

EARLY BRAIN &
BIOLOGICAL
DEVELOPMENT:
A SCIENCE IN
SOCIETY SYMPOSIUM

The Pivot to Preemptive Treatments in Psychiatry

John S. March, MD, MPH

Director, Neurosciences Medicine

Duke Clinical Research Institute

June 1, 2011



My Disclosures

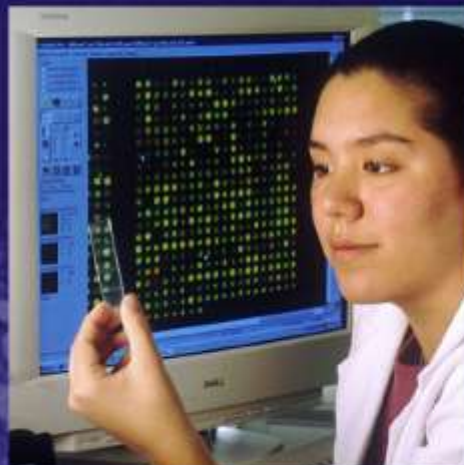
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The Future Paradigm: *Transform Medicine from Curative to Preemptive*



Predictive ↔ **Personalized** ↔ **Preemptive**



Topics

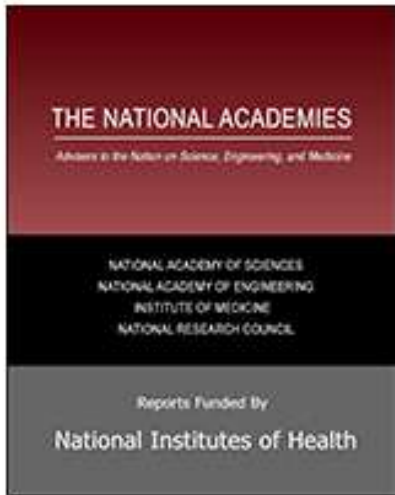
- What is meant by preemptive treatments?
- The four pivots to preemptive interventions:
 - Translational developmental neuroscience
 - Biomarkers and personalized medicine
 - Novel interventions and early phase clinical pharmacology
 - Prevention trials and comparative-effectiveness research



A preemptive approach promises to reduce morbidity and mortality by intervening early, before the full syndrome develops, and re-aligning the trajectory of development so the individual identified as at risk has the greatest opportunity for the best outcome.

Tom Insel, MD, NIMH Director





Preventing Mental, Emotional, and Behavioral Disorders Among Young People

Progress and Possibilities

National Research Council (US) and Institute of Medicine (US) Committee on the Prevention of Mental Disorders and Substance Abuse Among Children, Youth, and Young Adults: Research Advances and Promising Interventions; Edited by Mary Ellen O'Connell, Thomas Boat, and Kenneth E Warner.

Washington (DC): [National Academies Press \(US\)](#); 2009.

ISBN-13: 978-0-309-12674-8

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“Prevention involves a way of thinking that goes beyond the traditional disease model, in which one waits for an illness to occur and then provides evidence-based treatment.”



Preemption Requires:

- **A biologically-based theory of disease**
 - **Development (time) is integral**
- **Personalized predictive tools in the form of biomarkers or biosignatures**
- **Novel interventions that prevent or forestall illness**



**"YOUR INSURANCE
DOESN'T COVER THE
SNIFFLES – COME BACK
WHEN IT DEVELOPS
INTO SOMETHING
MORE SERIOUS."**



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Definition of Prodrome

- **Premonitory manifestation of the disease.**
- **Not a characteristic of the individual or their environment, or a causal agent of the disease**
- **May or may not continue to be manifest once the full disease appears.**
- **Prodromal symptoms may or may not manifest in different episodes.**

Costello and Angold, J Ch Psychiatr and Psych, 2010



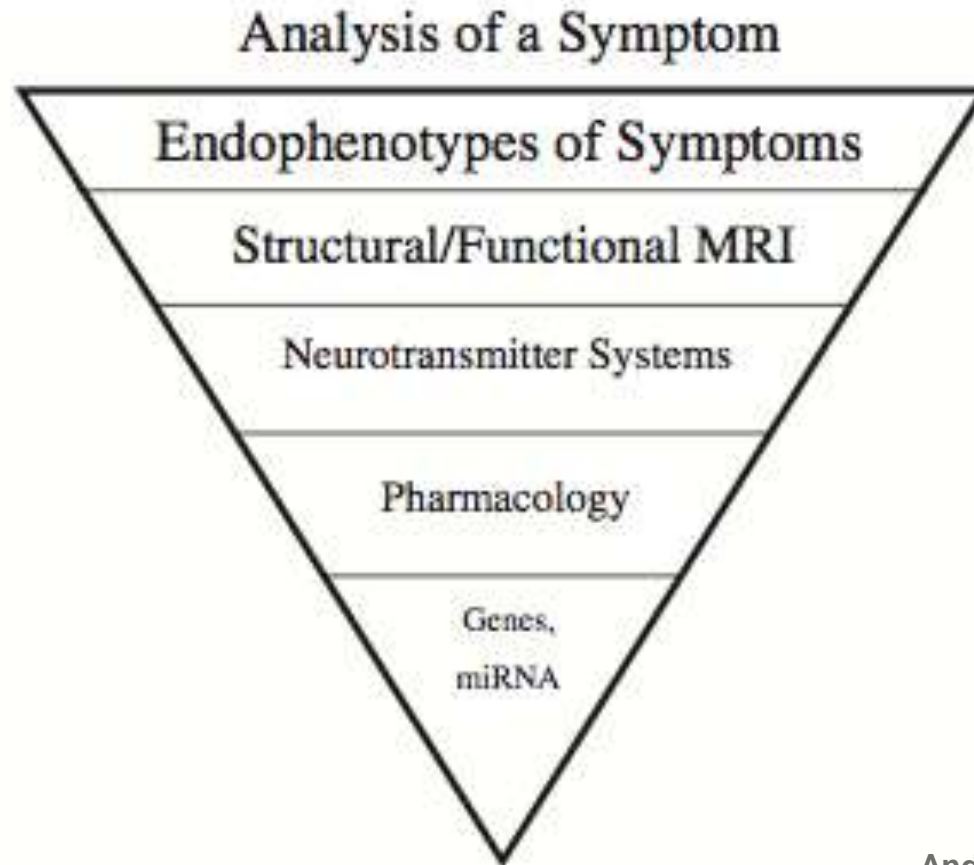
Annual Research Review: New frontiers in developmental neuropharmacology: can long-term therapeutic effects of drugs be optimized through carefully timed early intervention?

Susan L. Andersen¹ and Carryl P. Navalta²

¹Laboratory for Developmental Neuropharmacology, Department of Psychiatry, McLean Hospital, Harvard Medical School, Belmont, MA, USA; ²Program for Behavioral Science, Department of Psychiatry, Children's Hospital Boston, Harvard Medical School. Boston. MA. USA



A Systems Approach to Disease Components



Anderson and Navalta, JCPP, 2011

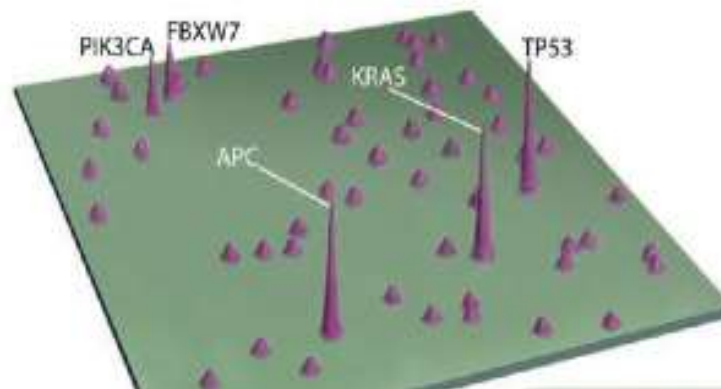


The Genomic Landscapes of Human Breast and Colorectal Cancers

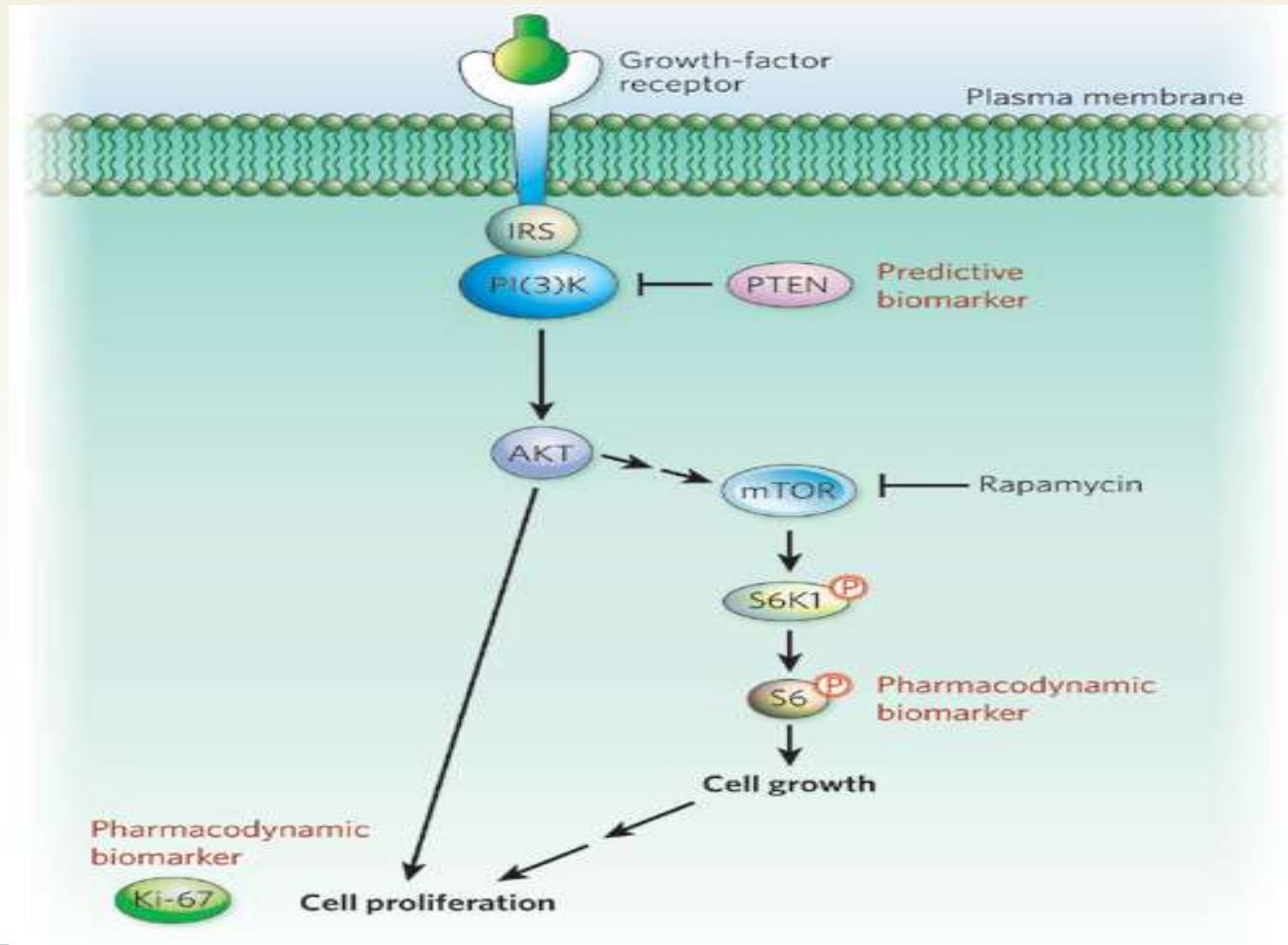
Laura D. Wood,^{1*} D. Williams Parsons,^{1*} Siân Jones,^{1*} Jimmy Lin,^{1*} Tobias Sjöblom,^{1*†} Rebecca J. Leary,¹ Dong Shen,¹ Simina M. Boca,^{1,2} Thomas Barber,^{1‡} Janine Ptak,¹ Natalie Silliman,¹ Steve Szabo,¹ Zoltan Dezso,³ Vadim Ustyansky,³ Tatiana Nikolskaya,^{3,4} Yuri Nikolsky,³ Rachel Karchin,⁵ Paul A. Wilson,⁵ Joshua S. Kaminker,⁶ Zemin Zhang,⁶ Randal Croshaw,⁷ Joseph Willis,⁸ Dawn Dawson,⁸ Michail Shipitsin,⁹ James K. V. Willson,¹⁰ Saraswati Sukumar,¹¹ Kornelia Polyak,⁹ Ben Ho Park,¹¹ Charit L. Pethiyagoda,¹² P. V. Krishna Pant,¹² Dennis G. Ballinger,¹² Andrew B. Sparks,^{12§} James Hartigan,¹³ Douglas R. Smith,¹³ Erick Suh,¹³ Nickolas Papadopoulos,¹ Phillip Buckhaults,⁷ Sanford D. Markowitz,¹ Giovanni Parmigiani,^{1||} Kenneth W. Kinzler,^{1||} Victor E. Velculescu,^{1||} Bert Vogelstein^{1||}

AUTHORS' SUMMARY

How many genes are mutated in a human tumor? Answering this question would have seemed like science fiction just a decade ago. However, as a result of advances in technology, we have been able to answer this question in breast and colorectal cancers: There are ~80 DNA mutations that alter amino acids in a typical cancer. Examining the overall distribution of these mutations in different cancers of the same type leads to a new



AKT-mTOR: Cancer and Mental Illness



Topics

- What is meant by preemptive treatments?
- The four pivots to preemptive interventions:
 - **Translational developmental neuroscience**
 - Biomarkers and personalized medicine
 - Novel interventions and early phase clinical pharmacology
 - Prevention trials and comparative-effectiveness research



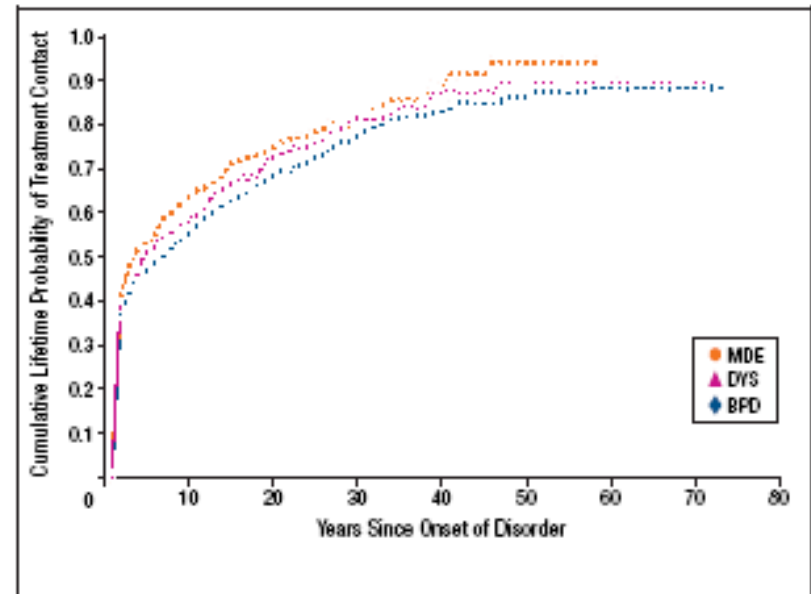
Age of Onset of First Mental Illness

> 75% early onset

10 years to first treatment

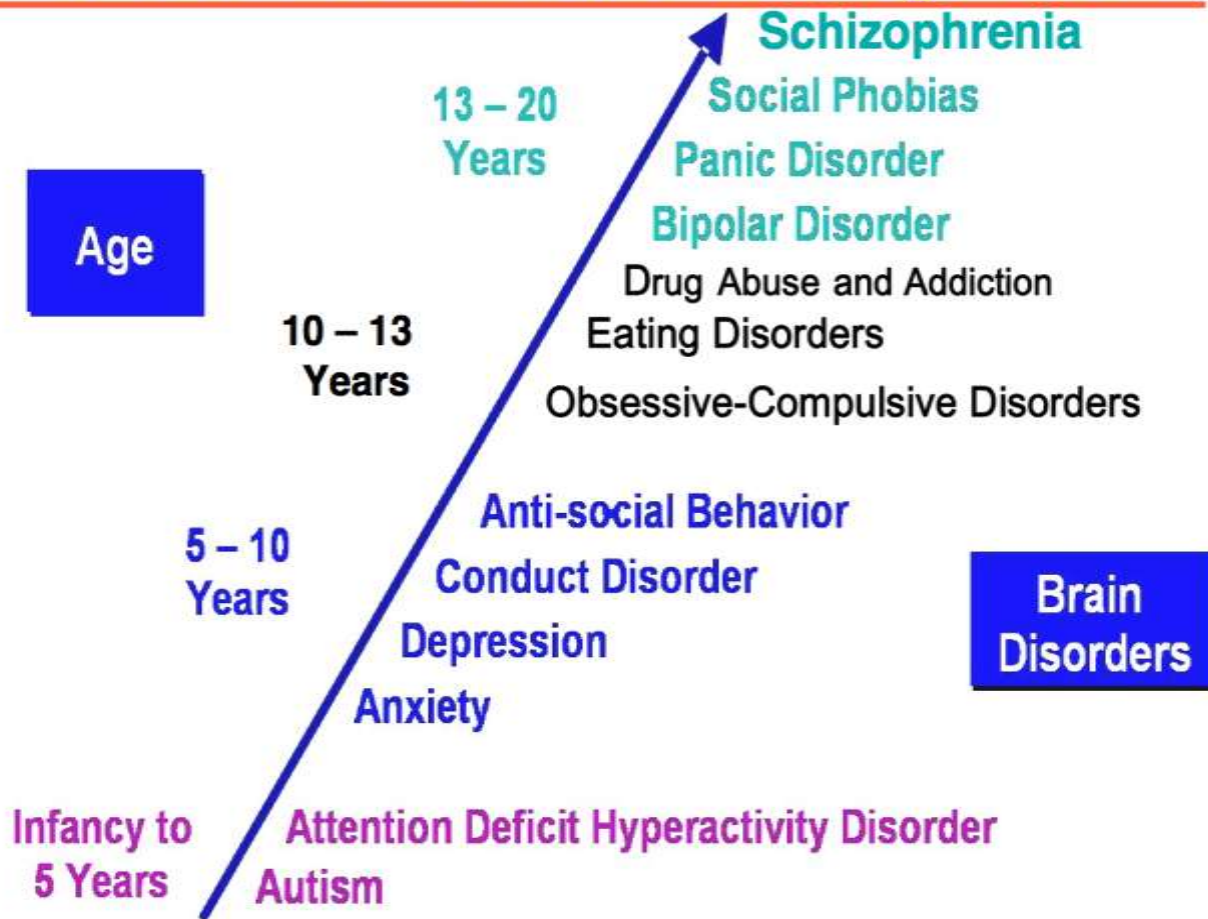
Table 2. Lifetime Prevalence of DSM-IV/WMH-CIDI Disorders in the Total NCS-R Sample and by Age

	Prevalence, % (SE)					χ ²
	Total	Age, y				
		18-29	30-44	45-59	≥60	
Anxiety Disorders						
Panic disorder	4.7 (0.2)	4.4 (0.4)	5.7 (0.9)	5.9 (0.4)	2.0 (0.4)	82.6†
Agoraphobia without panic	1.4 (0.1)	1.1 (0.2)	1.7 (0.2)	1.8 (0.3)	1.0 (0.2)	4.5
Specific phobia	12.5 (0.4)	12.3 (0.8)	12.9 (0.8)	14.1 (1.0)	7.5 (0.7)	34.5†
Social phobia	12.1 (0.4)	13.6 (0.7)	14.3 (0.8)	12.4 (0.8)	8.6 (0.6)	109.0†
Generalized anxiety disorder	5.7 (0.3)	4.1 (0.4)	6.8 (0.5)	7.7 (0.7)	3.6 (0.5)	39.9†
Posttraumatic stress disorder†	5.8 (0.4)	8.3 (0.5)	5.2 (0.5)	5.2 (0.9)	2.9 (0.8)	37.9†
Obsessive-compulsive disorder‡	1.6 (0.3)	2.0 (0.5)	2.3 (0.6)	1.3 (0.4)	0.7 (0.4)	4.8
Separation anxiety disorder	5.2 (0.4)	5.2 (0.4)	5.1 (0.6)	1	1	6.0
Any anxiety disorder§	28.8 (0.9)	30.2 (1.1)	36.1 (1.4)	30.6 (1.7)	18.3 (1.6)	88.0†
Mood Disorders						
Major depressive disorder	16.6 (0.9)	19.4 (0.7)	19.9 (0.9)	16.8 (1.1)	10.6 (0.8)	48.0†
Dysthymia	2.8 (0.2)	1.7 (0.3)	2.9 (0.4)	2.7 (0.7)	1.5 (0.3)	18.0†
Bipolar I-II disorders	3.9 (0.2)	3.9 (0.6)	4.3 (0.5)	3.1 (0.4)	1.0 (0.2)	62.0†
Any mood disorder	20.8 (0.8)	21.4 (0.9)	24.6 (0.9)	22.8 (1.2)	11.0 (1.0)	93.0†
Impulse-Control Disorders						
Oppositional defiant disorder	8.8 (0.7)	9.5 (0.9)	7.8 (0.8)	1	1	3.0
Conduct disorder	9.8 (0.8)	10.9 (1.0)	8.2 (0.8)	1	1	7.6†
Attention-deficit/hyperactivity disorder	8.1 (0.8)	7.8 (0.8)	8.3 (0.9)	1	1	6.2
Intermittent explosive disorder	5.2 (0.3)	7.4 (0.7)	5.7 (0.6)	4.8 (0.4)	1.9 (0.5)	74.7†
Any impulse-control disorder	24.8 (1.1)	28.8 (1.7)	22.0 (1.2)	1	1	4.0†
Substance Use Disorders						
Alcohol abuse	12.2 (0.6)	14.2 (1.0)	16.3 (1.1)	14.8 (1.1)	6.2 (0.7)	89.2†
Alcohol dependence	8.4 (0.3)	8.3 (0.7)	6.4 (0.6)	6.8 (0.7)	2.2 (0.4)	48.2†
Drug abuse	7.6 (0.4)	10.9 (0.9)	11.9 (1.0)	6.5 (0.8)	0.3 (0.2)	188.7†
Drug dependence	3.9 (0.2)	3.9 (0.5)	4.9 (0.6)	2.3 (0.4)	0.2 (0.1)	99.0†
Any substance use disorder	14.6 (0.6)	18.7 (1.1)	18.0 (1.1)	15.3 (1.0)	8.3 (0.7)	71.4†
Any Disorder						
Any disorder¶	46.4 (1.1)	52.4 (1.7)	55.0 (1.6)	46.3 (1.8)	26.1 (1.7)	115.4†
Two or more disorders¶	27.7 (0.8)	33.9 (1.3)	34.0 (1.5)	27.8 (1.6)	11.6 (1.0)	148.5†
Three or more disorders¶	17.3 (0.7)	22.3 (1.2)	22.6 (1.1)	18.8 (1.3)	6.3 (0.7)	143.7†



Kessler, RS et al. Arch Gen Psychiatry. 2005;62:593-602
 Wang PS et al. Archives of General Psychiatry. 62(6):603-13, 2005

Mental Disorders are Developmental





Grand challenges in child and neurodevelopmental psychiatry

E. Jane Costello*

Center for Developmental Epidemiology, Duke University Medical School, Durham, NC, USA

*Correspondence: elizabeth.costello@duke.edu

“Prevention and development are intimately intertwined: only when we understand the developmental course of a symptom or disorder can we have a solid scientific underpinning for prevention...A well defined prevention trial will implicitly or explicitly test a developmental theory of disease.”



Editorial: Developmental neuroscience comes of age

James F. Leckman, John S. March

Article first published online: 15 MAR 2011

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Issue



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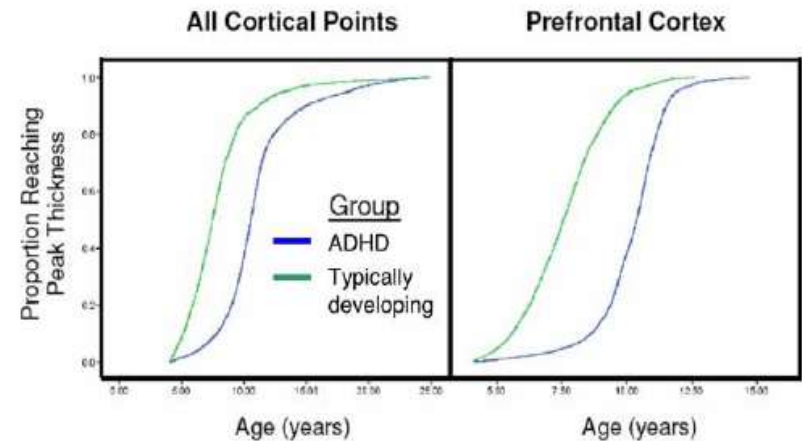
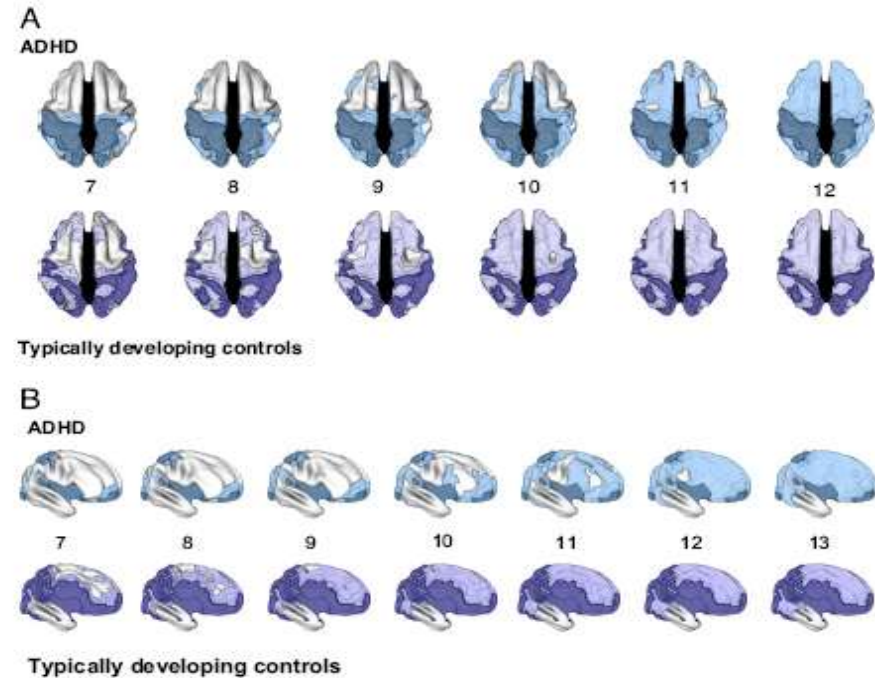


Mental disorders as brain disorders

Attention-deficit/hyperactivity disorder is characterized by a delay in cortical maturation

P. Shaw^{†‡}, K. Eckstrand[†], W. Sharp[†], J. Blumenthal[†], J. Lerch[†], D. Greenstein[†], L. Clasen[†], A. Evans[§], J. Giedd[†], and J. L. Rapoport[†]

PNAS, 2007

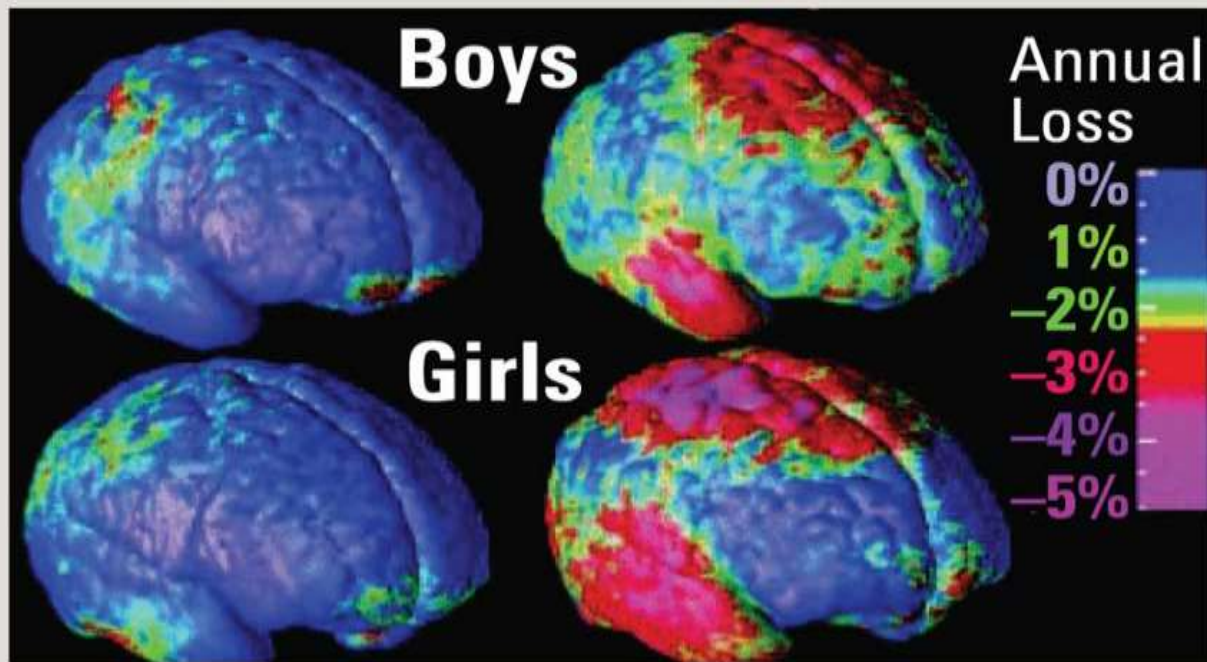


Schizophrenia may be a Disorder of Excessive Cortical Remodeling

Rate of Gray Matter Loss in Schizophrenia and Control Subjects²

Normal Adolescents

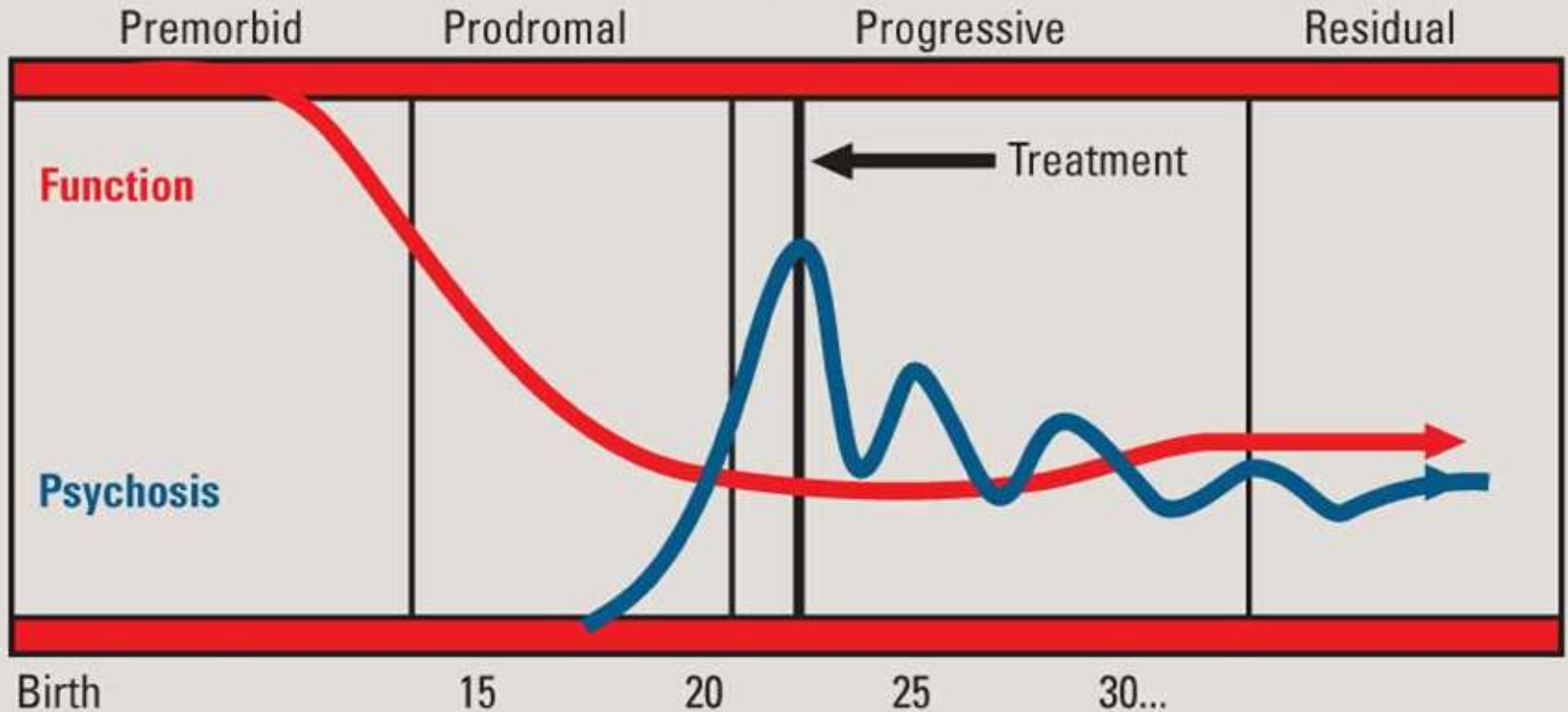
Subjects with Schizophrenia



Vidal et al, 2006

Neuroprotection and Schizophrenia

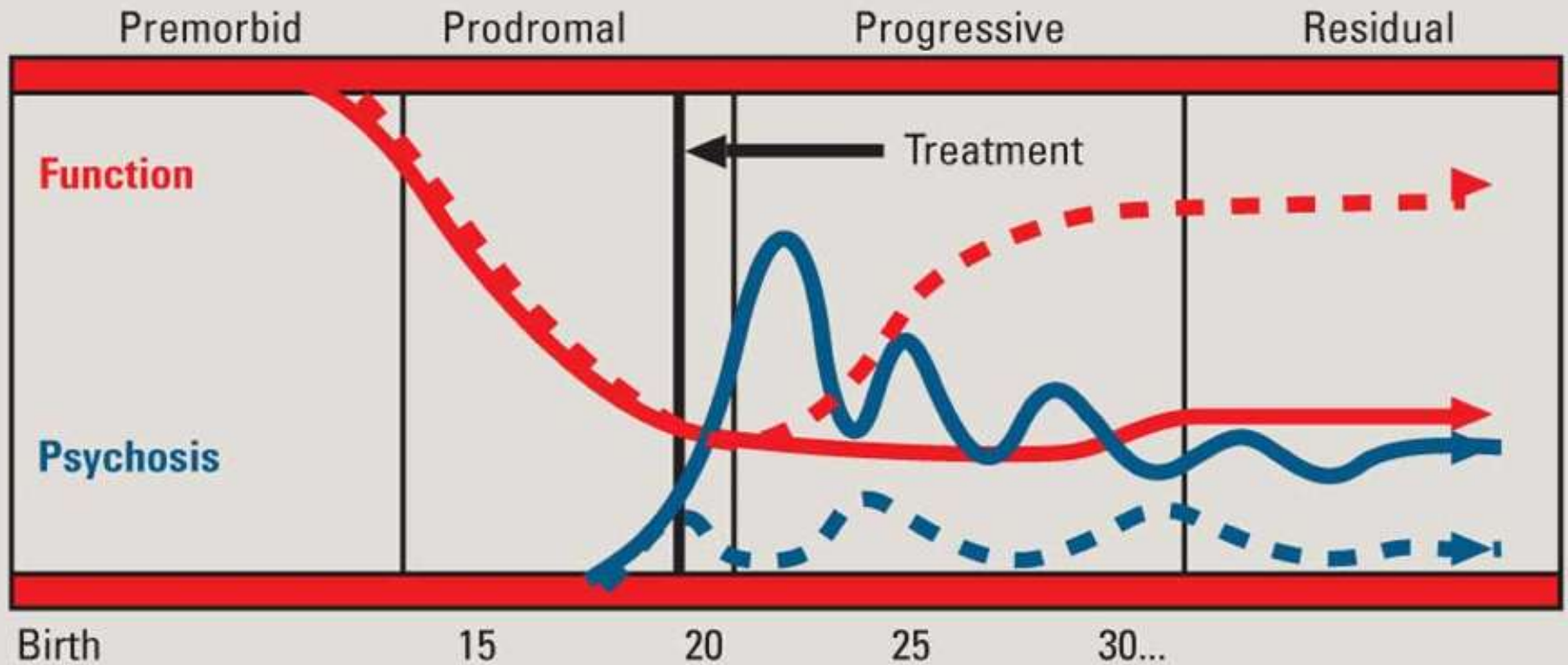
Rationale: Prodromal Strategy



Lieberman et al., CNS Spectrums, 2007; 12: 1-16

Neuroprotection and Schizophrenia

Rationale: Prodromal Strategy—Primary Prevention



Lieberman et al., CNS Spectrums, 2007; 12: 1-16

Schizophrenia susceptibility genes: Current candidates

COMT (22q) (eight)*
GRM3 (7q) (four)*
GAD 1 (2q) (four)*
CNRNA7 (15q) (two)*
PPP3CC (8p) (two)*
Akt1 (two)
dysbindin (6p) (seven)*

neuregulin (8p) (six)*
G72 (13q) (three)*
MRDS1 (6p) (four)*
DISC1 (1q) (three)*
PRODH (22q) (two)

Rapoport / McClellan

Rare

Unique to individuals

Structural variants

Copy number variants

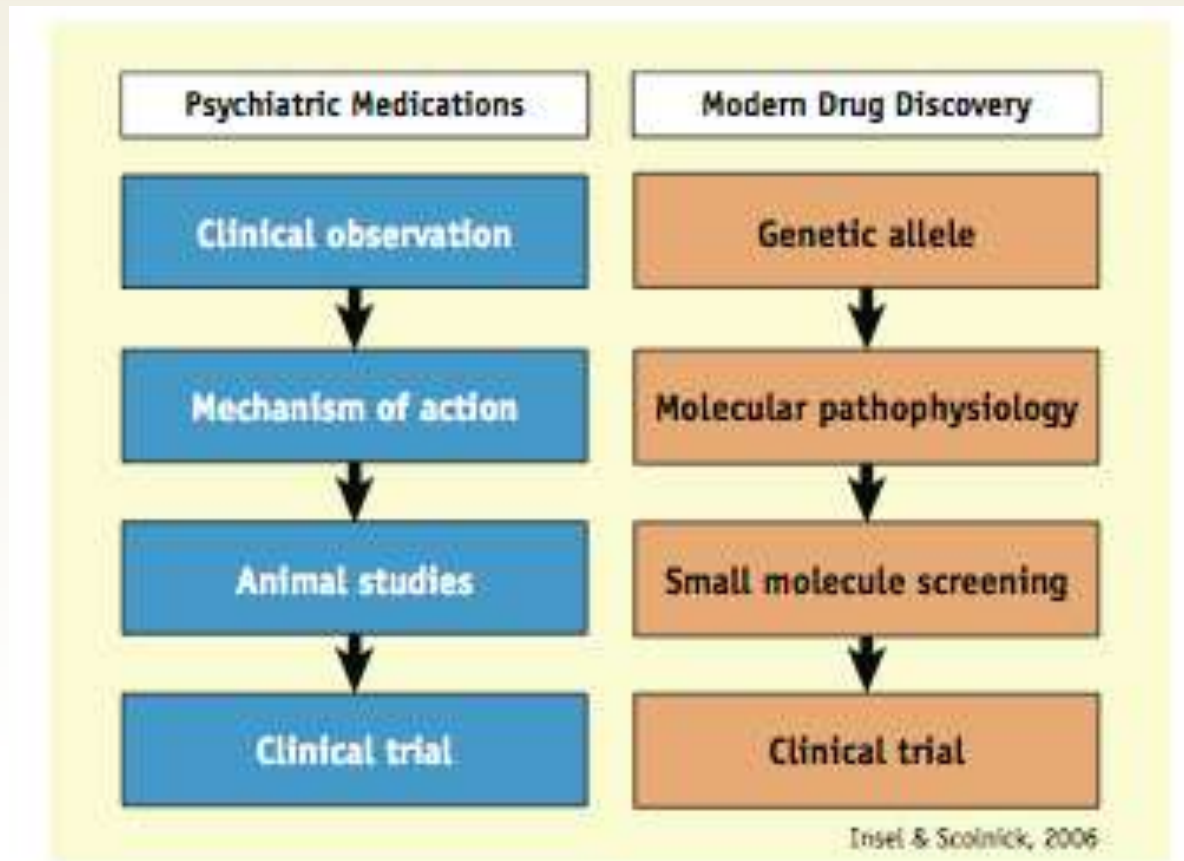
SLC1A3, neurodevelopment

Also autism / Bipolar

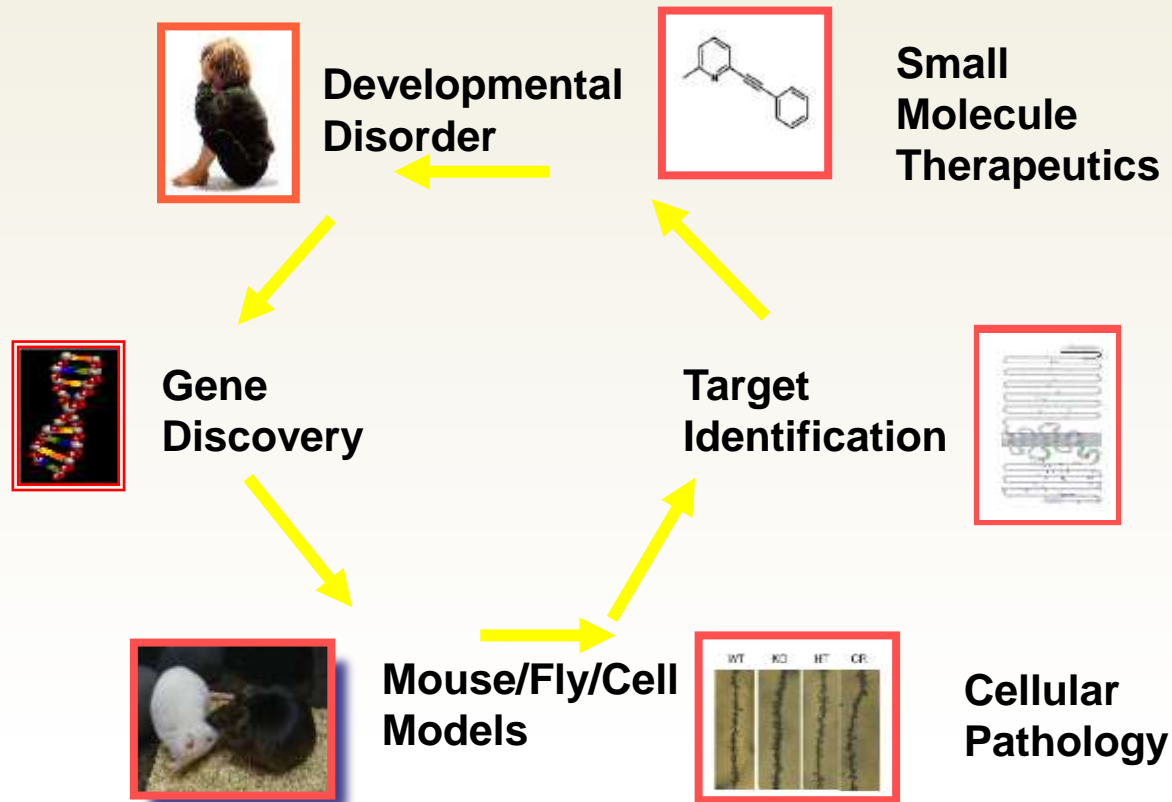
* Number of positive samples worldwide



Pathways To Drug Development



Reverse Translation – The Molecular Medicine Cycle



Adapted from Tom Insel / Mark Bear

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Improving lives of patients
and their families

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Compounds

STX209

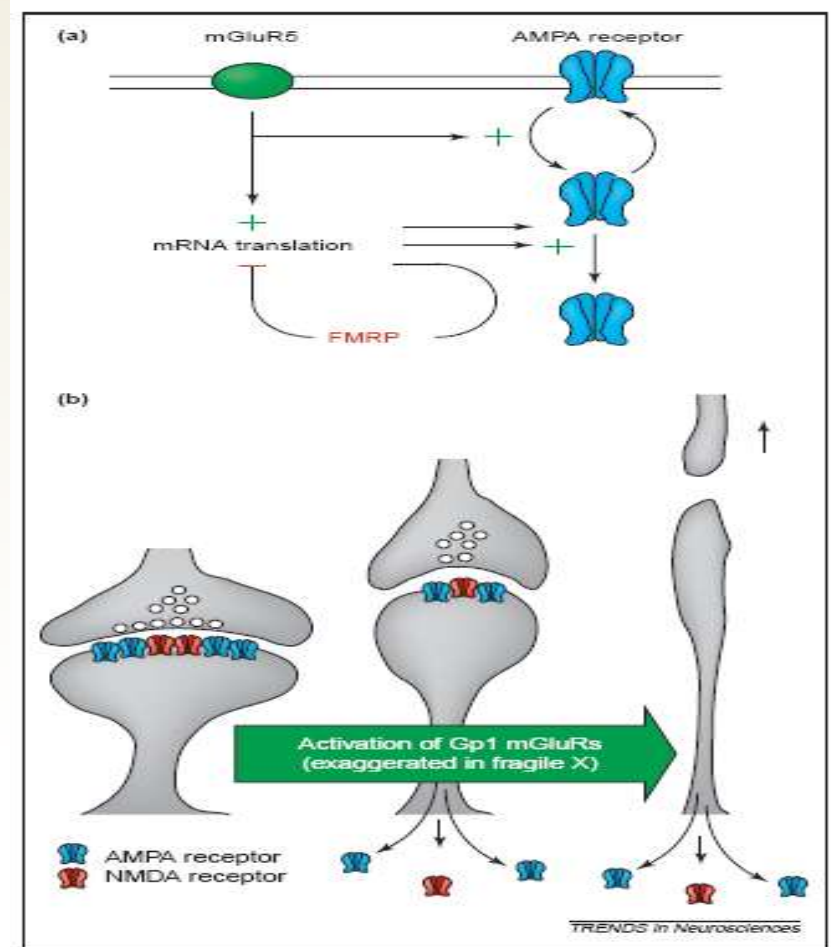
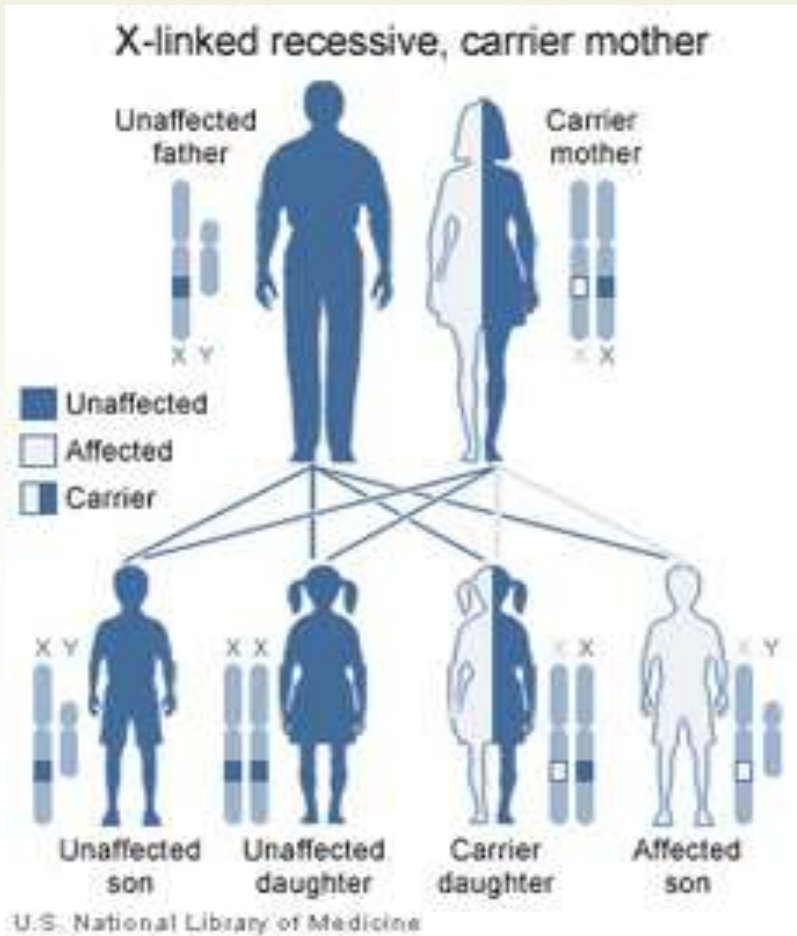
STX209 (arbaclofen) is a selective gamma-amino butyric acid type B (GABA-B) receptor agonist.

STX107

STX107 is a selective mGluR5 negative allosteric modulator (NAM).



Fragile X Syndrome



COMMENTARIES

Attention Bias Modification Training and the New Interventions Research

John S. March

As highlighted in a recent article by the National Institute of Mental Health (NIMH) director, Tom Insel, on transforming psychiatry as a clinical discipline, the age of symptomatic diagnosis and current generation treatments is passing; the age of interventions that emerge from the revolution in neuroscience has begun (1). The article in this issue of *Biological Psychiatry* on attention bias modification training (ABMT) by Hakamata *et al.* (2) from Daniel Pine's group in the NIMH Intramural Program provides a perfect example of the transformation of the interventions landscape.

behind threatening and nonthreatening stimuli indexes attention bias for threat-related cues.

Attention bias modification training employs a variant of the dot probe task in which the probe replaces the neutral stimuli 100% of the time (4). Thus, the participant learns an implicit albeit intentional if-then rule: if both threatening and neutral stimuli are present, then attend preferentially to the neutral stimuli. The hypothesis is that to the extent that attentional biases have a causal role in the maintenance of anxiety, lowering attentional biases should improve anxiety in subjects given ABMT. Using state-of-the-

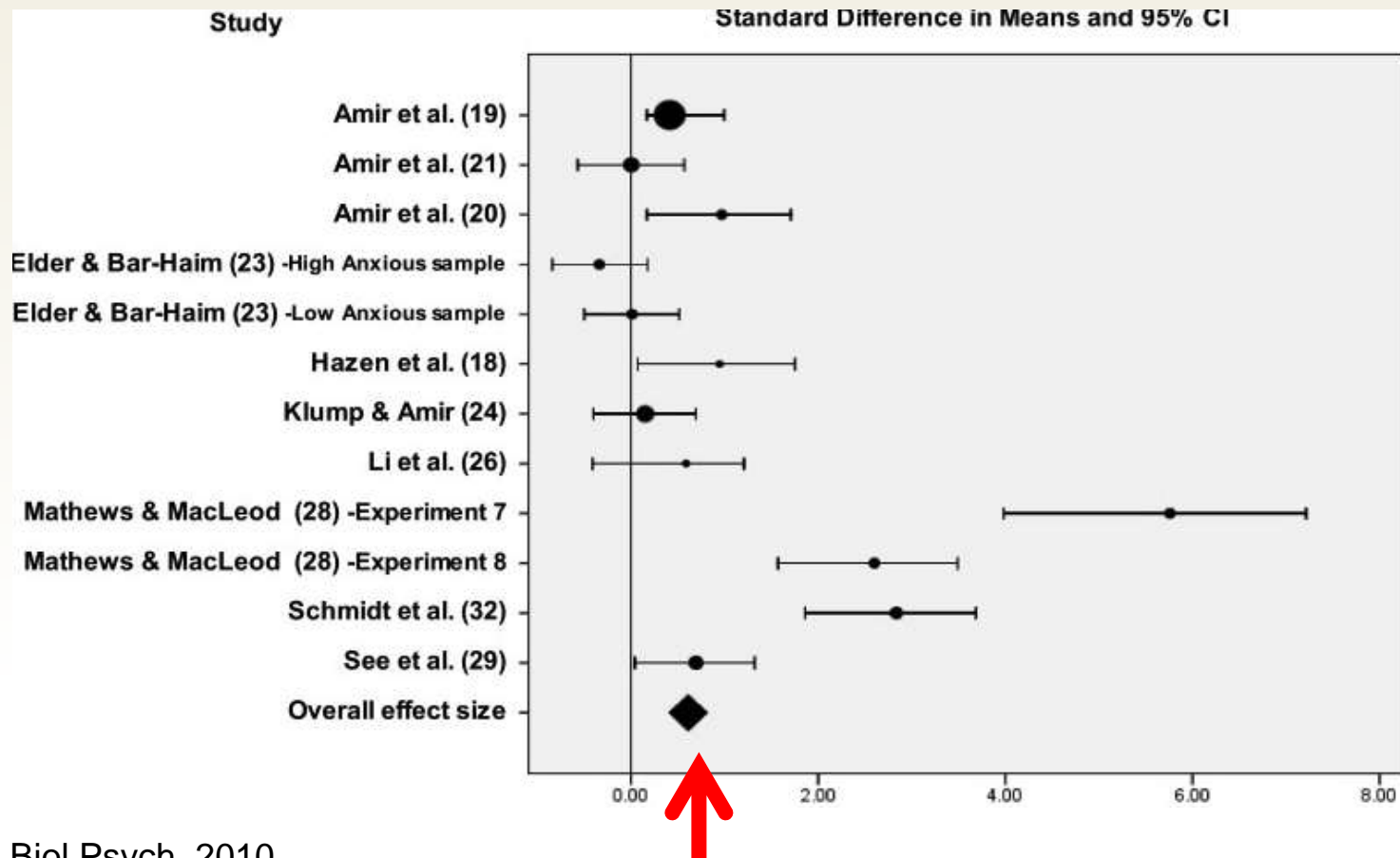
0006-3223/\$36.00
doi:10.1016/j.biopsych.2010.10.007

BIOL PSYCHIATRY 2010;68:978–979
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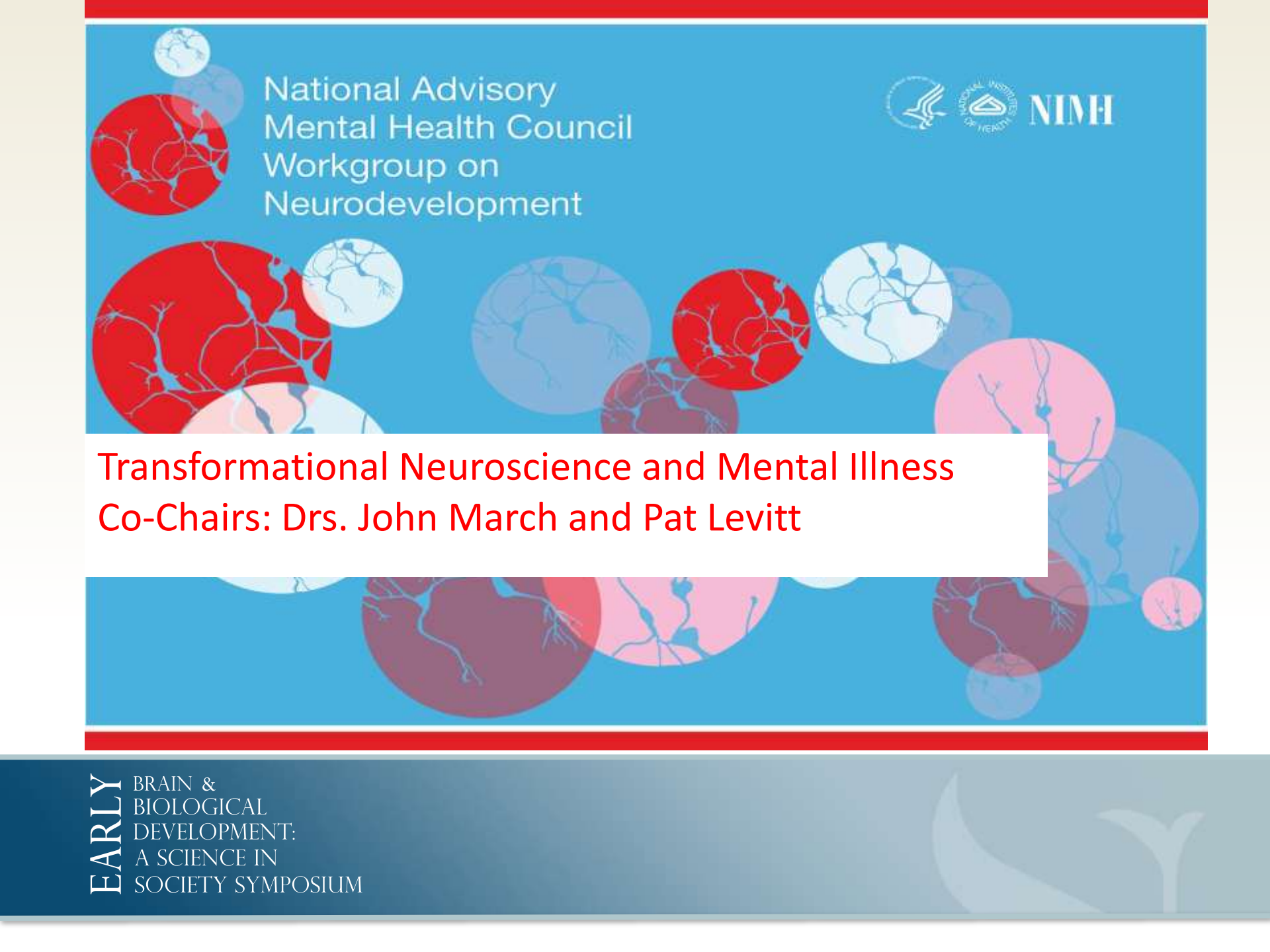
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Attention Bias Modification Training



Pine et al., Biol Psych, 2010



National Advisory
Mental Health Council
Workgroup on
Neurodevelopment



Transformational Neuroscience and Mental Illness
Co-Chairs: Drs. John March and Pat Levitt

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Personalized Medicine

The US Congress defines personalized medicine as the “application of genomic and molecular data to better target the delivery of health care, facilitate the discovery and clinical testing of new products, and help determine a person's predisposition to a particular disease or condition.”



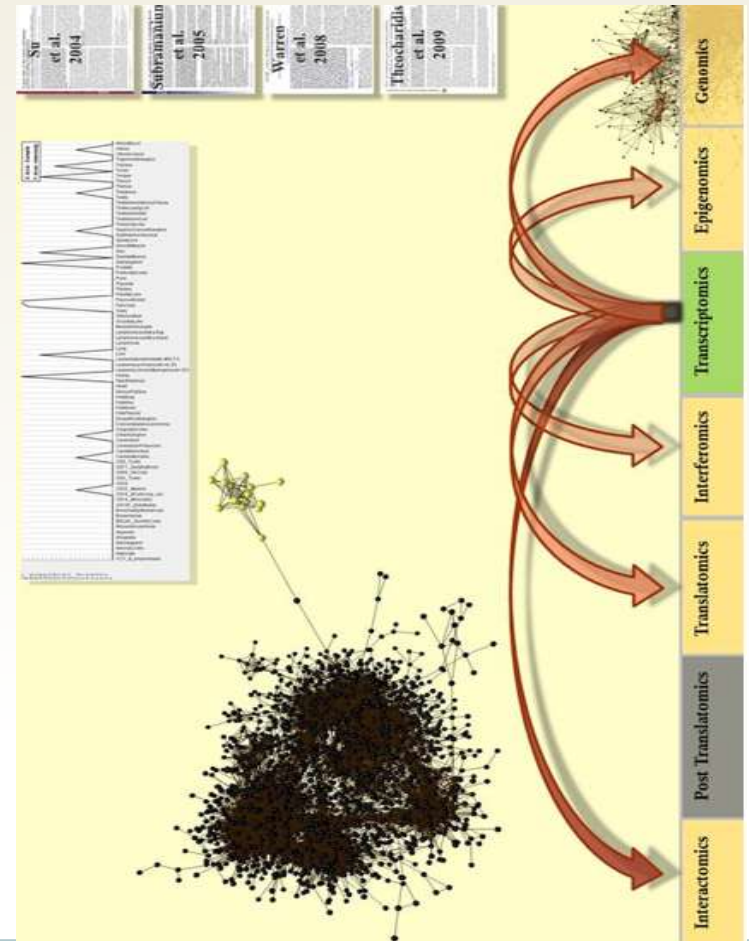
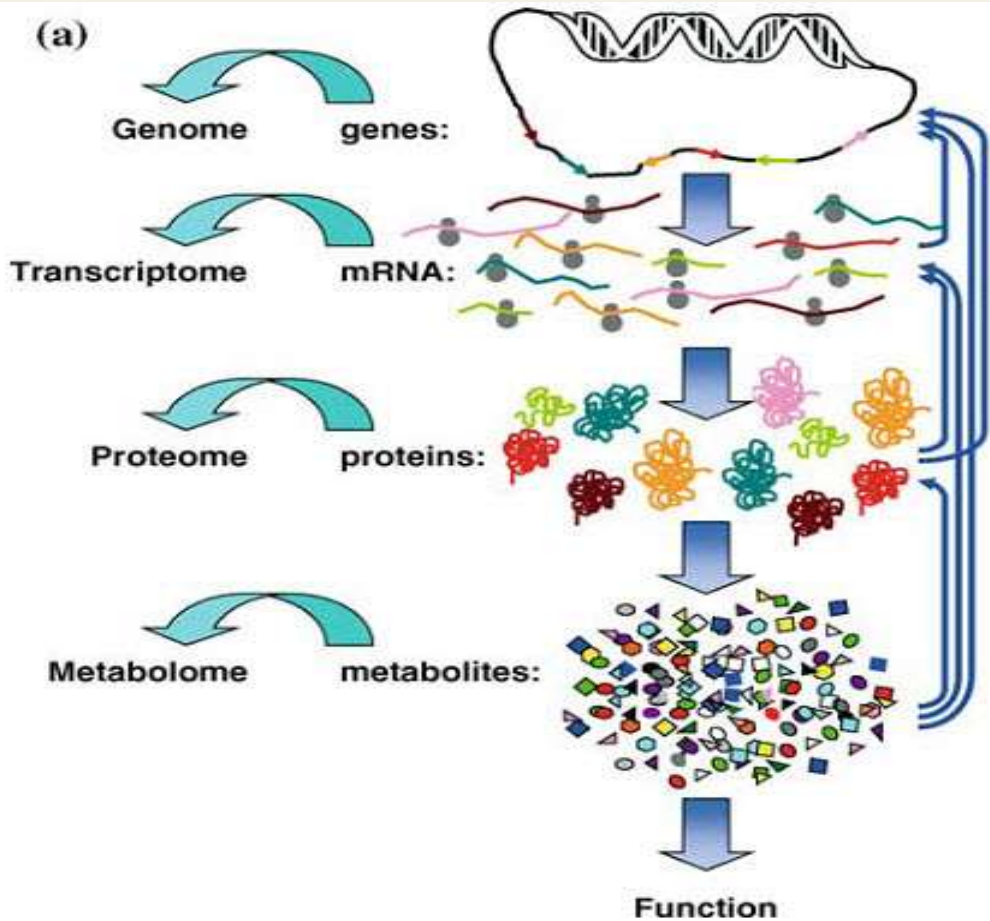
FDA Biomarker Definition

A biomarker is a characteristic that is objectively measured and evaluated as an indicator of normal biologic processes, pathogenic processes, or pharmacologic responses to a therapeutic intervention

A biosignature is an optimized biomarker panel



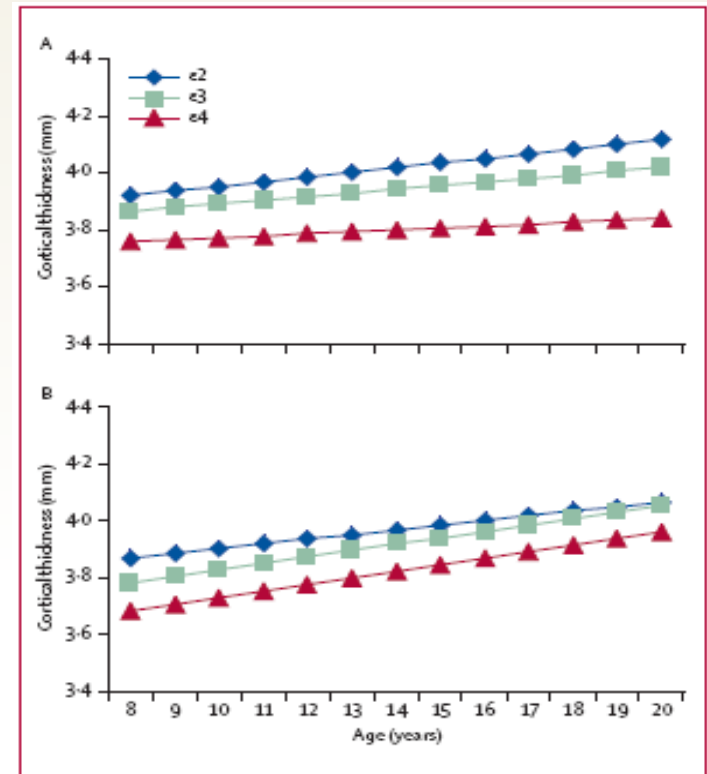
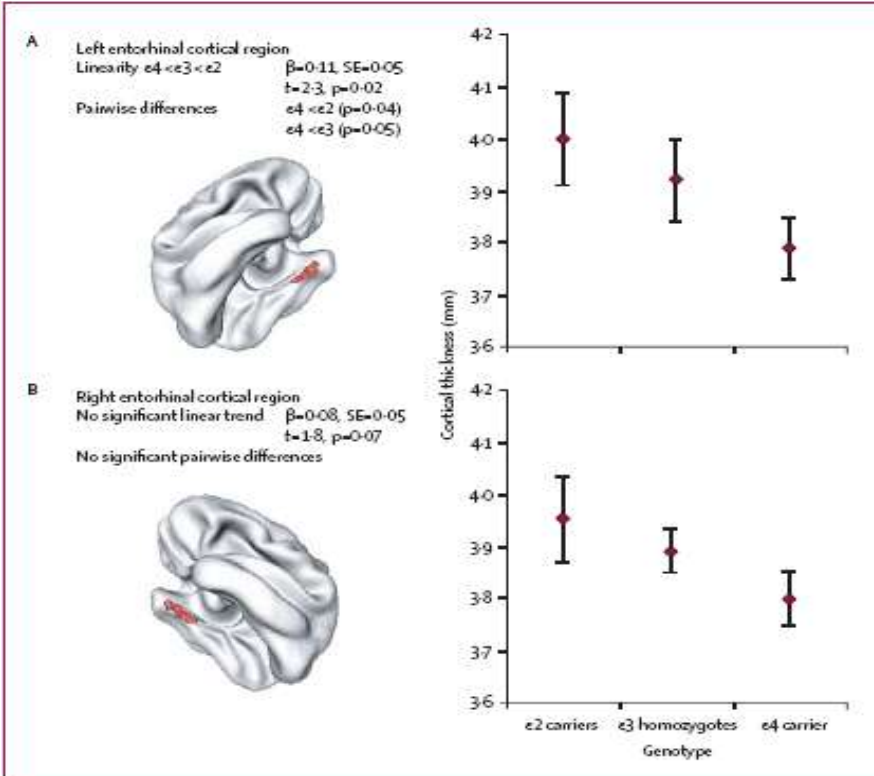
-Omics Biomarkers / Biosignatures



Alzheimer's: A Developmental Disorder?

Cortical morphology in children and adolescents with different apolipoprotein E gene polymorphisms: an observational study

Philip Shaw, Jason P Lerch, Jens C Pruessner, Kristin N Taylor, A Blythe Rose, Deanna Greenstein, Liv Clasen, Alan Evans, Judith L Rapoport, Jay N Giedd



Lancet Neurol, 2007

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Combining MRI, PET and CSF biomarkers in diagnosis and prognosis of Alzheimer's disease

KB Walhovd,^{1,2} AM Fjell,^{1,2} J Brewer,^{3,5} LK McEvoy,³ C Fennema-Notestine,^{3,4} DJ Hagler, Jr,³ RG Jennings,³ D Karow,³ AM Dale,^{3,5} and The Alzheimer's Disease Neuroimaging Initiative

¹¹C-PiB PET assessment of change in fibrillar amyloid- β load in patients with Alzheimer's disease treated with bapineuzumab: a phase 2, double-blind, placebo-controlled, ascending-dose study



Juha O Rinne, David J Brooks, Martin N Rossor, Nick C Fox, Roger Bullock, William E Klunk, Chester A Mathis, Kaj Blennow, Jerome Barakos, Aren A Okello, Sofia Rodriguez Martinez de Llano, Enchi Liu, Martin Koller, Keith M Gregg, Dale Schenk, Ronald Black, Michael Grundman

Summary

Background Carbon-11-labelled Pittsburgh compound B (¹¹C-PiB) PET is a marker of cortical fibrillar amyloid- β load *Lancet Neurol* 2010; 9: 363-72



Utility of Biomarker Approach

Known or probable disease

No signs or symptoms, no known disease

Risk-factor assessment
(*susceptibility*)

Presence of occult disease
(*screening*)

Cause unknown

Determine cause (*diagnosis*)

Refine differential diagnosis

Cause known

Disease extent or severity
(*staging*)

Predict natural history
(*prognosis*)

Predict response to
intervention (*prediction*)

Monitor disease course
(*surveillance*)

Assess response to treatment

Adapted from:

- Harrison's Principles of Internal Medicine, 17th Edition. Editors; Fauci AS et al. The McGraw-Hill Companies.
- Whiting P et al. A review identifies and classifies reasons for ordering diagnostic tests. J Clin Epidemiol 2007; 981-9.
- Fischbach T. Manual of Laboratory & Diagnostic Tests, 7th Edition. Lippincott Williams & Wilkins: Philadelphia. 2004.



FDA: Biomarkers are Key to Efficient Drug Development

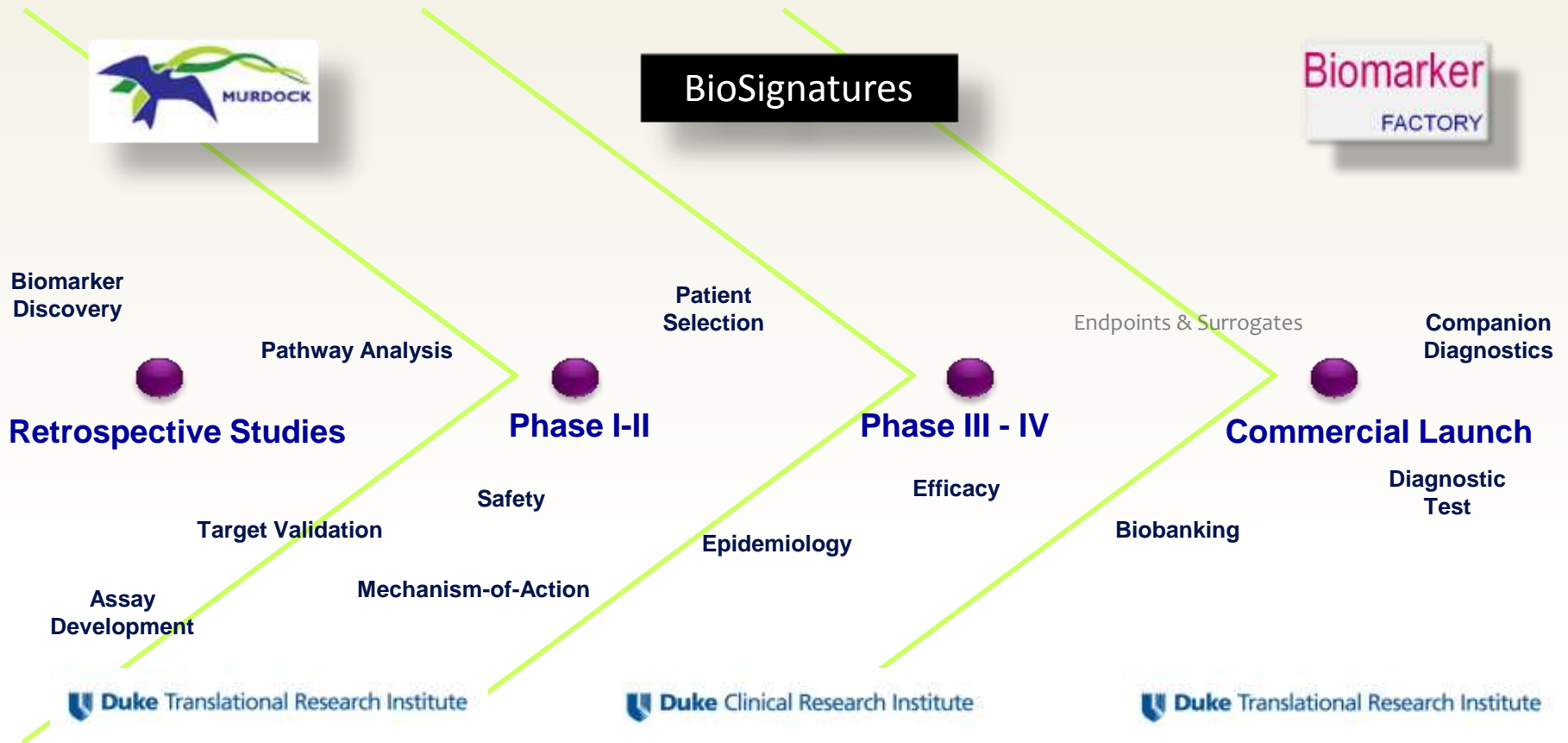
Biomarkers are the foundation of evidence based medicine--who should be treated, how and with what

Absent new markers, advances in more targeted therapy will be limited and treatment will remain largely empirical

It is imperative that biomarker development be accelerated along with therapeutics



Biomarker-Driven Drug Development

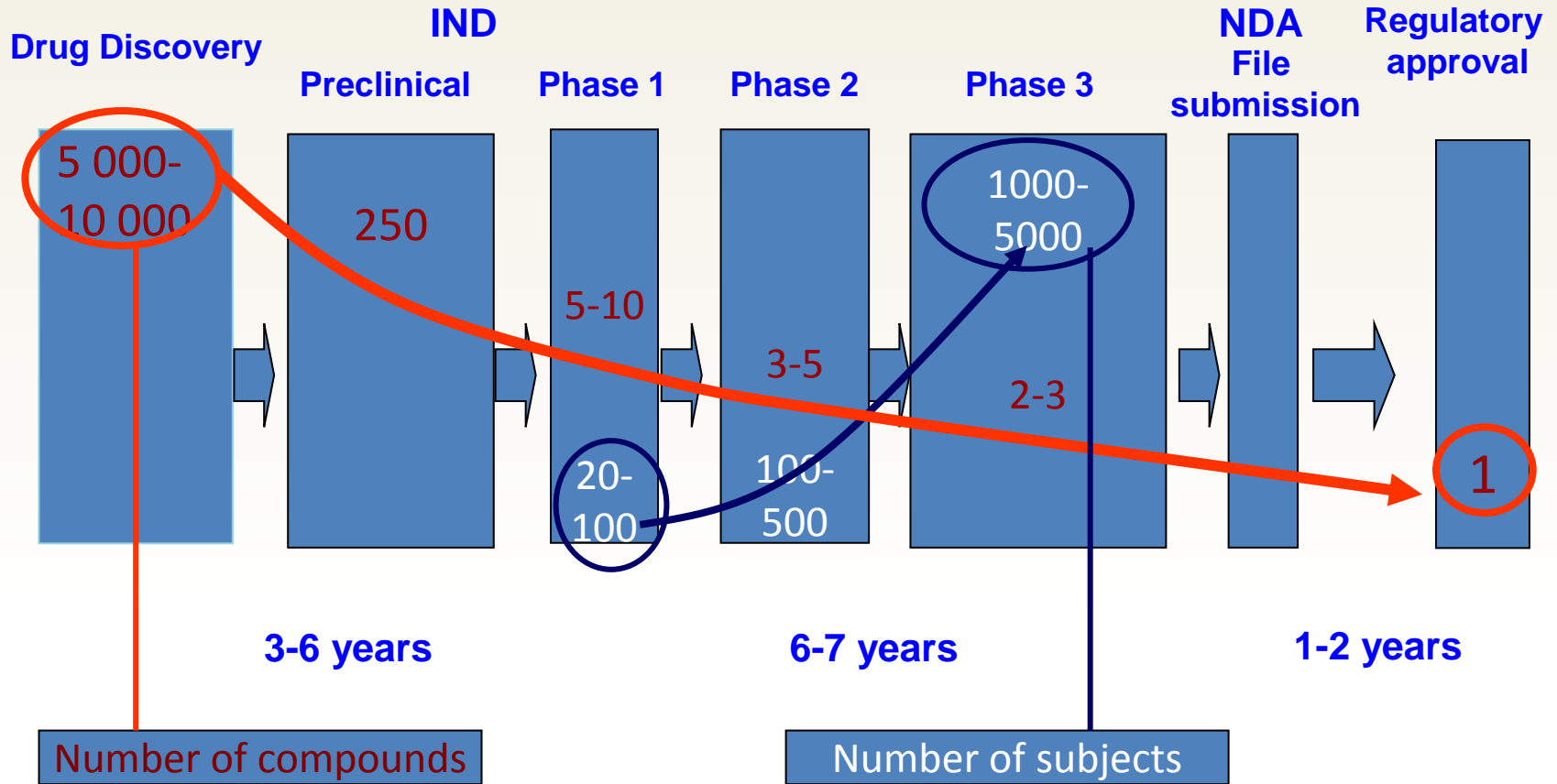


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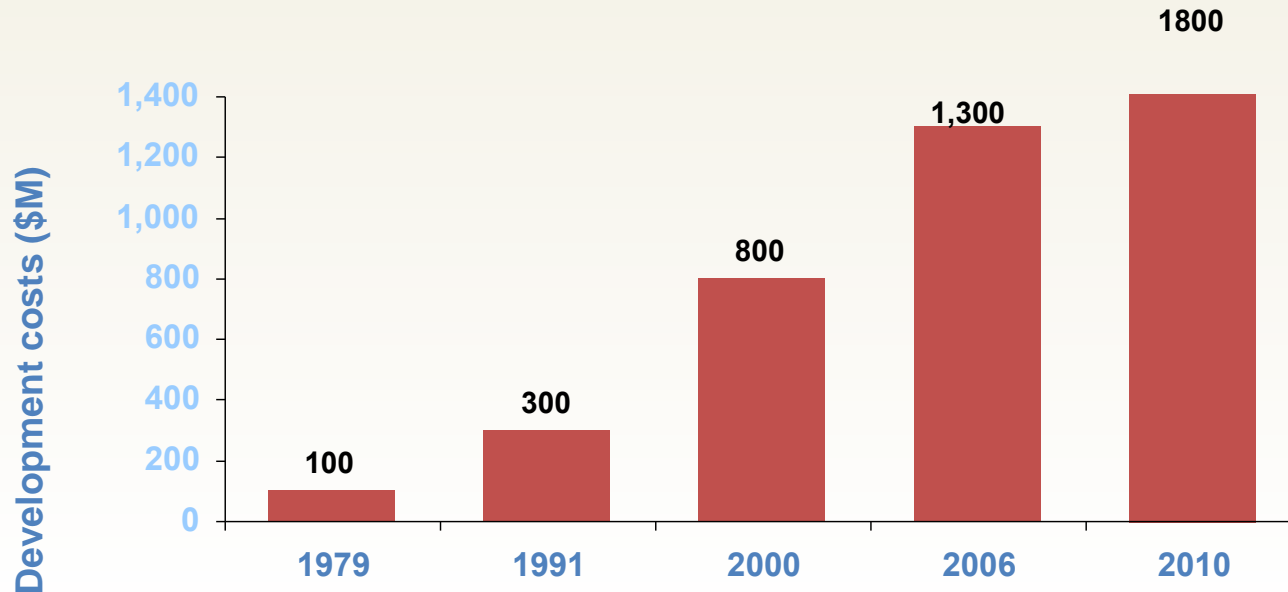


Process of Drug Development



Average Cost to Develop a New Drug Single New Approved Drug

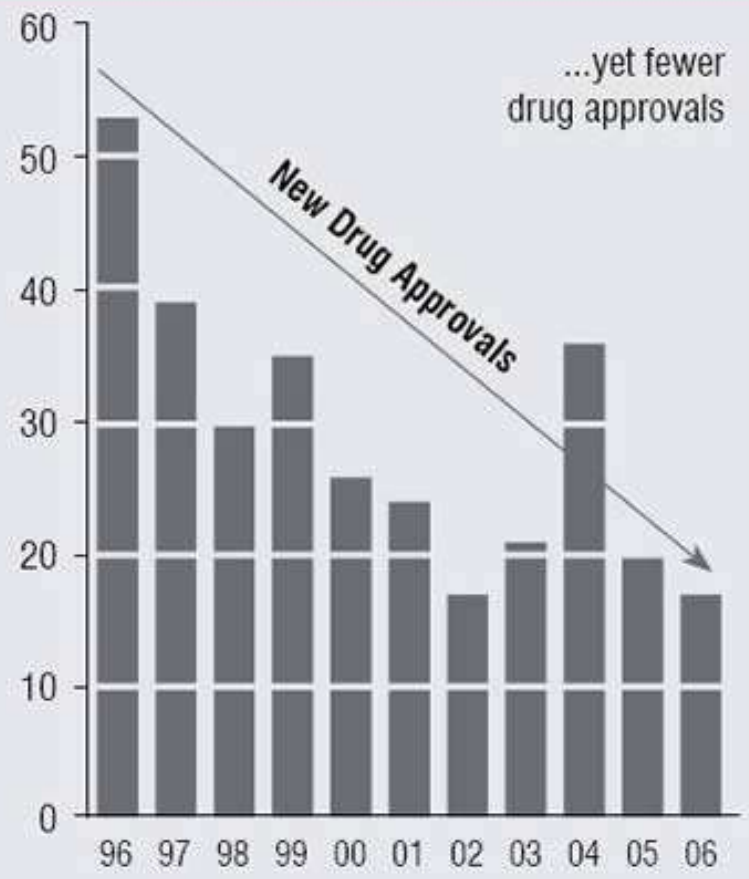
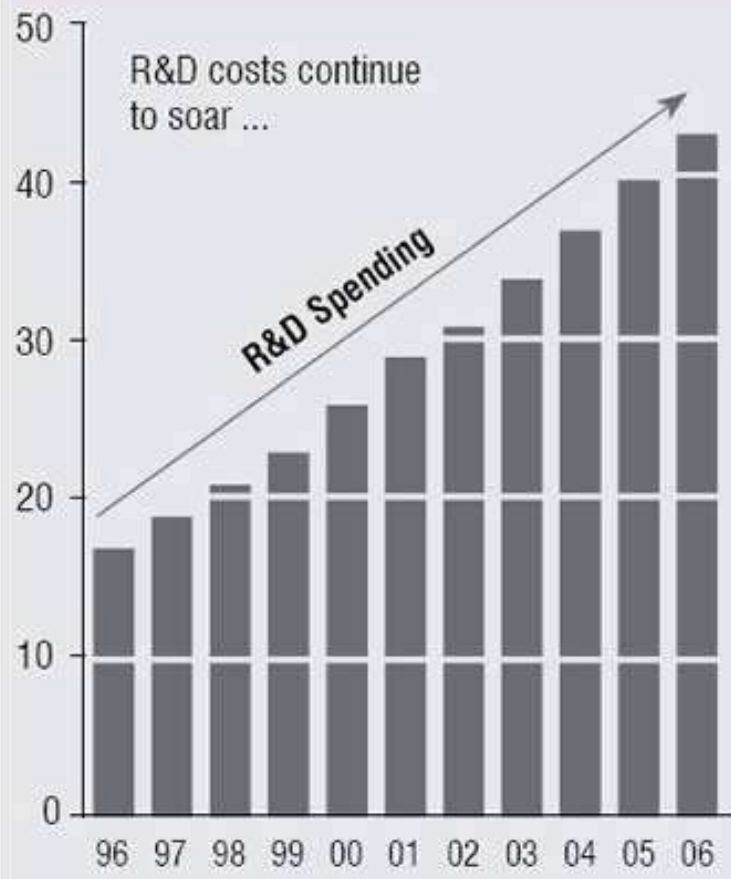
Drug Development Costs 1979–2010



Total industry includes members and non-members of PhRMA.
Source: PhRMA. Pharmaceutical Industry Profile



R&D spending vs. FDA approvals, 1996-2006



Sources: PhRMA 2007; FDA, 2007

Figure 1



Mechanistically Novel New Medical Entities

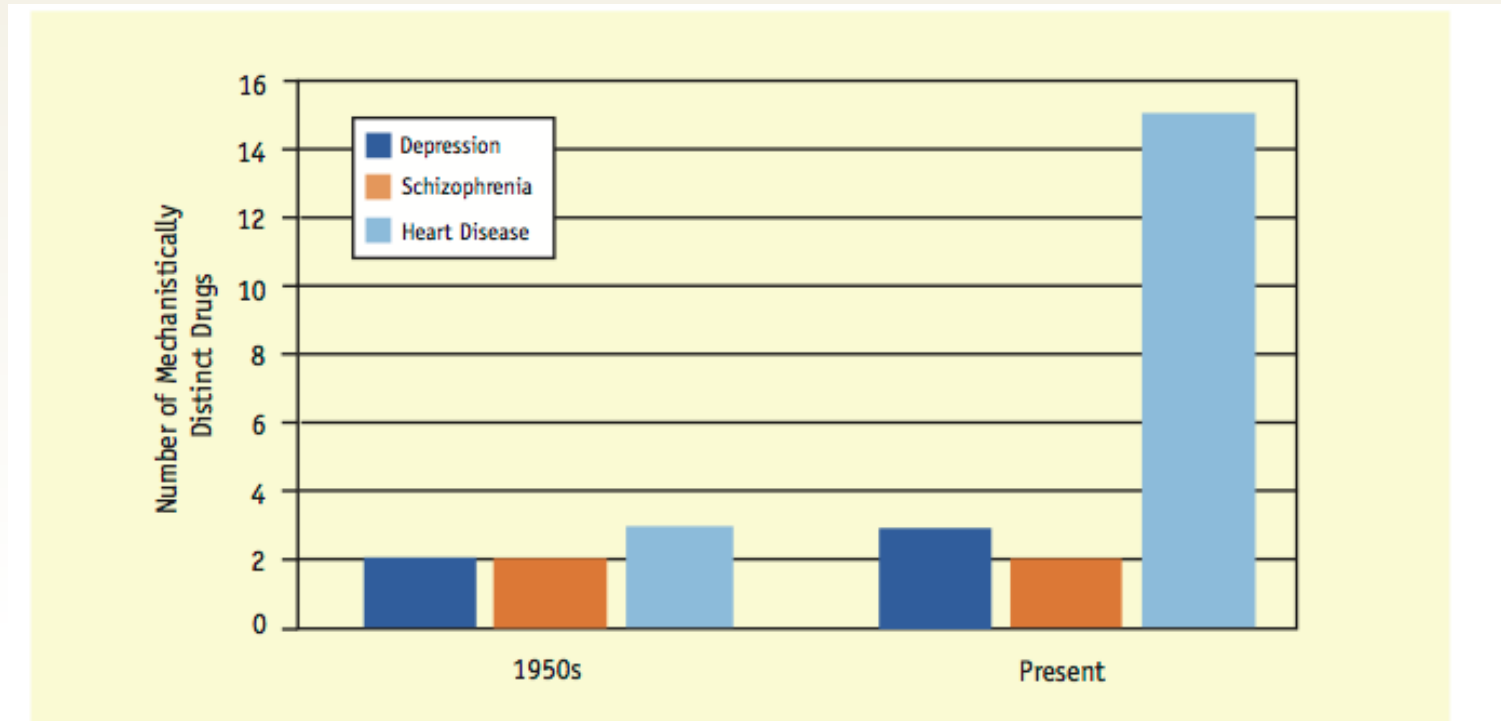


Figure 2. Drug development in the past 50 years.



Glaxo to Stop Pain Research, Start Rare-Disease Unit (Update2)

By Trista Kelley - February 4, 2010 12:42 EST

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EARLY BRAIN & BIOLOGICAL DEVELOPMENT: A SCIENCE IN SOCIETY SYMPOSIUM



ANALYSIS

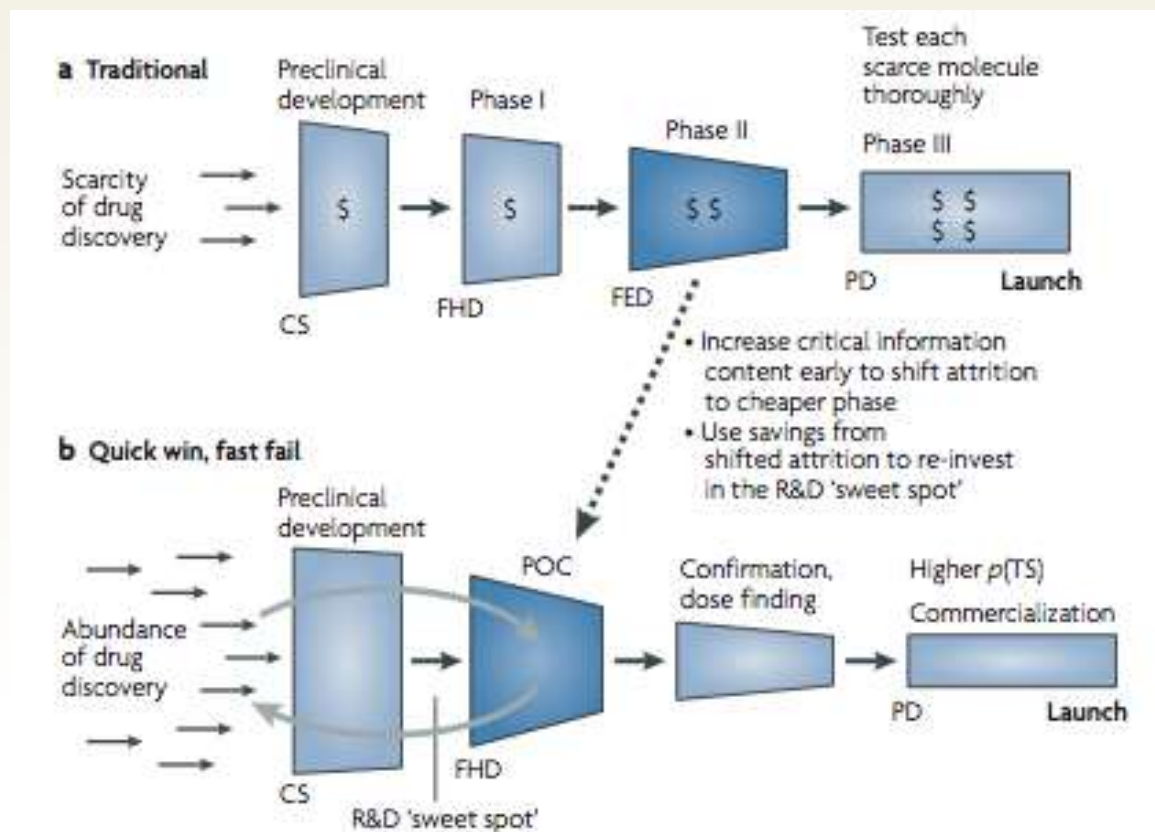
How to improve R&D productivity: the pharmaceutical industry's grand challenge

*Steven M. Paul, Daniel S. Mytelka, Christopher T. Dunwiddie, Charles C. Persinger,
Bernard H. Munos, Stacy R. Lindborg and Aaron L. Schacht*

Abstract | The pharmaceutical industry is under growing pressure from a range of environmental issues, including major losses of revenue owing to patent expirations, increasingly cost-constrained healthcare systems and more demanding regulatory requirements. In our view, the key to tackling the challenges such issues pose to both the future viability of the pharmaceutical industry and advances in healthcare is to substantially increase the number and quality of innovative, cost-effective new medicines, without incurring unsustainable R&D costs. However, it is widely acknowledged that trends in industry R&D productivity have been moving in the opposite direction for a number of years. Here, we present a detailed analysis based on comprehensive, recent, industry-wide data to identify the relative contributions of each of the steps in the drug discovery and development process to overall R&D productivity. We then propose specific strategies that could have the most substantial impact in improving R&D productivity.

Paul, *Nat Rev Drug Disc*, 2010

New Model



Paul, Nat Rev Drug Disc, 2010



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FROM DISCOVERY TO CURE

ACCELERATING THE DEVELOPMENT OF
NEW AND PERSONALIZED INTERVENTIONS
FOR MENTAL ILLNESSES

REPORT OF THE NATIONAL ADVISORY MENTAL HEALTH
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Federal Research Center Will Help Develop Medicines


By GARDINER HARRIS

Published: January 22, 2011

The Obama administration has become so concerned about the slowing pace of new drugs coming out of the pharmaceutical industry that officials have decided to start a billion-dollar government drug development center to help create medicines.

 RECOMMEND

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Topics

- What is meant by preemptive treatments?
- The four pivots to preemptive interventions:
 - Translational developmental neuroscience
 - Biomarkers and personalized medicine
 - **Novel interventions and early phase clinical pharmacology**
 - Prevention trials and comparative-effectiveness research



Explanatory Versus Pragmatic Trials

- **Some trials ask whether an intervention can work, under tightly-controlled, ideal conditions. We call these “Explanatory” or “Efficacy” trials.**
- **Other trials ask whether an intervention does work under the usual conditions that apply where it would be used. We call these “Pragmatic” or “Effectiveness” trials.**





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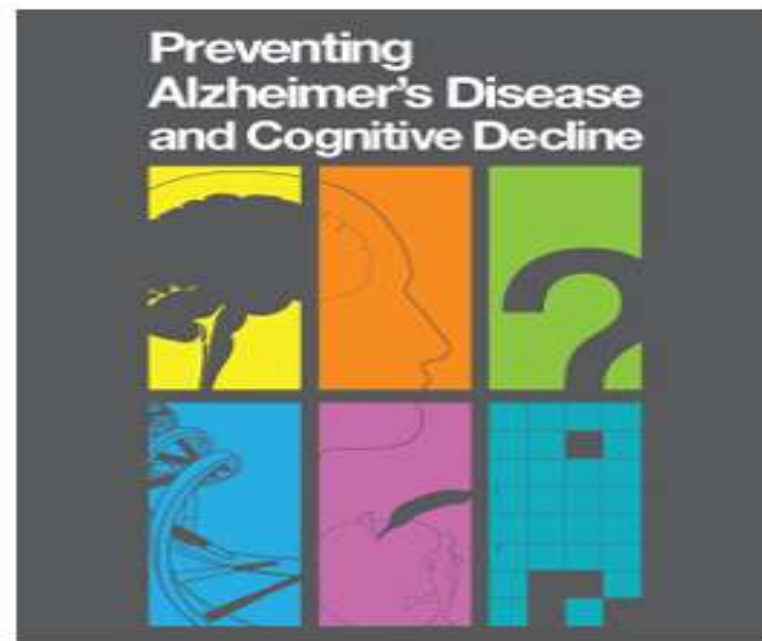
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Final Panel Statement

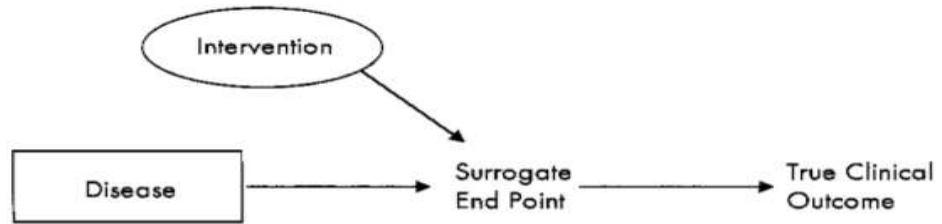
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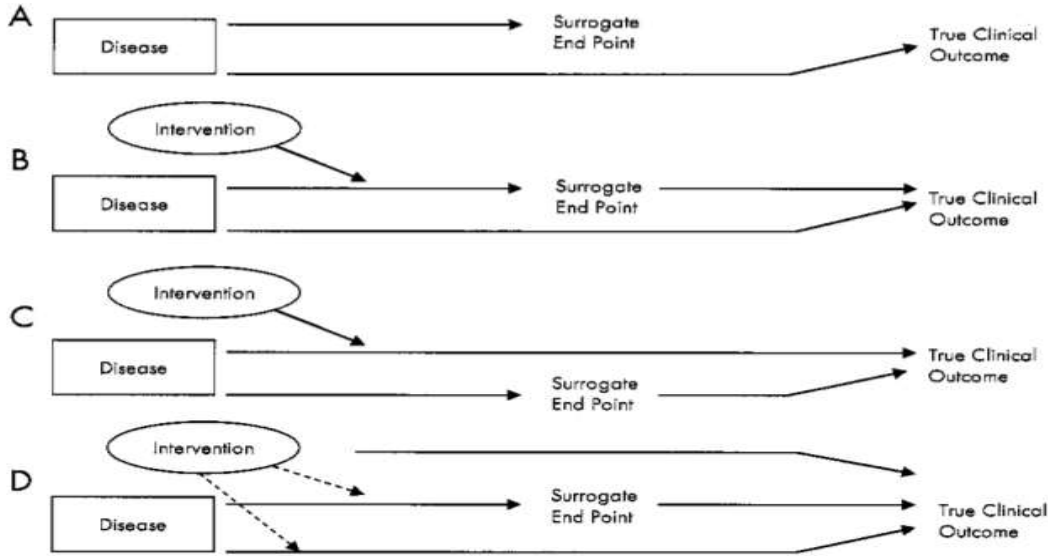
An abridged version of this statement was also published in [Annals of Internal Medicine: June 15, 2010, 152: 792-796.](#)



a Time →



b Time →



Lessons Learned From Recent Cardiovascular Clinical Trials: Part I
David L. DeMets and Robert M. Califf
Circulation 2002;106:746-751
DOI: 10.1161/01.CIR.0000023219.51483.66



Definition and Purpose of CER

- CER is the generation and synthesis of evidence that compares the benefits and harms of alternative methods to prevent, diagnose, treat, and monitor a clinical condition or to improve the delivery of care.
- The purpose of CER is to help decision makers make informed decisions that will improve health care at both the individual and population levels.



Final Portfolio: 100 CER Priority Topics

TABLE 5-1 Recommended Research Priorities by Research Area

Category	Primary Research Area	Secondary Research Area	Total
Health Care Delivery Systems*	23	27	50
Racial and Ethnic Disparities	3	26	29
Cardiovascular and Peripheral Vascular	8	13	21
Geriatrics	2	19	21
Functional Limitations and Disabilities	2	20	22
Neurologic Disorders	6	11	17
Psychiatric Disorders	7	10	17
Pediatrics	1	15	16



What is CER?

Can include four types of CER:

- Data mining studies
- Observational studies
- **Pragmatic / practical clinical trials**
- Systematic reviews



Things to Do On a PCT Network

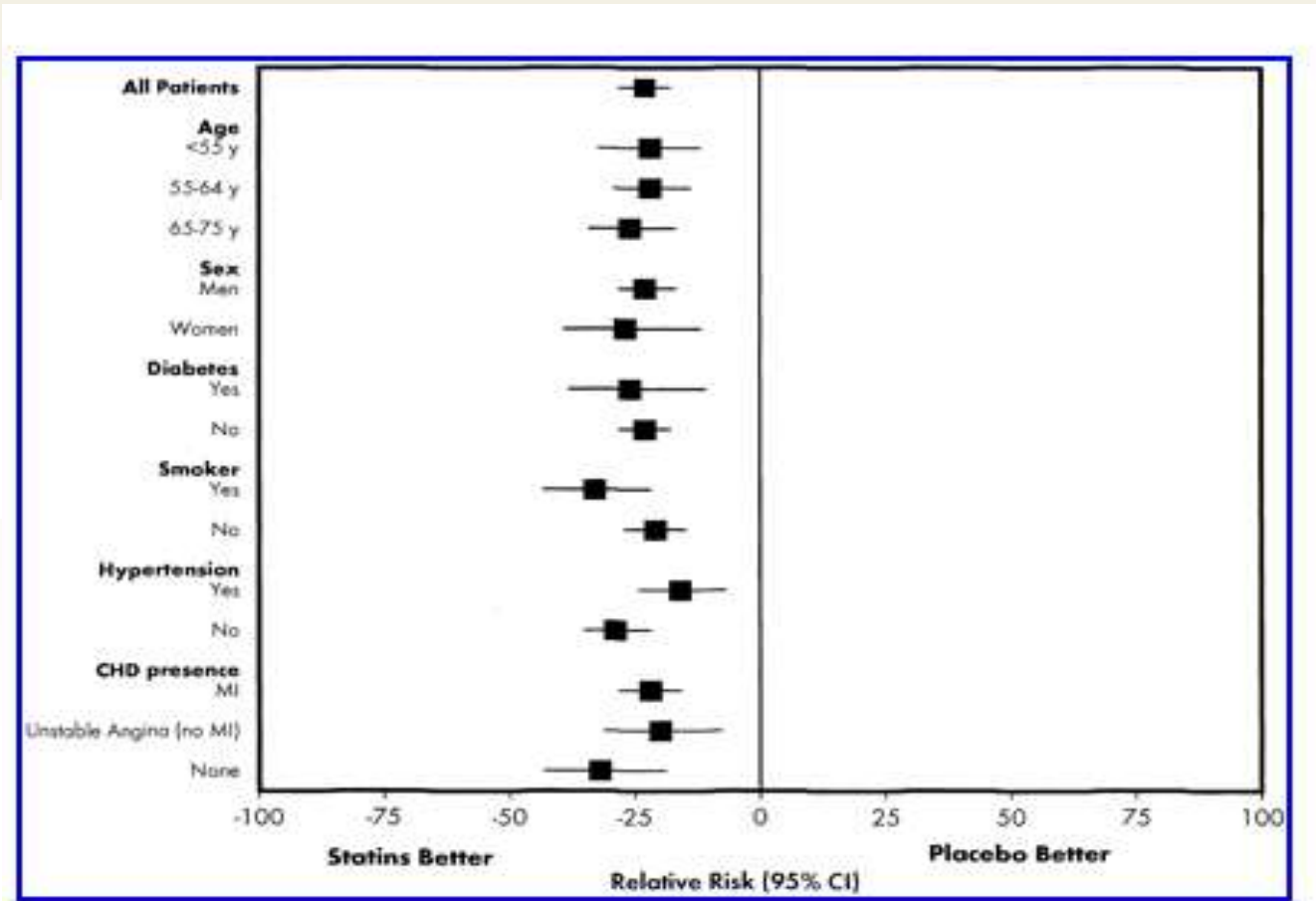
- Inception cohorts (registries if use EHR)
- Active comparator trials
- Treatment addition or withdrawal trials
- Dynamic treatment regimes (adaptive designs)
- Population PK studies
- Stratify on subgroup, e.g age, gender, race, SES
- Traditionally excluded or rare populations
- Biomarker / Biosignature studies



SEM and Power

$$SEM = \frac{\sigma}{\sqrt{N}}$$

CI population mean = +/- 2 [SEM]





The NEW ENGLAND JOURNAL *of* MEDICINE

Perspective
MAY 7, 2009

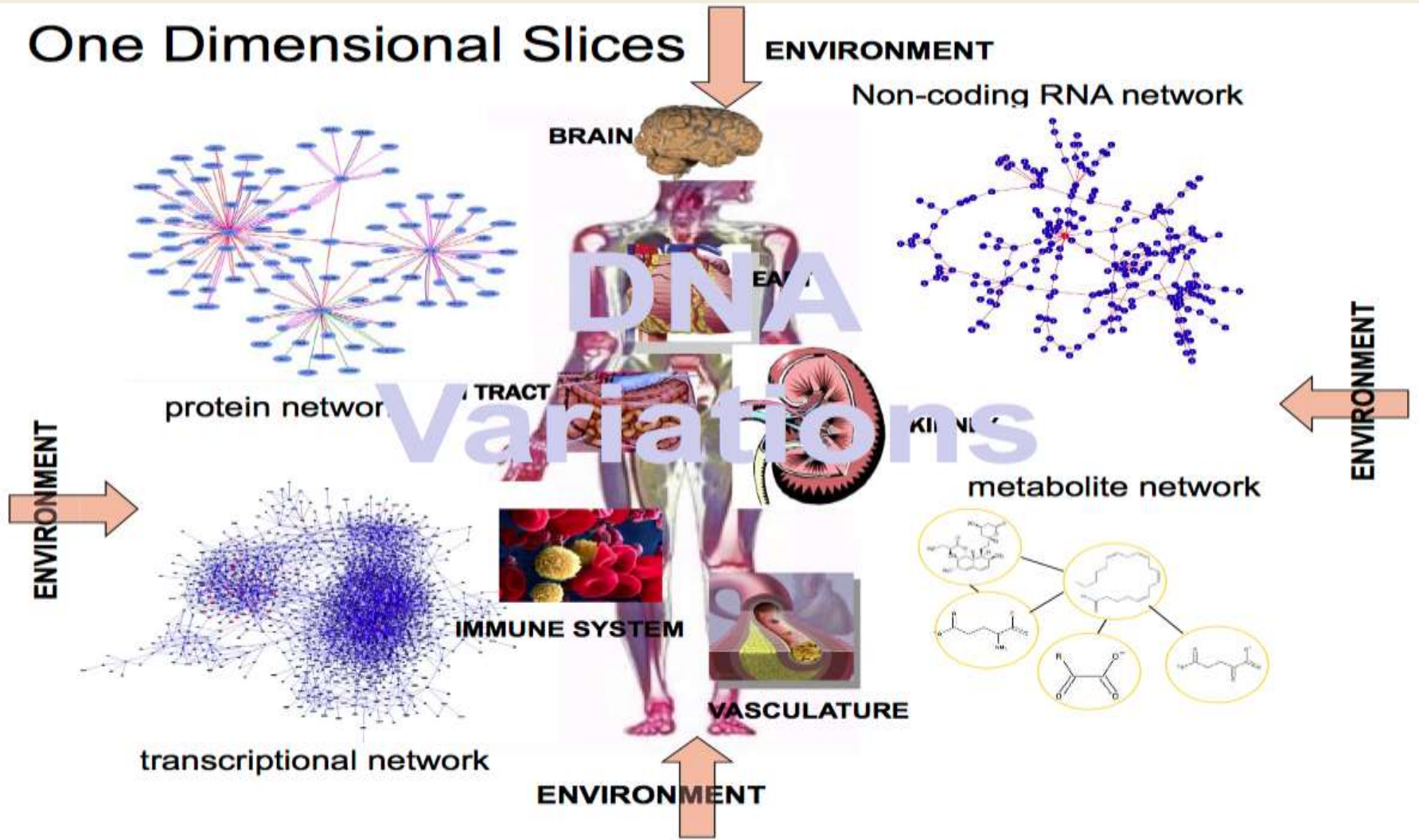
Does Comparative-Effectiveness Research Threaten Personalized Medicine?

Alan M. Garber, M.D., Ph.D., and Sean R. Tunis, M.D.

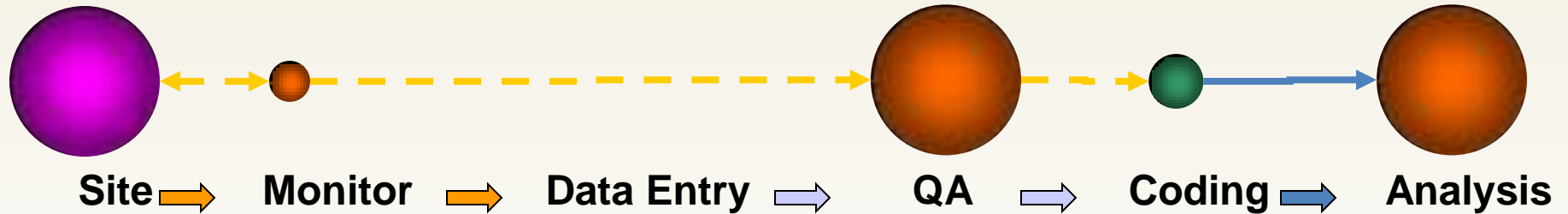
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One Dimensional Slices



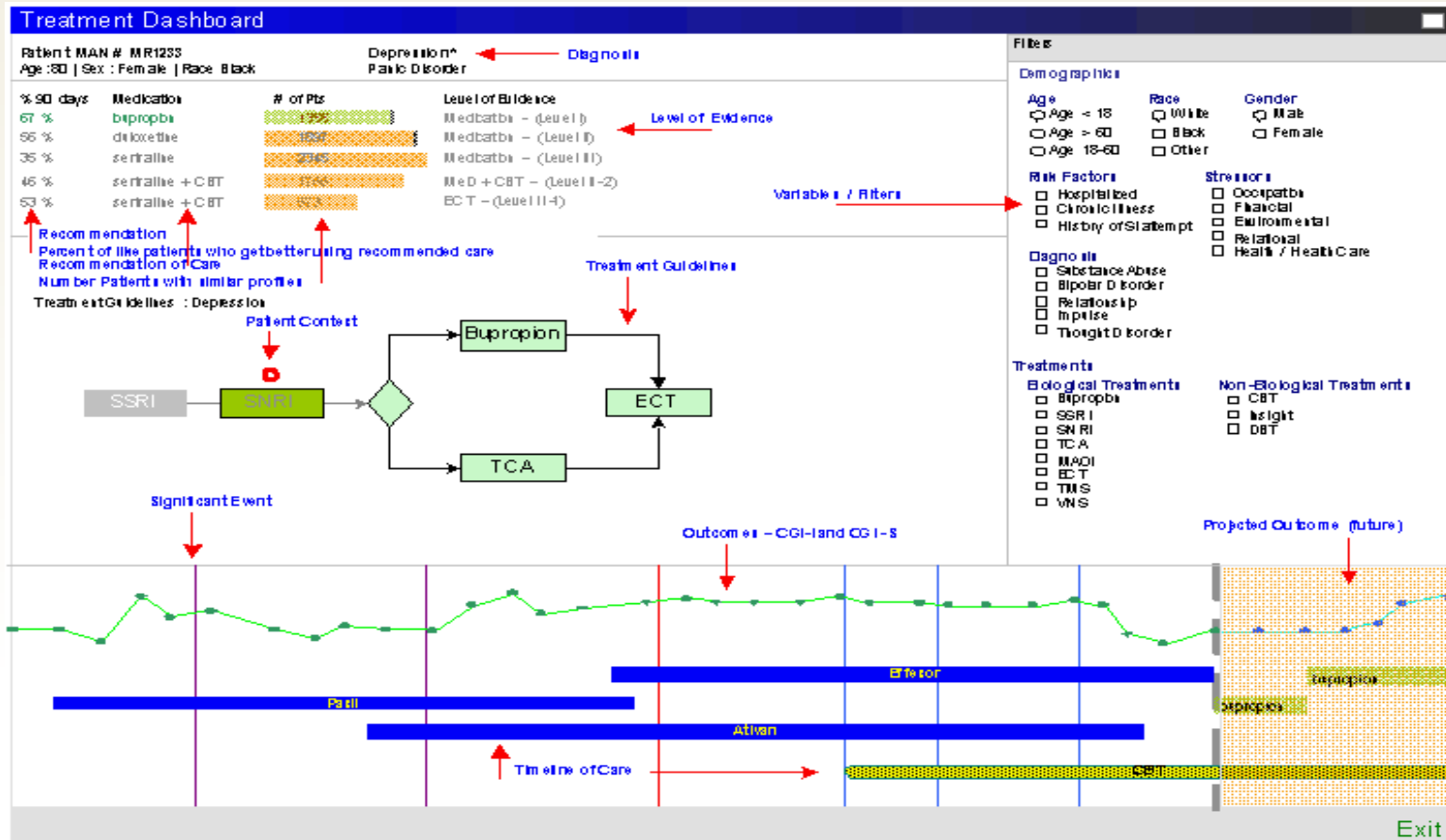
EMR-Based “Single Source” Data Entry



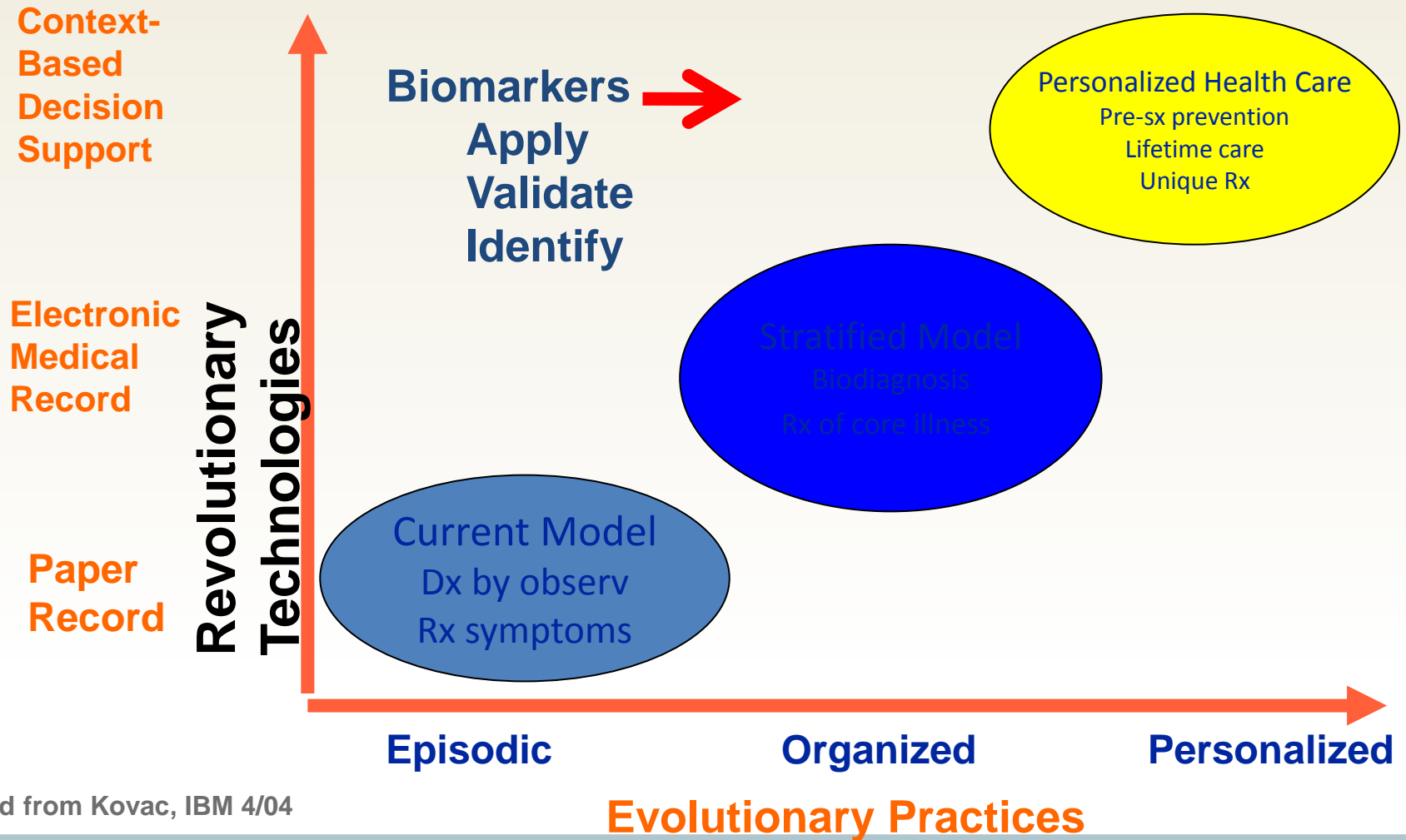
Data Driven Reasons: Why Single Source ?

- Eliminates Source Document Verification
- Eliminates redundant data entry
- Eliminates transcription errors
- Reduces queries and time spent on query resolution
- Provides richer data source
- Connects the data to the date/time of collection
- Builds in quality checks
- Allows for simple trials in clinical setting

Context-Based Decision Support



Mental Health Care in the -Omics Era



Adapted from Kovac, IBM 4/04



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Heart Attack

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- Serving as the analytic engine for the American College of Cardiology's National Cardiovascular Data Registry, the Society of Thoracic Surgeons' National Database, the CRUSADE National Quality Improvement Initiative, and the American Heart Association's Get with the Guidelines initiative
- Top congestive heart failure program in the country (based on volume, NIH and private funding, and publications)
- First and longest-running post-CABG cardiac rehabilitation practice in the country
- Largest cardiovascular MRI program in the world (based on clinical volume and research funding)
- Largest cardiac transplant, congestive heart failure, adult valvular, and congenital heart disease programs in the Southeast
- Consistently ranked among the top heart programs in the nation by *U.S. News & World Report*
- Home to major breakthroughs in cardiovascular care, including the first perfusion balloon angioplasty catheter, first real-time volumetric ultrasound system for 3-D heart imaging, and introduction of the bioabsorbable coronary stent



THIS IS OUR DEDICATION.
THIS IS OUR COMMITMENT.
THIS IS DUKE MEDICINE.

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