

Clinical Trials in Pediatrics

By Amy Bentley



Dr. Antonio Arieta
CHOC Pediatric Infectious
Disease Specialist

Dr. Arieta is the Director of Pediatric Infectious Diseases and the Director of Infectious Disease Clinical Research at CHOC Children's. He specializes in infectious diseases, including pediatric HIV. A native of Peru, Dr. Arieta completed his fellowship at UCI-Memorial/Miller Children's Hospital in Long Beach and his residency at Southern Illinois University in Springfield. He joined the CHOC staff in 1991.

Dr. Arieta's philosophy of care: "My philosophy of care is one that is shared by everyone at CHOC, and that is one of service. We are here to serve the children of Orange County regardless of their backgrounds. We help people stay healthy or we help them return to health."

EDUCATION:

Universidad Peruana Cayetano
Heredia in Lima, Peru

BOARD CERTIFICATIONS:

Pediatric Infectious Disease

CLINICAL TRIALS: SHARING KNOWLEDGE

"A clinical trial is a research project that involves patients," says Dr. Antonio Arieta, a CHOC Children's Pediatric Infectious Disease Specialist. "All drugs, vaccines and medical devices have to go through phases of research before they are approved by the U.S. Food and Drug Administration. If researchers and physicians don't conduct these trials, we don't know how good the drugs are or how we are supposed to use them. The expectation is that these new drugs will be better or improve the established standard of care. The standard of care oftentimes has a lot of room for improvement. We think we can do better. We want to make sure new drugs are safe and that we get the best results. Some trials we have done have introduced new agents that have greatly improved mortality rates and the survival of patients."



PATIENT PARTICIPATION

Physicians and researchers conducting clinical trials talk to other physicians at CHOC to identify potential patients to participate. "We make sure they meet the criteria and then talk to the parents to get informed consent," says Dr. Arieta. "We discuss the pros and cons of the study and why we are doing it. It's voluntary and there are no consequences to not participating. We monitor patients closely to make sure the child is responding to treatment or gets better. No procedures are done on children that will increase their pain or discomfort and we can stop a trial with a patient any time the parent wishes."



Ranked Among the Nation's Top Children's Hospitals*

A cancer diagnosis touches the lives of the entire family. For this reason, the specialists at the Hyundai Cancer Institute at CHOC Children's are dedicated to a family-centered approach to care that includes immediately pairing patients and their families with a pediatric oncology nurse coordinator who serves as their advocate throughout treatment. In addition to treating the disease, we are dedicated to meeting the needs of the whole child—emotional, spiritual, and physical. Children shouldn't have to give up being kids while dealing with the grown-up issues of cancer.

300

APPROXIMATE NUMBER OF
CLINICAL TRIALS UNDERWAY
AT CHOC AT ANY GIVEN TIME

10

APPROXIMATE NUMBER OF
NEWBORNS EXPOSED TO
HIV IN-UTERO REFERRED TO
CHOC'S PEDIATRIC HIV CLINIC
EACH YEAR



Experts In: **Cutting Edge Care** Learn more about clinical trials at choc.org/health.

Find out more at
www.choc.org/cancer



*2013-14 U.S. News and World Report