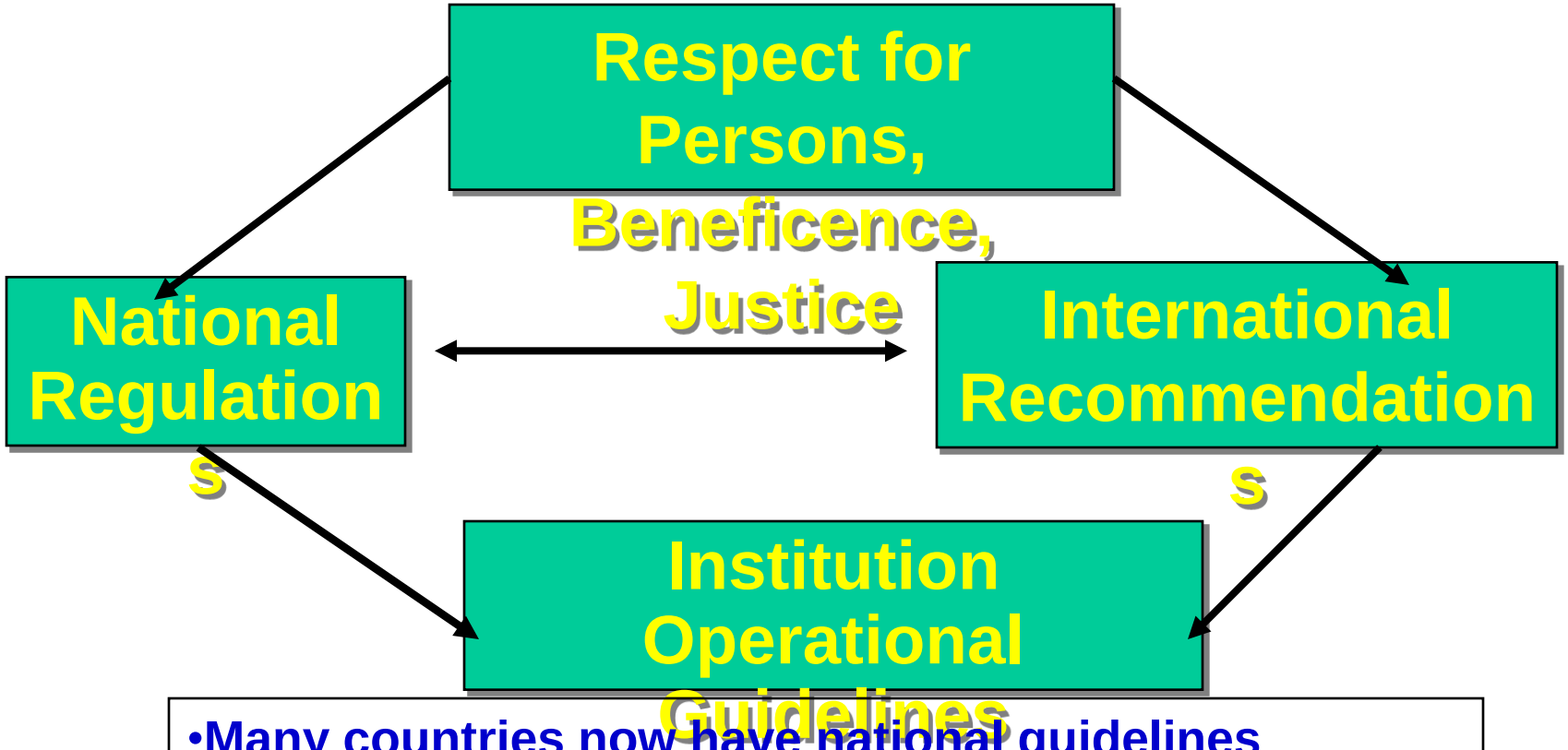
In 1991, 16 federal agencies adopted federal policy that conduct, support or otherwise regulate research with human participants in USA. *The Common Rule* applies to all research sponsored by the USA government. It requires:

- **Prior approval by ethics committee (EC)**
- **Written informed consent and documentation**
- **Equitable recruitment of research participants**
- **Special protection for vulnerable groups**
- **Continuing review of approved research**

International Conference on Harmonisation (ICH)

- In 1990, (USA, Japan & Europe) met and formed (ICH)
- In 1996, ICH finalized the *Guidelines for Good Clinical Practices* (GCP)
- GCP is "an international ethical and scientific quality standard for designing, conducting, recording and reporting clinical trials."
  - Standardize drug development and approval process
  - Protocol development standards
  - Review by ethics committee
  - Researcher responsibilities
  - Sponsor responsibilities
  - Informed consent

From Fundamental Ethical Principles to Local Guidelines



- Many countries now have national guidelines
- Many countries need to do it
- Do your country have? What about your institution?

Responsible Conduct of Research

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What is Informed Consent?

Informed consent is … "consent given by a competent individual who:

- **has received the necessary information**
- **has adequately understood the information**
- **after considering the information, has arrived at a decision without having been subjected to coercion, undue influence or inducement, or intimidation (threats)."**

(The type, extent and method of information provided requires the review and approval of an appropriate EC

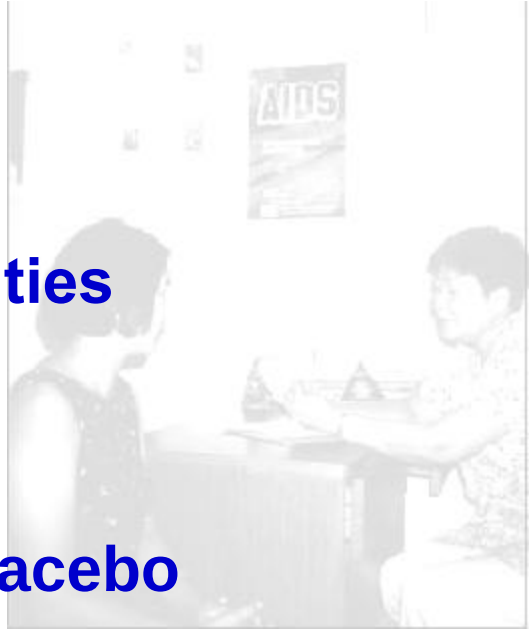
Source: CIOMS International Ethical Guidelines

Essential Elements of Informed Consent

- **Research description** Research description.ppt
- **Risks** Risk.ppt
- **Benefits** Benefit.ppt
- **Alternatives** Alternatives.ppt
- **Confidentiality** Confidentiality.ppt
- **Compensation** Compensation.ppt
- **Contacts** Contracts.ppt
- **Voluntary participation** Voluntarism.ppt

Essential Elements of Informed Consent

- Research description
  - This is a research study?
  - Purpose and objectives of study
  - Expected participant's responsibilities
  - Procedures involved
  - Study duration
  - Explanation of randomization or placebo



Source: The Common Rules

Essential Elements of Informed Consent

- **Risks**
  - **Anticipated or foreseeable risk including physical, social, & psychological**

  (The way risks will be presented to the participants requires the review and approval of an ethics committee)

Source: The Common Rules

Essential Elements of Informed Consent (contd…)

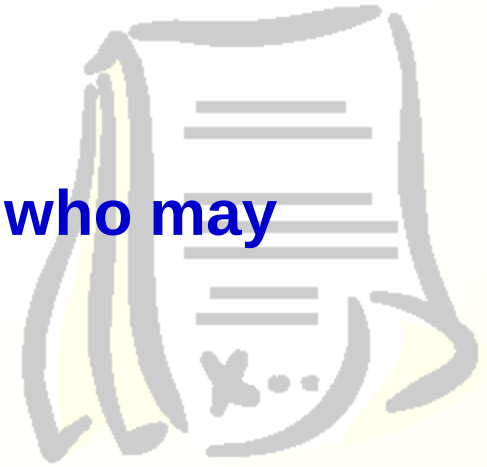
- **Benefits**
  - **Reasonably expected**
  - **No exaggeration**
  - **Benefits available once research is ended**

Essential Elements of Informed Consent (contd…)

- **Compensation**
  - **Available compensation in case of injury**
  - **Treatment available and cost**
  - **Fair payment for time, travel or inconvenience (reasonable)**
  - **Not coercive (not too high)**

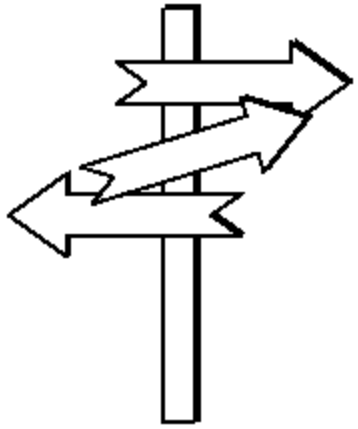
Essential Elements of Informed Consent (contd…)

- **Confidentiality**
  - **Degree of confidentiality**
  - **Indicate persons or organizations who may have access to the information**



Essential Elements of Informed Consent (contd…)

- **Alternatives**
  - **Alternative procedures or treatment**
  - **Advantages and disadvantages**
  - **Availability**



Essential Elements of Informed Consent (contd…)

- Participants contacts
  - Contact for research-related questions
  - Contact for concerns/injury about rights as a participant
  - Contact information should be realistic and economically viable and culturally appropriate

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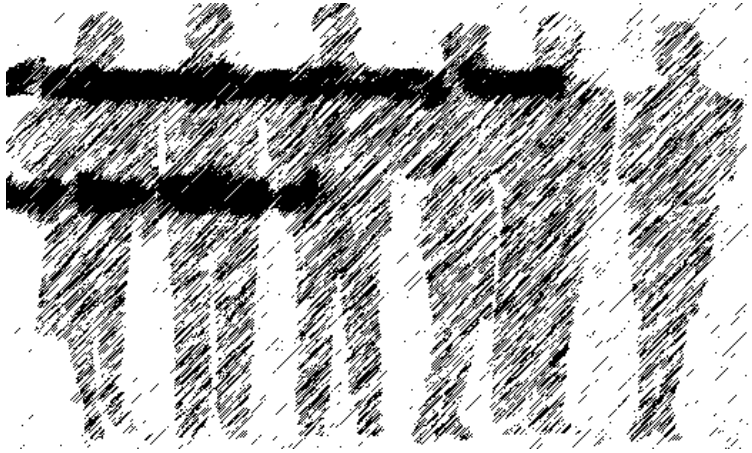
Essential Elements of Informed Consent (contd…)

- **Voluntarism**
  - **Absolutely voluntary**
  - **Right to discontinue at any time**
  - **No penalty for refusal**



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Documentation of Informed Consent (Signing)

- Is a part of informed consent process
- Usually in writing
- May not always be necessary
- EC determines review and approval

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Waiver of Informed Consent

- Minimal risk
- Rights and welfare of participants protected
- Research not possible without a waiver
- Appropriate information provided

All requests should be submitted to EC

Researcher's Responsibilities

Protection of human participants:

- **Develop scientifically correct protocol**
- **Ensure appropriate informed consent**
- **Protect confidentiality**
- **Conduct research according to protocol**
- **Comply with EC requirements**
  - **— Report adverse experiences, protocol violations, participant complaints**
- **Post-study**
  - **— Ensure access to the benefits of the study by the community**

Source: The Common Rules

Sponsor's Responsibilities

- Support establishment and operation of an appropriate EC
- Ensure appropriate review, approval and supervision by the EC
- Monitor the research
- Guide select qualified researchers
- Provide all researchers with written policies, procedures and guidelines
- In case of international research, sponsors should comply with local ethical, regulatory and legal requirements

Supervision of Research: Ethics Committees

- EC's supervision is required by ethical guidelines
- Primary responsibility of EC is to review research to ensure the protection of human participants
- Continue review of ongoing research

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The EC and the Role of the Institution

Institutions that conduct research are responsible for ethical review of research. To do this effectively, institution should create operational guidelines to guide the work of the EC. WHO recommended that operational guidelines should include:

- **authority under which the committee is established**
- **functions and duties of EC**
- **membership requirements**
- **terms and conditions of appointment**
- **committee procedures**

Ethics Committees: Post-approval Role

EC role does not end by approval of protocol.
EC should be notified of the following:

- **Changes to the protocol and consent forms**
- **Addition of new implementation sites**
- **Changes in recruitment procedures**
- **Problems encountered that could affect safety of participants**
- **Adverse events (serious, unexpected and related)**

Monitoring Research

Research may be monitored by:

- Sponsor
- Ethics committee
- Regulatory agencies
- Data safety monitoring boards
- Public interest groups

Special Issues in Research

- **Conflict of interest** Conflict of interest.ppt
- **Scientific misconduct** Scientific misconduct.ppt
- **Authorship** Authorship.ppt

Conflict of Interest

The current research environment is one of high expectations and pressure. The sources of potential pressure include:

- **The Institution**
  - Need publication on a regular basis
  - Need to bring funds
- **Research Sponsors**
  - May eager for favorable results
- **The Researcher**
  - Desire private, financial gain, earn prestige/respect of peers

(If present these demands may contribute to a conflict of interest that can lead to scientific misconduct)

Preventing Conflict of Interest

- Prevention is an institutional responsibility
- Education and supervision can prevent conflict of interest
- Researchers should disclose possible conflicts of interest

Scientific Misconduct

Scientific misconduct includes willful:

Willful dishonesty, distortion, copying and other practices that are deviated from those commonly accepted norms within the scientific community for proposing, conducting or reporting research.

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Authorship

Based only on substantial contributions to:

- **Conception and design, or analysis and interpretation of data**
- **Drafting the article or critically revising for important intellectual content**
- **Final approval of the version to be published**

Final Words

- "Human participation in research projects has contributed to better quality of life by developing diagnostic tools, successful treatments and social well-being."
- Research is a privilege, not a right
- The well-being of the participant is paramount

SO?

"Regardless of limitations, fundamental ethical research principals be included in the design and implementation of research and must guide those who plan, conduct and sponsor research that involves human participants"

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Acknowledgement

- **This presentation was adapted from the presentation developed and produced by Family Health International (FHI) (www.fhi.org)**

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Other resources on ethical issues
(available on internet)

- **The African Malaria Network Trust, AMANET Health Research Ethics Project,** **www.amanet-trust.org**
- **www.westafricanbioethics.net/trainprog**

Other resources on ethical issues
(available on internet)

- **Aga Khan University Bioethics Initiative - Development of training programmes to build local capacity in the area of research ethics.**
  www.aku.edu/bioethics/pbp.
- **Bioethics Training Project at the University of Philippines - Building a community of biomedical/behavioral scientist and health care professionals committed to ethical research involving human participants**

www.bioethics-training.org

- GER - Groupe consultatif interagences en éthique de la recherche

www.pre.ethics.gc.ca/francais/tutorial

Other resources on ethical issues
(available on internet)

- **HRETIE - Health Research Ethics Training Initiative in Egypt**

http://medschool.umaryland.edu/epidemiology/egypt.asp

- **OHSR - Office of Human Subject Research - The Warren G. Magnuson Clinical Center**

http://ohsr.od.nih.gov/cbt/cbt.

- **ORI - Office of Research Integrity - US Department of Health and Human Service Online Research Ethics Course**

http://ori.hhs.gov/education/products/montana_round1/research_ethics.

- **Programme d'éducation à l'éthique - UNESCO**

http://portal.unesco.org/shs/fr/ev.php-URL_ID=6199&URL_DO=DO_TOPIC&URL_SECTION=201.html

Other resources on ethical issues
(available on internet)

- **Program on Ethical Issues in International Health Research at the Harvard School of Public Health - Handles ethical issues in international health research**

www.hsph.harvard.edu/bioethics

- **Responsible Conduct of Research (RCR)**

www.grad.wisc.edu/research/compliance/rcr/index

- **SARETI – South African Research Ethics Training Initiative - Comprehensive and multi-disciplinary education program in health research ethics in Africa**

www.up.ac.za/sareti/index

- **The Center for the Study of Medical Ethics and Humanities at Duke's University**

http://researchethics.mc.duke.edu

Other resources on ethical issues
(available on internet)

- **The Fogarty International Center**

www.fic.nih.gov/

- **Training Program in Research Ethics in the Americas**

www.aecom.yu.edu/retp/

- **TRREE for Africa (Training and Resources in Research Ethics Evaluation for Africa)**

www.trree.org/site/en_trree_home.phtml