

Clinical Drug Development—Practical Issues in Clinical Pharmacology Studies

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Abstract

Introduction: Clinical pharmacology refers to the study of the safety, pharmacodynamic activity, mechanism of action, pharmacokinetics, metabolism and excretion of a drug in man. **Methods:** Selected review of topics that provide guidance on practical issues for researchers conducting non-therapeutic investigational research in humans. **Results:** Close attention to the issues highlighted is needed to ensure successful research in this area of drug development. Resources dedicated to the discipline can logically optimise efficiency and outcome. **Conclusions:** There is increasing opportunity for clinical pharmacological research, offering an interesting career option to young physicians.

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Key words: Clinical trials, Healthy volunteer studies, Pharmacokinetics, Pharmacodynamics, Phase I studies

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