

# Moving Medicine Forward

## CLINICAL TRIALS AT CARILION CLINIC



At Carilion Clinic, we base everything we do on three pillars: patient care, education and research. Together, our commitment to these equally vital areas helps us reach our mission to improve the health of the communities we serve. While our focus on patient care and education is visible every day, our research is often conducted behind the scenes. We'd like to give you a glimpse into many of the ways our growing research initiatives are moving medicine forward—right here at home.

### WHAT ARE CLINICAL TRIALS?

Clinical trials are performed in addition to standard medical care to test new and improved medical treatments. Our trials are conducted under strict supervision to ensure that the tested drug or treatment is equal to or better than what is currently used. In some cases, the treatment may have a direct effect on your condition, but not always.

**"Participation in clinical trials is always voluntary. Trials are offered as options to supplement standard treatments patients already receive."**

— Francis X. Farrell, Ph.D.  
Senior Director of Research & Development

### OUR TEAM

Carilion Clinic's Research & Development team includes 40 employees who work side by side with nearly 200 physicians and other health care professionals to support clinical trials across 16 areas:

- » Cardiology
- » Cardiothoracic Surgery
- » Emergency Medicine
- » Family Medicine
- » Gastroenterology
- » Infectious Diseases
- » Neurointerventional Radiology
- » Neurosurgery
- » Oncology
- » Orthopaedics
- » Pediatric Oncology
- » Pediatrics
- » Psychiatry & Psychology
- » Pulmonology
- » Rheumatology
- » Surgery

Carilion's diverse patient base makes many of these trials possible—our team would not be complete without them.

### 2022 BY THE NUMBERS

Physician Researchers

**75**

Total Clinical Trials

**120+**

Total Trial Budgets

**\$2 million**

Grant Award Budget

**\$8.1 million**

Active Grants

**61**

## OUR PARTNERS

We partner regularly with federal agencies, prestigious health care institutions and innovative organizations across the country to broaden the reach and deepen the impact of our work.

Through our RAP (Research Acceleration Program), we also collaborate with our 13,000 innovative coworkers at Carilion by funding clinical, biomedical or behavioral research projects they develop in the course of their daily work. Recent RAP grants include:

- » **Patient-directed and video-based care after carpal tunnel surgery**
- » **Detection of kidney complications after COVID-19 infection**
- » **Treatment for cannabinoid-induced hyperemesis syndrome**
- » **Home-based pulmonary rehabilitation using wearable tech**

## OUR COMMUNITY

Our commitment to the communities we serve—and where we live—makes taking research from the lab to the bedside a top priority. A few of our recent community-focused research projects are highlighted below.

**ED Bridge to Treatment:** We developed a successful program to streamline care for people with opioid use disorder who visit our Emergency Department. It has been so successful that the Virginia Department of Health (VDH) is funding a training program that has our experts helping other health systems develop similar programs at their hospitals.

**Hepatitis C:** Our Infectious Diseases team is leading a study with VDH on ways to make hepatitis C treatment more effective by keeping patients engaged longer during their care.

**Infection Control:** Carilion was awarded new contracts with VDH, including measuring the prevalence of past COVID-19 infections in our community.

**iTHRIV (Integrated Translational Health Research Institute of Virginia):** We partner with Virginia Tech, the University of Virginia School of Medicine and Inova Health System to administer NIH grant funds to studies on lung transplantation, telepsychiatry, surgical waste, obesity and more.

**School-Based Mental Health Counseling:** A grant from United Healthcare is funding three mental health providers to counsel children in need at our LIFT program at Fallon Park Elementary School in Roanoke.

**Sickle Cell Clinic:** Carilion was awarded a new contract with VDH to develop a new adult sickle cell clinic.

**Traumatic Brain Injury (TBI):** We are working with BRAINBox and the University of Pennsylvania to improve diagnostics around TBI in elderly people, including those with dementia.

## JOIN A RESEARCH STUDY!

We are currently recruiting for participants to help us study:

- » **Vagus nerve stimulation for treatment-resistant depression**
- » **Probiotic therapy for teens with autism**
- » **Traumatic brain injury in seniors**
- » **Treatment for upper limb spasticity**
- » **Less invasive procedures for coronary artery disease**
- » **Adrenal hyperplasia in pediatric patients**
- » **A device implant to reduce the risk of blood clots in certain Afib patients**

Visit [CarilionClinic.org/trials](https://CarilionClinic.org/trials) to find out more about these and other clinical trials now under way.