ment and implementation of clinical trials were discussed. These strategies evolved from the authors' experiences and are supported in the literature. Selected strategies may be summarized as follows: 1) It is important to plan a clinical trial with full understanding of potential barriers to subject acquisition and follow-through, protocol implementaiton, and measurement precision. Threats to internal validity must be minimized. 2) The need for pilot studies must be evaluated, since pilot studies provide valuable insight into planned procedures and may be required for certain grant applications; 3) Collaborators, especially those in disciplines other than nursing, offer unique experise to a clinical trial and may provide access to necessary services and resources;3) Regular communication among research staff is essential for a well-orchestrated clinical trial; 4) Clinical trials typically require multiple methods of subject recruitment, which must be planned at the time of proposal preparation; 5) The interaction of research staff and subjects greatly influences subject retention in a clinical trial and adherence to the intervention and study procedures; 6) Strategies to promote adherence must be planned in advance; and 7) Adherence to interventions must be monitored (by multiple methods, if possible), so that study results can be interpreted in the context of a given level of adherence.

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