The Rehabilitation Clinical Trials Center at LA BioMed / Harbor-UCLA

NExTNet Introduction
August 9, 2016
Harry B Rossiter, PhD
Harbor-UCLA Medical Center

LA Biomedical Research Institute
RCTC Mission

Rehabilitation Clinical Trials Center

Mission

To improve the lives of individuals in whom exercise intolerance is a major symptom, through basic and clinical research with a focused on integrative physiology
## Programs

<table>
<thead>
<tr>
<th>Research</th>
<th>Federal (Multicenter) Clinical Trials</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Industry Trials</td>
</tr>
<tr>
<td></td>
<td>Foundation Trials (Smaller Physiologic Studies)</td>
</tr>
<tr>
<td></td>
<td>Core Laboratories</td>
</tr>
<tr>
<td>Rehabilitation Education</td>
<td>Cardiac and Pulmonary Rehabilitation</td>
</tr>
<tr>
<td></td>
<td>Training in Basic and Clinical Research</td>
</tr>
<tr>
<td></td>
<td>Practicum in Exercise Testing</td>
</tr>
<tr>
<td></td>
<td>Pulmonary Education Research Foundation</td>
</tr>
</tbody>
</table>
RCTC Members

Rehabilitation Clinical Trials Center

Richard Casaburi, PhD, MD – **Medical Director**
William W. Stringer, MD – **Medical Co-Director**
Janos Porszasz, MD, PhD – **Technical Director**
Harry B. Rossiter, PhD – **Director of Research Training**

**Investigators**
Richard Effros, MD  
David Hsia, MD  
Janine Vintch, MD  
Ronald Oudiz, MD  
Kathy Sietsema, MD  
Greg Mason, MD  
Charles Lanks, MD

**Research Fellows**
Alessandra Adami, PhD  
Andy Khamouli, PhD  
Lin Che, MD  
Zhenci Li, MD  
Nicolo Carraro, MD  
Laura Bubulyte, BS

**Center Staff**
Robert Calmelat, MS  
Leticia Diaz, LVN  
Yvonne Alva, BS  
Deborah Cavanaugh, BS  
Renee Indelicato, ND  
Carmen Lopez-Garcia, MD
Facilities – CDCRC 1st Floor

Chronic Disease Clinical Research Center
$9.7M NIH Infrastructure Grant
Facilities – CDCRC 2nd Floor

Chronic Disease Clinical Research Center
Additional Facilities

UCLA-CTSI Core Labs

• Pulmonary Function and Cardiopulmonary Exercise Testing Core
  [Link](http://ctsi.ucla.edu/funding/files/view/boilerplate/Pulmonary_Function_and_Cardiopulmonary_Exercise_Testing_Core_Lab_(CPET_Core).pdf)

• High Resolution Tissue Respirometry Core
  [Link](http://ctsi.ucla.edu/funding/files/view/boilerplate/High-Resolution%20Tissue%20Respirometry%20Core.pdf)

LA BioMed CTSI

• Phlebolomy, Glucose Tolerance/Insulin Sensitivity, Biopsy, Sleep lab, Infusion, Body Composition (DXA), Research Kitchen, Nutrition Core, Inpatient studies
RCTC Research

Federally-Funded Multicenter Studies

Industry Sponsored Trials

Foundation / Investigator Initiated Studies

COPD, PAH, PAD, CHF, Congenital Heart Disease
Sepsis, Healthy Controls
Adolphus Traylor couldn't take a shower without losing his breath a few years ago, but now he can breathe almost as well as people without chronic obstructive pulmonary disease. He hasn't been cured because there are no cures for the coughing, mucus, wheezing, chest tightness and other symptoms of COPD, a disease suffered by more than 14 million Americans. But he's "90 percent better," he said, since participating in LA BioMed's clinical research into new treatments for COPD.

"I was so pressed because I thought I was getting ready to die. I couldn't breathe. I didn't even know what COPD was. But the exercise program they advocate is true. The more exercise you do, the better you feel." The 66-year-old has since added weight lifting, push-ups, squats and other more intensive workouts to his regular regimen. While he still can't do too much strenuous work, he's otherwise back to normal.

The free Pulmonary and Cardiac Rehabilitation Program will begin taking new patients in January through doctor referrals. The program lasts for two to three months and includes several office visits and a variety of exercises to help patients manage their condition and improve their quality of life.
7 Non-Drug Treatments for COPD

In addition to the many beneficial drugs that are available for the treatment of COPD, there are several effective non-drug treatments available. Chief among them are smoking cessation for continuing cigarette smokers; pulmonary rehabilitation, which focuses on exercise endurance to improve dyspnea (difficult or labored breathing) and quality of life; and long-term oxygen therapy. Other treatments available are noninvasive positive pressure ventilation (NIV), lung volume reduction surgery, minimally invasive bronchoscopic valves that have been showing promise, and finally and relatively rare, lung transplantation.

The Benefits of Patient Involvement In Clinical Trial Design

In a study co-authored by a group of researchers including PERF's Richard Casaburi, Ph.D., M.D., and Janos Porszasz, Ph.D., M.D., and funded by the Patient-Centered Outcomes Research Institute (PCORI), it was found that patient involvement in the design of clinical trials improved the degree to which the needs and concerns of both patients and their caregivers were satisfied.

In the study, patients with chronic obstructive pulmonary disease were involved in the design of a clinical trial to promote adherence to supplemental oxygen therapy.

http://perf2ndwind.org/
Clinical Exercise Testing Practicum

A Practicum: Exercise Testing and Interpretation including Pathophysiology and Clinical Applications

Offered by the Division of Respiratory and Critical Care Physiology and Medicine Harbor-UCLA Medical Center, Torrance, California

This three day program comprises didactic lectures, small group tutorials, and laboratory demonstrations. Educational objectives are to provide an understanding of the physiologic basis of gas exchange responses to exercise, and the practical knowledge necessary to conduct and interpret clinical exercise tests.

The course is intended for physicians in either clinical practice or in academics and laboratory personnel involved in cardiopulmonary exercise testing. No specific preparation is required. A textbook is provided to registrants prior to the start of the course.

Faculty

Karlman Wasserman, MD, PhD
Professor Emeritus Division of Respiratory and Critical Care Physiology and Medicine

Darryl Y. Sue, MD
Professor of Medicine Division of Respiratory and Critical Care Physiology and Medicine

William W. Stringer, MD
Professor of Medicine Division of Respiratory and Critical Care Physiology and Medicine

Richard Casaburi, MD, PhD
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James E. Hansen, MD
Professor Emeritus Division of Respiratory and Critical Care Physiology and Medicine

Janos Porszasz, MD, PhD
Division of Respiratory and Critical Care Physiology and Medicine

Harry Rossiter, PhD
Associate Professor, Division of Respiratory and Critical Care Physiology and Medicine

Sue Ward, PhD
Emeritus Professor, University of Leeds, United Kingdom

Course Director:
Kathy E. Slentsema, MD
Professor of Medicine and Chief Division of Respiratory and Critical Care Physiology and Medicine

http://mgcdiagnostics.com/events/practicums