

CLINICAL RESEARCH AT VIRGINIA MASON

Virginia Mason is relentlessly devoted to providing excellent healthcare. This commitment includes conducting clinical research studies that may improve the way we diagnose, treat and prevent disease. All clinical research at Virginia Mason is overseen by the world-renowned Benaroya Research Institute at Virginia Mason (BRI).

The goal of the Virginia Mason clinical research program is to provide each of our patients with a research option at every step of their disease, from initial diagnosis to long-term follow-up. This includes interventional drug and device trials, chart reviews, comparative effectiveness, observational studies as well as humanitarian, compassionate use and expanded-access studies. Our highly trained staff enroll over 5,000 study participants annually and work diligently to ensure the health and safety of all participants.

Fast Facts

- \$5 million annual research portfolio
- 170+ Investigators Conducting Research
- 440+ Active Studies
- 80+ Studies Currently Open to Enrollment
- 20+ Study Coordinators, 10+ research assistants and 11 support staff
- **The Clinical Research Center (CRC):** A five bed, phase 1 unit on the 8th floor of the hospital with 24/7 nursing support dedicated to the conduct of clinical research trials
- Dedicated Research Pharmacy
- Training/mentoring Program for Investigators
- Current Study Sponsors Include: Federal Government, Not-for-Profit Organizations, Private Foundations, Pharmaceutical Companies and Investigator Initiated Trials (IITs)

Current Study Areas and Research Milestones

Anesthesia / Pain Control

- Conducted multiple pain management trials testing local nerve blocks versus general anesthesia when performing surgery on knees and shoulders. This research has demonstrated faster and safer recovery times for our patients
- Through investigator-initiated protocol, became the first site in the Pacific Northwest to offer Intraoperative Radiation Therapy treatment for breast cancer patients

Cancer

- Virginia Mason and BRI are one of the original Community Clinical Oncology Programs (CCOP), funded continuously by the NCI from 1983 to 2014
- In 2014, Virginia Mason and BRI along with MultiCare Health System was awarded one of 53 NCI Community Oncology Research Program (NCORP) 5-year grants
- Developed one of the first Breast Cancer Detection Clinics and participated in the pivotal multicenter clinical trial validating tamoxifen as prevention therapy for women at high risk of breast cancer
- Participated in the pivotal Provenge clinical trials, establishing the first cancer treatment vaccine for prostate cancer
- Virginia Mason Pancreatic Center of Excellence aims to achieve the finest outcomes in the world for pancreas disease patients using the latest advances in treatment, research, and a multidisciplinary team approach. Our robust research program offers cutting edge trials including vaccine studies and novel chemo and radiation therapy trials. We offer research treatment options to patients from initial diagnosis through their 3rd and 4th line treatments.

Cardiology

- Conducting clinical studies for the treatment of advanced heart failure, atrial arrhythmia and carotid artery disease

Endocrinology

- Pioneered work on insulin formulations, insulin pump systems, human islet transplantation, and immunotherapy for autoimmune diabetes intervention and treatment
- Identified genetic markers for disease susceptibility, particularly type 1 diabetes
- Participating in the PERL study with the University of Washington to preserve kidney function in patients with type 1 diabetes

Gastroenterology

- Virginia Mason Digestive Disease Institute (DDI) participated in numerous groundbreaking trials with oral therapies for Hepatitis C
- DDI is currently conducting trials for conditions including: Crohn's disease, Ulcerative Colitis, Sphincter of Oddi dysfunction, Non-alcoholic Steatohepatitis (NASH), Cirrhosis and Hepatitis B

Gynecology

- Conducting a clinical trial to treat uterine fibroids with a uterine-conserving and incision-less procedure using a thermal ablation device

HIV/AIDS

- Virginia Mason Oncology/Hematology and BRI are members of the NCI-funded AIDS Malignancy Consortium (AMC) since 1999
- Conducting the ANCHOR Trial for the prevention of anal cancer in HIV+ individuals
- Participated in HPV vaccine trials for the prevention of anal cancer in men and women
- Conducted numerous AIDS Malignancy Consortium (AMC) trials including: AIDS-related Non-Hodgkin Lymphoma, Intra-Anal High-Grade Intra-epithelial Neoplasia, HIV-associated Hodgkin Lymphoma, and Diabetic Retinopathy in patients treated with EGRIFTA
- One of our staff members is the only certified High Resolution Anoscopist in the region

Kidney Transplant

- Participating in a kidney paired donation pilot project in which patients in need of a kidney who aren't matches with their would-be donors are matched with other willing donors and people in need. This donor / recipient

"swap" can involve multiple patient pairs in which all donors undergo surgery at exactly the same time

Neurology

- Participated in a phase 1 first-in-human trial involving infusions of an experimental re-myelinating agent for patients with multiple sclerosis (MS)
- One of the first sites to participate in the trials of Gilenya and Tecfida as a first-line therapy for patients with relapsing-remitting MS
- Participated in a trial testing Botulinum Toxin A as a treatment for migraine
- Virginia Mason Investigators and BRI Scientists working jointly discovered that proteins in the IL-6 signaling pathway may be leveraged as novel biomarkers of MS to gauge disease activity and as a target for new therapies
- Virginia Mason's Neuroscience Institute was recently ranked as a Best Regional Hospital by U.S. News & World Report

Rheumatology

- Pioneered research approaches to rheumatologic disease, from prediction of rheumatoid arthritis to the use of autologous stem cell transplantation for scleroderma
- Conducted clinical studies for conditions including: ankylosing spondylitis, lupus, spondyloarthritis, scleroderma, rheumatoid arthritis, and relapsing polychondritis

Surgical Interventions

- Virginia Mason participated in a study of a new product (a gelfoam), used to control bleeding during spinal surgeries when standard surgical techniques were ineffective

Urology

- Conducting a study in which a patient's own muscle cells are collected via biopsy and re-injected into the urethra as a treatment for Stress Urinary Incontinence
- For Pelvic Floor Disorders, conducting a study to look at long term outcomes of surgical treatments as well as exploring ways to improve surgical outcomes for pelvic floor patients
- Conducted numerous studies for treating cancer of the prostate, testes and bladder

Community Support

BRI needs community support to continue its crucial work in medical research. For more information about supporting BRI call (206) 583-6083 or visit BenaroyaResearch.org/donate-now.