



Our Mission & Vision

As stated in our website, the Clinical Academic Center – Braga (ZCA-Braga) is a non-profit partnership between the University of Minho and the Hospital de Braga, with a focus on research, clinical care, education and training. Our vision is to create a paradigm shift for healthcare: a larger number of subjects can be appropriately monitored and healthcare providers can proactively engage their population into an adjustable healthcare mode. Strengthening this vision, the ZCA-BRAGA seeks to ensure that medical research breakthroughs lead to direct clinical benefits for patients. This Newsletter gives you an overview of the clinical research centre activities along with a snapshot of some planned actions for 2016. We hope you enjoy the reading!

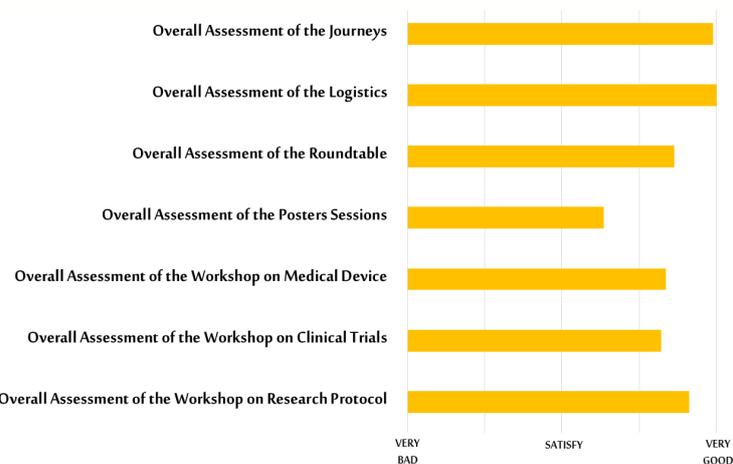
II Clinical Research & Innovation Journeys



Last October ZCA-Braga hosted the II Clinical Research & Innovation Journeys, an event of practical workshop sessions focused on the challenges of developing

and implementing a research protocol, the overall submission phase and also an exclusive session dedicated to the new rules applicable for medical devices. The journey ended with a very valuable contribution of our country agencies (namely our Competent Authority, INFARMED, and our National Data Protection Agency, CNPD) regarding the discussion of promoting clinical research in Portugal.

To improve the overall initiative, align journeys expectations and outcomes, an assessment was conducted to obtain the opinion of the overall participants. The parameters included in this assessment are as listed below.



In general the results were considered very good (9 out of 10 parameters were highly above the satisfying level). The highest score was achieved on 2-CA Journeys & Logistics and Organization parameters. Some room for improvement was identified for Poster Session, still satisfaction levels were achieved.

Our Numbers

Our overall number of studies have been steadily increasing with recruitment figures maintained above the 85% rate since July 2014. This is the result of a consolidated team that is focused on capturing and retaining staff, studies and methodologies which are key for success in the research area.

Patient Recruitment rate

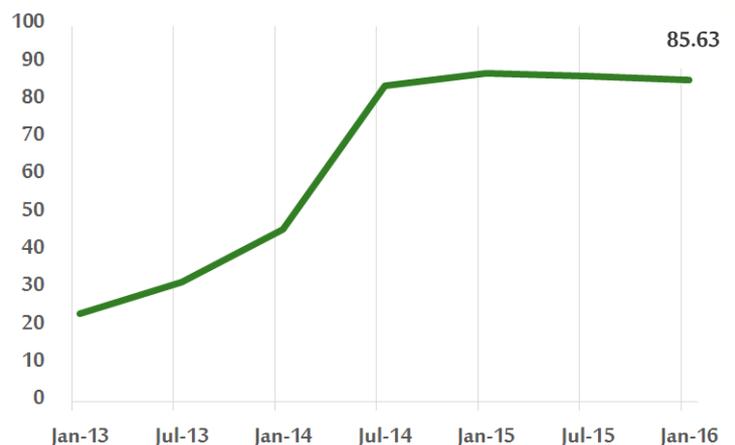
Measured by sponsors as a Key Performance Indicator and considered a key decision factor upon site feasibility and selection process, patient recruitment rate is a critical milestone in clinical research.

ZCA-Braga is committed to maintain high recruitment goals and objectives, being a reliable partner for clinical research.

Seeking for high recruitment rates, ZCA-Braga has always been focused in patient engagement since, for us, it is a key factor for ensuring both compliance and retention on long or challenging studies (≥98%).

Currently, there are 327 participants in Commercial Ongoing Studies: 102 are enrolled in clinical trials and 225 in observational studies.

Patient Recruitment Rate for Commercial Ongoing Studies



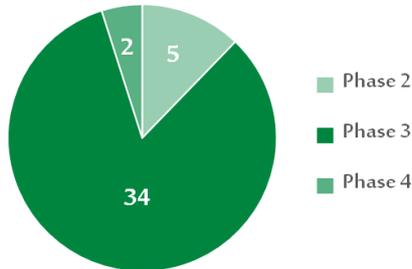
N = 102 Clinical Trials Subjects
N = 225 Observational Studies Subjects

Clinical Research figures

2CA-Braga is currently involved in the conduction of 91 studies, of which 41 are Clinical Trials (from phase 2 to phase 4) and 50 are Other Studies (including Retrospective and Prospective Studies as well as Studies with Medical Devices). Within these distribution they are further classified in commercial initiative studies (48) and Investigator-Driven Studies (43).

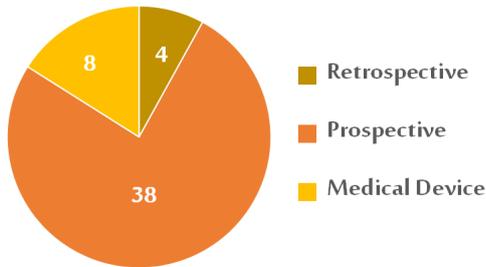
ONGOING STUDIES - 91

CLINICAL TRIALS N= 41



Commercial Initiative N=36 | Investigator Initiative N=5

OTHER CLINICAL STUDIES N= 50

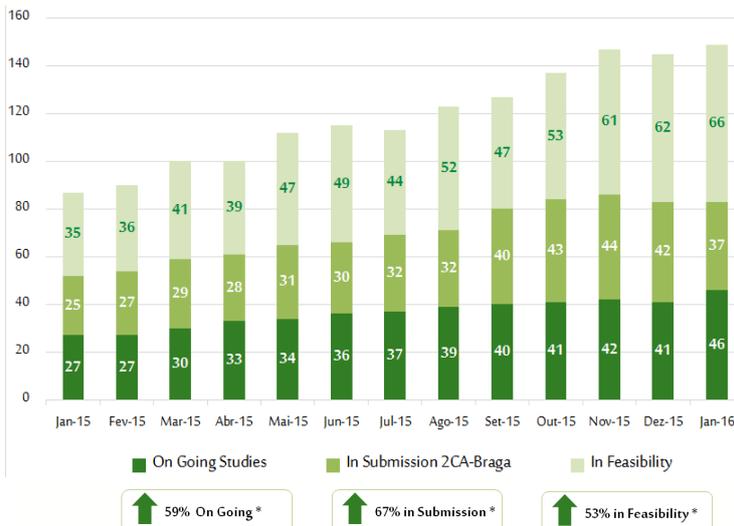


Commercial Initiative N=12 | Investigator Initiative N=38

In addition to the above mentioned ongoing studies, 2CA-Braga is also involved in other studies already in feasibility stage and/or submission stage.

In a more detailed view, on January of 2016, the commercial initiative studies were as follows:

- 66 studies on feasibility stage
53% increase in comparison to Jan-2015
- 37 studies on submission stage
67% increase in comparison to Jan-2015
- 46 studies on ongoing stage (as demonstrated in graphics above)
59% increase in comparison to Jan-2015



Grants 2CA-Braga

One of main objectives of 2CA-Braga is to promote investigator driven research.

Since 2013, 5 research scholarships were granted (10,000 €/each). Three additional research grants were attributed during 2015:

- **“Smart Walker gait training: a contribute to the rehabilitation of ataxic patients”** - *Ana Catarina Matias* (Serviço de Medicina Física e Reabilitação, Hospital de Braga)
- **“Pruritus associated to intrathecal sufentanil: characterization of a surgical population”** - *José Miguel Pego* [Escola de Ciência da Saúde (ECS)/ Instituto de Investigação em Ciências da Vida e Saúde (ICVS)] and *Paulo Fragoso* (Serviço de Anestesiologia, Hospital de Braga)
- **“Immunological aging as a trigger for multiple sclerosis”** - *Margarida Correia-Neves* (ECS/ICVS)

Extraordinarily, 3 additional investigator initiated projects will be sponsored:

- **“Manutenção do cateter venoso central totalmente implantado: necessidade e frequência”** - *Ema Alves* and *Ana Monteiro* (2CA-Braga)
- **“MEXE-Park: Magnitude do benefício do Exercício Físico na Doença de Parkinson”** - *Margarida Rodrigues* (Serviço de Neurologia, Hospital de Braga)
- **“Efficacy of local preemptive analgesia in the reduction of pain after tonsillectomy”** - *Ana Sousa Menezes* (Serviço de ORL, Hospital de Braga)

The research grants will be provided on the 4th of March, 2016 during the “Dia do 2CA-Braga”.

What next?

The Clinical Research Training Programme is a cornerstone of 2CA-Braga.

As in previous years, three new editions are now being launched and communicated to their targets.

This year’ editions (dates included in table below) focus critical areas for professionals involved in clinical research, including but not being limited to: Introduction to Clinical Research; Regulatory framework; Good Clinical Practice; Clinical Protocol Development; Clinical Study Submission and Statistical Analysis (using SPSS).

4th Edition	29/Feb-04/Mar	Hospital de Braga Residents
5th Edition	11-15/Jul	Hospital de Braga Nurses
6th Edition	07-11Nov	Physicians, Nurses, Pharmacists as well as Residents and other Professionals engaged in Clinical Research.

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