

Advancing Healthcare Research

RESEARCH 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 forward—*right here at home*.

OUR RESEARCH

We conduct a wide variety of research—including basic science, translational and clinical research. Clinical trials are a large component of our research portfolio, which underscores our goal of conducting patient-centered research. Clinical trials are research studies that test new and improved medical treatments for a broad range of conditions. Our trials are performed under strict supervision to ensure that the drug or treatment being studied is equal to or better than the current standard of care.

OUR TEAM AND RESEARCH SPECIALTIES

In 2024, 200 Carilion physicians collaborated on more than 140 clinical trials, giving patients access to promising new interventions in over 20 medical and surgical specialties.

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|--------------------------|---------------------------------|-----------------------------|
| » Cardiology | » Neurointerventional Radiology | » Pediatric |
| » Cardiothoracic Surgery | » Neurosurgery | » Psychiatry and Psychology |
| » Dermatology | » Nuclear Medicine | » Pulmonology |
| » Emergency Medicine | » OB/GYN | » Radiology |
| » Endocrinology | » Oncology: Adult and Pediatric | » Rheumatology |
| » Family Medicine | » Orthopaedics | » Surgery |
| » Gastroenterology | | » Urology |
| » Infectious Diseases | | |

2024 BY THE NUMBERS

Total Clinical Trials

140+

New Trial Awards

\$2.7 million

Active Grants

87

New Grant Awards

25

Grant Award Budget

\$14 million

CARILION CLINIC INPATIENT CLINICAL TRIALS PROGRAM

Launched in FY24 under the leadership of the Department of Medicine's Vice Chair of Research, Lana Wahid, MD, the Carilion Clinic Inpatient Clinical Trials Program integrates cutting-edge clinical research into the routine care of hospitalized patients. This pioneering initiative aims to accelerate the discovery and implementation of advanced therapies while improving patient outcomes. By leveraging a multidisciplinary team and fostering cross-specialty collaboration, the program has already achieved significant milestones in patient recruitment, retention and research impact.

OUR PARTNERS AND COLLABORATORS

We are honored to partner with a growing list of prestigious national and statewide research centers and healthcare organizations. These include innovative public-private partnerships with Virginia Tech, the Virginia Tech Carilion School of Medicine, the Fralin Biomedical Research Institute at VTC, Radford University Carilion and others.

We also collaborate internally by supporting innovative thinking among Carilion's 13,000 employees. Our Research Acceleration Program has been in existence since 2009 and provided over \$1 million in funding. In 2004, RAP granted seed funds for:

- » Developing a sustained local drug delivery release system for treating chronic subdural hematoma.
- » Assessing how living in rural or non-rural areas of Virginia affects maternal and infant health outcomes.
- » Investigating the impact of music on caregivers of hospice patients with Alzheimer's Disease and related dementias.
- » Identifying microbiome bacteria that could lead to new probiotic strains for infant formula.

OUR PARTICIPANTS

1,200+

participants were active in our clinical trials during FY24.

400

new participants enrolled in FY24, representing a 16% increase in enrollment from FY23.

Our screening enrollment rate is well above national averages, demonstrating the high-quality work performed to identify study participants.

OUR COMMUNITY

Taking research from the lab to the bedside is a top priority. A few of our community-oriented research projects are highlighted here.

Immunotherapy Trial: Carilion Clinic is conducting an Outpatient Treatment with Anti-Coronavirus Immunoglobulin (OTAC) trial, funded by the National Institute of Allergy and Infectious Disease (NIAID). The trial evaluates a passive immunotherapy strategy using hyperimmune intravenous immunoglobulin among participants with early SARS-CoV-2 infection, given in addition to current standard of care treatment(s) as available and specified by established national and international guidelines.

Hospital-based Violence Intervention Program (HVIP): The Violent Injury - Recovery & Support Program is funded by the Virginia Department of Criminal Justice Services via a subaward from the Virginia Hospital and Healthcare Association Foundation. Our HVIP collaborates with the Roanoke City Gun Violence Prevention Commission and provides input on services and interventions to reduce community violence. Intensive case management services connect patients and families impacted by intentional violence to relevant community organizations.

Community Education: A grant from the Virginia Department of Motor Vehicles provides community intervention and education to help ensure that children with special needs have appropriate seatbelt and safety measures in place when riding in vehicles.

Lifestyle Medicine Clinic: Ardmore Institute of Health awarded Lifestyle Medicine Clinic a grant within its first year of opening to conduct group educational visits and evaluate clinical and patient-focused outcomes in medically underserved populations of Southwest Virginia.