

	PRE-DEVELOPMENT	DEVELOPMENT	DISSEMINATION	EXECUTION
HEALTH LITERACY AND ACCESS TO INFORMATION	<ul style="list-style-type: none"> Promote health literacy programs from an early age, in the first cycles of education in schools. Transforming and training teachers/educators into active public health agents. Adapt health literacy programs to all age groups, depending on the target audience. 	<ul style="list-style-type: none"> Include associations of people with the disease in the literacy process. Involve the Agrupamentos de Centros de Saúde (ACES) and School Health in teaching strategies. Include subjects on Clinical Trials in school curricula throughout education. 	<ul style="list-style-type: none"> Organize public sessions to present CTIS (Clinical Trials Information System) in Portuguese, to explain the type of information available. Improve access to information on clinical trials by empowering people with diseases and their caregivers with knowledge and access tools. 	<ul style="list-style-type: none"> Include the participation of characters in clinical trials in soap operas and other popular television programs to increase the audience and the dissemination of information. Use morning or evening debate programs to promote discussion and awareness of clinical trials.
CAPACITY BUILDING AND TRAINING	<ul style="list-style-type: none"> To enable researchers to deal with the reality of the “specialist patient”, promoting communication and the approximation of language between academia, promoters, health units and society. Promoting lifelong learning for professionals working in clinical trials. 	<ul style="list-style-type: none"> Promote contact between Promoters and Contract Research Organizations (CRO) with associations of people with the disease in Portugal, making them part of the research process. Develop specific training in clinical trials for nurses and other health professionals, as the Order of Nurses has done with Apifarma. 	<ul style="list-style-type: none"> Explaining the research process to people with the disease and their caregivers, clarifying doubts and conveying confidence, especially in primary health care. Dedicate full-time professionals to the area of clinical trials, rather than part-time or according to the needs of each institution. 	<ul style="list-style-type: none"> Include the tutelage/government in the creation of a specific career in clinical trials. Create Clinical Research Departments in Hospital Centres/Local Health Units (ULS), in partnership with academia, to respond to the need for professionalization and exclusive dedication of professionals to the research area.
INVOLVEMENT IN RESEARCH	<ul style="list-style-type: none"> Involve people with the disease and their caregivers from the earliest stages of the research. Create advisory councils for people with the disease and their carers. Develop a code of good practice for the involvement of people with illness, based on values of relevance, fairness, transparency, trust, equity, diversity and empowerment. 	<ul style="list-style-type: none"> Ensure the participation of people with the disease and their associations in Ethics Commissions. Collaborate closely with promoters and researchers. Include families and caregivers in all areas of clinical research, both in pediatric and adult studies. Promote partnerships with groups that encourage the involvement of family members and caregivers. 	<ul style="list-style-type: none"> Implement structured and proven methodologies to facilitate the involvement of people with the disease, families and caregivers. Use training and capacity-building tools, such as those developed by EUPATI and other organizations. Include representatives of people with illnesses on the Ethics Commissions, guaranteeing the necessary training. 	<ul style="list-style-type: none"> Identify and promote training tools and approaches that have already been developed (e.g. EUPATI, EURORDIS, eYPAGNet and connect4children). Valuing high-quality materials produced nationally (e.g. EUPATI and STAND4Kids). Develop transparent mechanisms in research institutions for collaboration with “expert patients”.
COMMUNICATION AND DISSEMINATION	<ul style="list-style-type: none"> Create and implement a strategic communication plan that includes social media, collaboration between stakeholders and the use of existing platforms (e.g. Portugal Clinical Trials). Develop a digital platform to engage people with the disease and the general public, providing clear information and opportunities for participation. 	<ul style="list-style-type: none"> Increase literacy about clinical trials, mitigate stigmas and distribute information materials. Use each institution's internal network to promote and publicize clinical trials. Involving the government in the strategic plan to communicate and combat illiteracy in clinical trials. 	<ul style="list-style-type: none"> Work on an effective referral strategy for people with the disease to increase the number of participants in clinical trials. Use digital platforms (e.g. EVITA Platform) to make the process of engaging people with illness more agile and efficient. 	<ul style="list-style-type: none"> Use social networks, podcasts on various platforms and social media channels to publicize clinical trials. Promote the dissemination of clinical trials on the official websites of the institutions and through the intranet circuit, including the scheduling of tests and access to results.
COLLABORATION AND PARTNERSHIPS	<ul style="list-style-type: none"> Develop awareness campaigns on the value of clinical research, promoted by associations of people with the disease. Create partnerships with the pharmaceutical industry, hospitals, research institutes and other entities to increase literacy about clinical trials. Involving citizens/people without disease to promote a culture of information, transparency and trust in clinical research. 	<ul style="list-style-type: none"> Invest in awareness campaigns on the importance of reporting adverse events related to medicines. Establish partnerships with health professional associations for greater involvement and training. Create partnerships with those responsible for creating television content for large audiences and with channels dedicated to health (e.g. Canal Saúde Mais). 	<ul style="list-style-type: none"> Proposing and developing programs on clinical trials for health television channels. Promote partnerships with academia to promote more training in clinical trials.
 - Include AICIB, Apifarma and the pharmaceutical industry in training and dissemination partnerships, participating in congresses and scientific meetings of health professionals. 	<ul style="list-style-type: none"> Continue to promote awareness campaigns among professionals and citizens about the importance of reporting adverse events and clinical research. Use established partnerships to disseminate results and promote the safety and efficacy of medicines.