

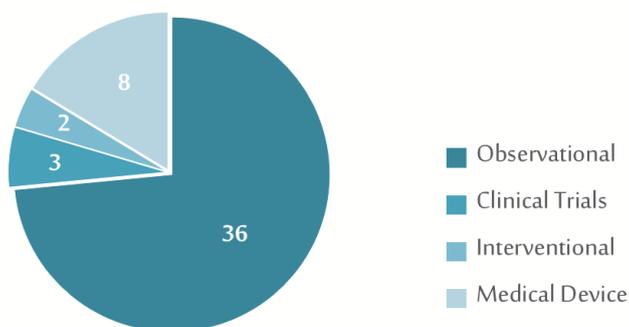
## Our Mission & Vision

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!

## Investigator Driven Studies

Since the beginning, the ZCA-Braga has been promoting a high collaboration with investigators from Academia (e.g. University of Minho and University of Porto) and Hospital de Braga. It is deeply imbedded within our mission and vision and it is something to be proud as the overall Investigator driven studies are now reaching 50% of our overall studies. When compared with last year results (May, 2015), we can say that we had a 117% increase in investigator driven studies. These include several type of studies, including but not limited to early phase clinical trials, observational and interventional clinical studies and studies with medical devices. Within the several interventional studies managed by ZCA-Braga, most of them involve medical/surgical techniques. Top three therapeutic areas covered are neurology, psychiatry and gastroenterology. Many other areas are covered such as gynaecology, internal medicine, orthopaedics, ophthalmology, surgery and urology, among others.

Distribution of Investigator Driven Studies managed by ZCA-Braga



Our New Projects Support Office is now formalized and can be accessed via our website but the spirit and collaboration efforts made to promote investigator initiated studies have always been present. ZCA-Braga is supporting:

### Small and medium-sized enterprises (e.g.: Enlightenment, Stemmaterris, Biotechol and Criamtech):

- ◆ Developing study design/clinical study protocol
- ◆ Biostatistics
- ◆ Study implementation at site and hospital department levels
- ◆ Submission to applicable authorities (Central or local ethics, Regulatory and National Data Protection Agency)
- ◆ **Project submission to Calls:**
- ◆ Project approved and financed by Norte2020 to start on Jun 2016 under the supervision of Nuno Sousa, MD, PhD (Coordinating Investigator)
- ◆ Submission to Horizon2020 (last April) as coordinating site on Multiple Sclerosis therapeutic area, project to be supervised our ZCA-Braga Investigator – João Cerqueira, MD, PhD.

## Research Projects – Making a difference

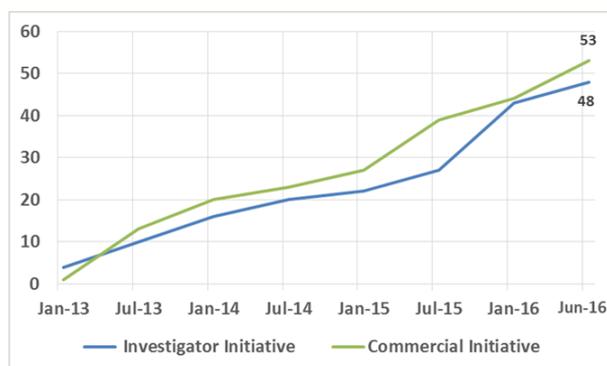
The Clinical Academic Center – Braga (ZCA-Braga) has deeply incorporated the medical research breakthroughs into its vision as it generates scientific knowledge which is then transformed into direct clinical benefits for patients and overall society. This Newsletter edition will give you an overview of our main activities with a higher focus on investigator driven studies. We hope you enjoy the reading!

## A Snapshot of Our Numbers



We currently have 101 clinical studies under the management of ZCA-Braga. From these, 53 studies are commercially sponsored and 48 are investigator driven studies. Within the last 3 years there has been a continuous growth in the overall number of studies managed by the ZCA-Braga. As been usual, our recruitment is kept above the 85% rate. This achievement reflects the ZCA-Braga team commitment to our partners and clinical research.

Studies managed by ZCA –Braga within last 3 years



## The 2CA-Braga Day



As in previous years, on the 4<sup>th</sup> of March, the 2CA-Braga team dedicated a full morning to raise additional awareness on main 2CA activities. Main focus was given on the research scholarships along with information on additional research grants attributed by 2CA-Braga.

The session was opened by the João Ferreira (Vice-President of 2CA-Braga). After that, Nuno Sousa (President of 2CA-Braga) gave a presentation on 2CA-Braga activities in 2015 and the next steps for 2016.

Four presentations on research works granted on the previous years of 2013 and 2014 followed 2CA-Braga activities presentation.

The session ended with the attribution of the three "Research Grants 2015" and three additional financial supports by the Board Members of the 2CA-Braga:

- ◆ **"Smart Walker gait training: a contribute to the rehabilitation of ataxic patients"** - Ana Catarina Matias (Physical Medicine and Rehabilitation Department, Hospital de Braga)
- ◆ **"Pruritus associated to intrathecal sufentanil: characterization of a surgical population"** - José Miguel Pego [Health Science School (ECS)/ Institute for Research in the Life and Health Sciences (ICVS)] and Paulo Fragoso (Anesthesiology Department, Hospital de Braga)
- ◆ **"Immunological aging as a trigger for multiple sclerosis"** - Margarida Correia-Neves (ECS/ICVS)

Extraordinarily, were sponsored 3 additional investigator projects:

- ◆ **"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 (Neurology Department, Hospital de Braga)
- ◆ **"Efficacy of local preemptive analgesia in the reduction of pain after tonsillectomy"** - Ana Sousa Menezes (Otorhinolaryngology Department, Hospital de Braga)
- ◆ **"Efficacy of local preemptive analgesia in the reduction of pain after tonsillectomy"** - Ana Sousa Menezes (Serviço de ORL, Hospital de Braga).

## 2CA Team

To keep up with our milestones, our fully dedicated internal team has been extending and at this point we have internally a project manager, four study coordinators, two clinical study nurses, one clinical study pharmacist, one financial coordinator and one clinical study assistant.



## What's next?

# JORNADAS DE INVESTIGAÇÃO CLÍNICA & INOVAÇÃO

### III Clinical Research & Innovation Journeys

As in previous years, the 3<sup>rd</sup> Clinical Research & Innovation journeys will be hosted by 2CA-Braga, on 21 of October, 2016. This will take place in the auditorium Professor Joaquim Machado of the Hospital de Braga.

This 3<sup>rd</sup> edition's main theme will be centered on interventional studies with medical devices and the opportunities and challenges around investigator initiated research.

Main targets are:

- ◆ 2CA-Braga team
- ◆ Clinical personnel from Hospital de Braga (physicians, nurses, radiology, laboratory and other technicians and clinical investigators)
- ◆ Investigators from ICVS/ECSUM
- ◆ Investigators from external sites
- ◆ Pharmaceutical Industry
- ◆ Contract Research Organizations (CRO)
- ◆ Any other professionals with interest on clinical research

For more information, please check our website <http://www.ccabraga.org> or contact us through [2ca@ccabraga.org](mailto:2ca@ccabraga.org)

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