



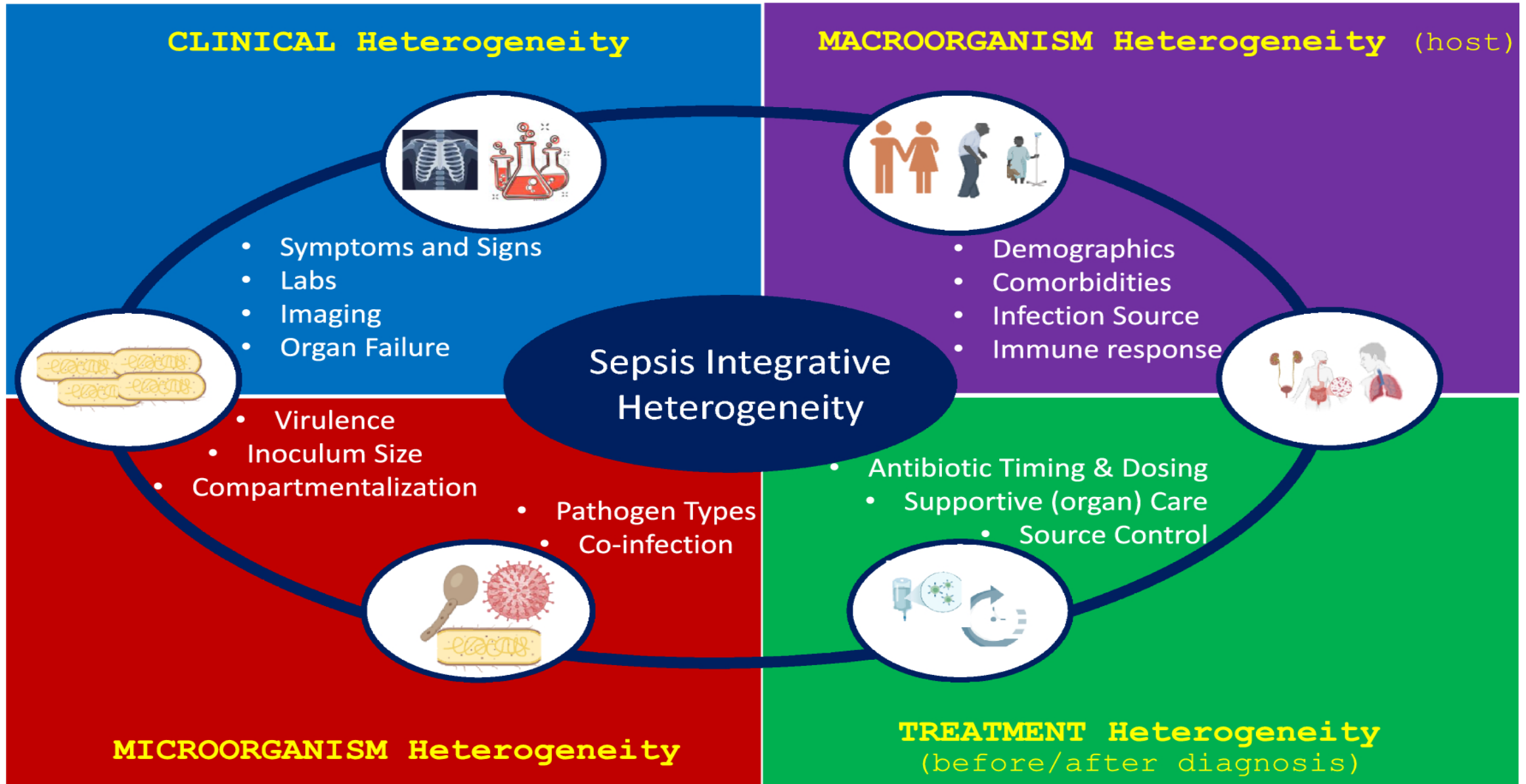
# **Clinical Trials for Improving Precision Medicine in ICU Patients**

**Enhancing Individualized Care through  
Evidence-Based Approaches**

**Wen-Kuang Yu M.D., Ph.D.**

**Division of Respiratory Therapy, Department of Chest Medicine,  
Taipei Veterans General Hospital**

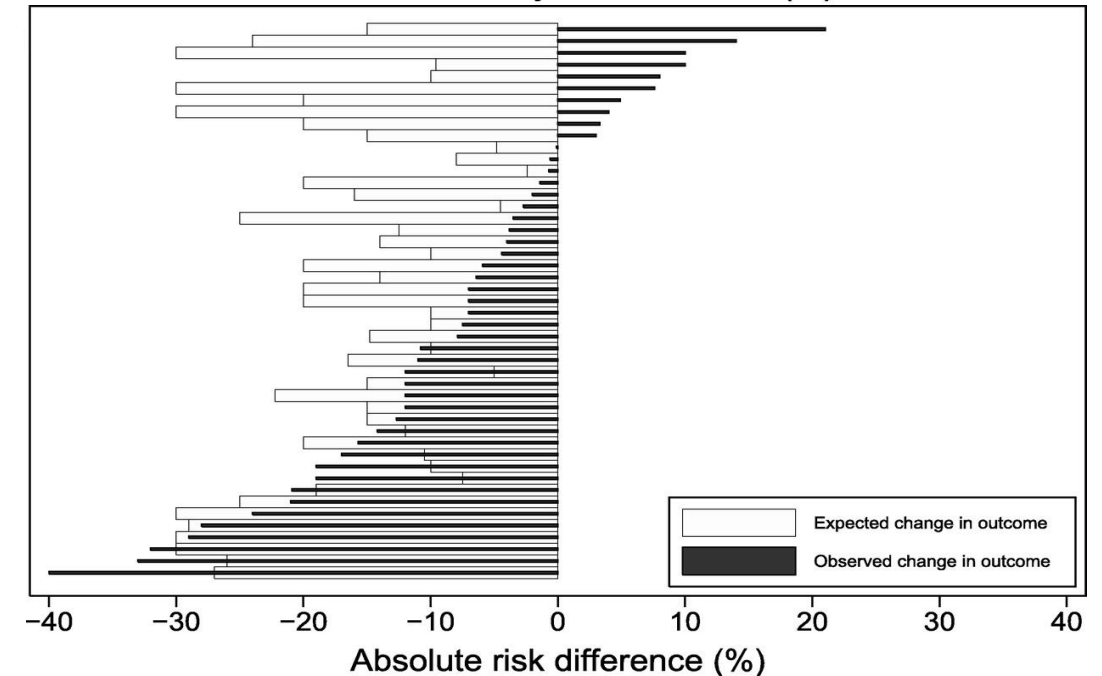
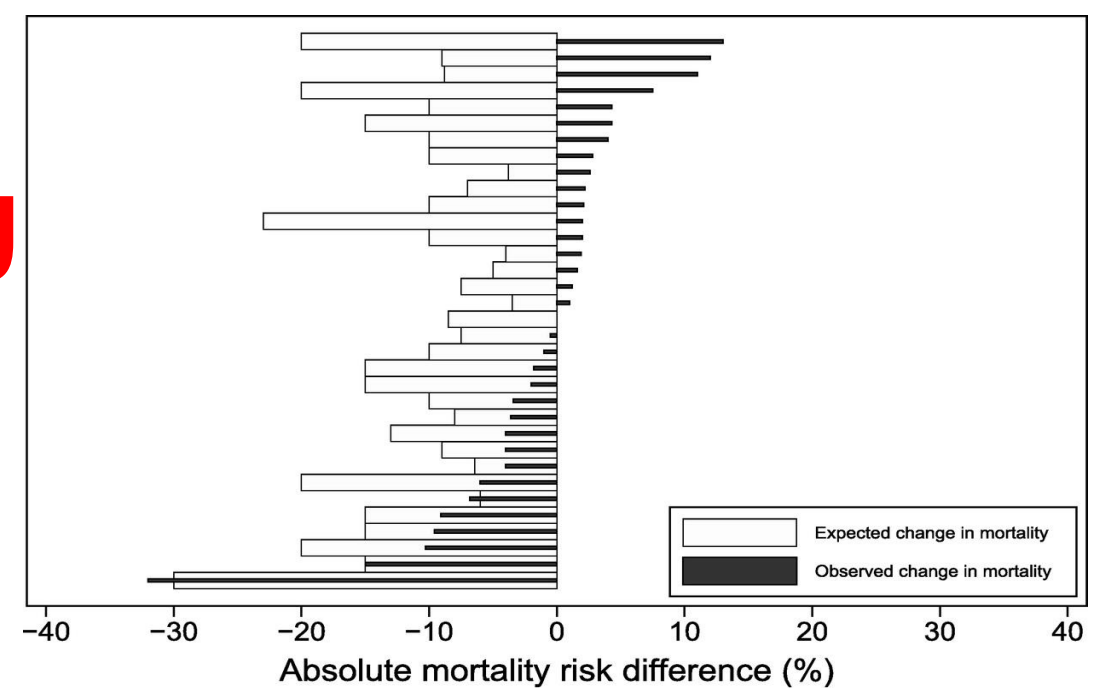
# Heterogeneity of Sepsis



# The Problems of Clinical Trials in the ICU

- Control group event rates
- Treatment effect
- Optimal dose
- Optimal duration
- Optimal timing
- Target population

Am J Respir Crit Care Med. 2014;189:1469-78.



Favors intervention arm

Favors control arm

# Randomized ARDS Trials

Therapies	Novel Trial Findings
Lung protective ventilation (LPV)	<b>ARMA</b> : Lower mortality with LPV
Open lung ventilation	<b>ALVEOLI</b> : No difference in hospital mortality <b>ExPress</b> : No difference in 28-day mortality <b>LOVS</b> : No difference in 28-day hospital mortality <b>ART</b> : Higher 28-day mortality with open lung ventilation <b>STAMINA</b> : No difference in 90-day in hospital or ICU mortality
High-frequency oscillatory ventilation (HFOV)	<b>OSCILLATE</b> : Higher hospital mortality with HFOV <b>OSCAR</b> : No difference in 30-day mortality
Prone position	<b>PROSEVA</b> : Lower 28-day mortality with prone position <b>ECMOSARS</b> : May be beneficial in patients support by V-V ECMO <b>PRONECMO</b> : No difference in 90-day in hospital or ICU mortality
Neuromuscular blocking agents (NMBA)	<b>ACURASYS</b> : Lower adjusted 90-day mortality with NMBA <b>ROSE</b> : No difference in 90-day mortality
Fluid therapy	<b>FACTT</b> : No difference in mortality; more ventilator free days with conservative fluid strategy
Statins	<b>HARP-2</b> : No difference in 28-day mortality with simvastatin <b>SAILS</b> : No difference in 60-day or hospital mortality with rosuvastatin
Image-guide ventilation	<b>LIVE</b> : Personalisation of mechanical ventilation did not decrease mortality
Extracorporeal membrane oxygenation (ECMO)	<b>CESAR</b> : Lower 6-months mortality with ECMO <b>EOLIA</b> : No difference in 60-day mortality

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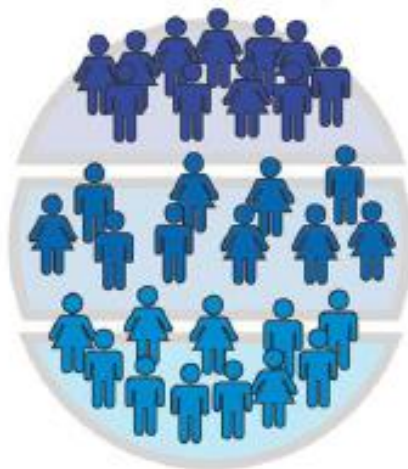


# Heterogeneity of ARDS

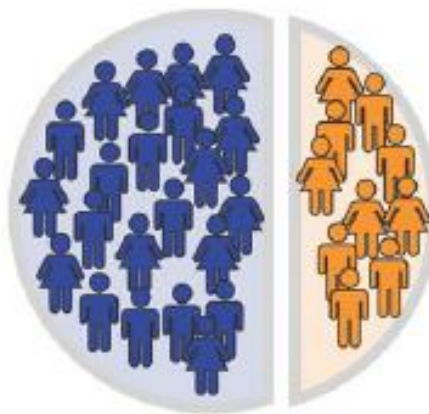
Unselected ARDS



Berlin severity



Pulmonary / non-pulmonary



Focal / non-Focal



Endothelial dysfunction



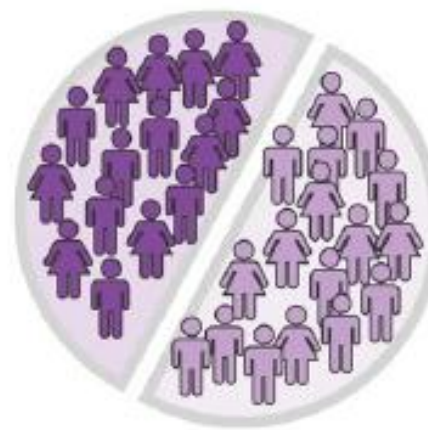
Epithelial injury



Systemic host response



Alveolar host response



# One size doesn't fit all.

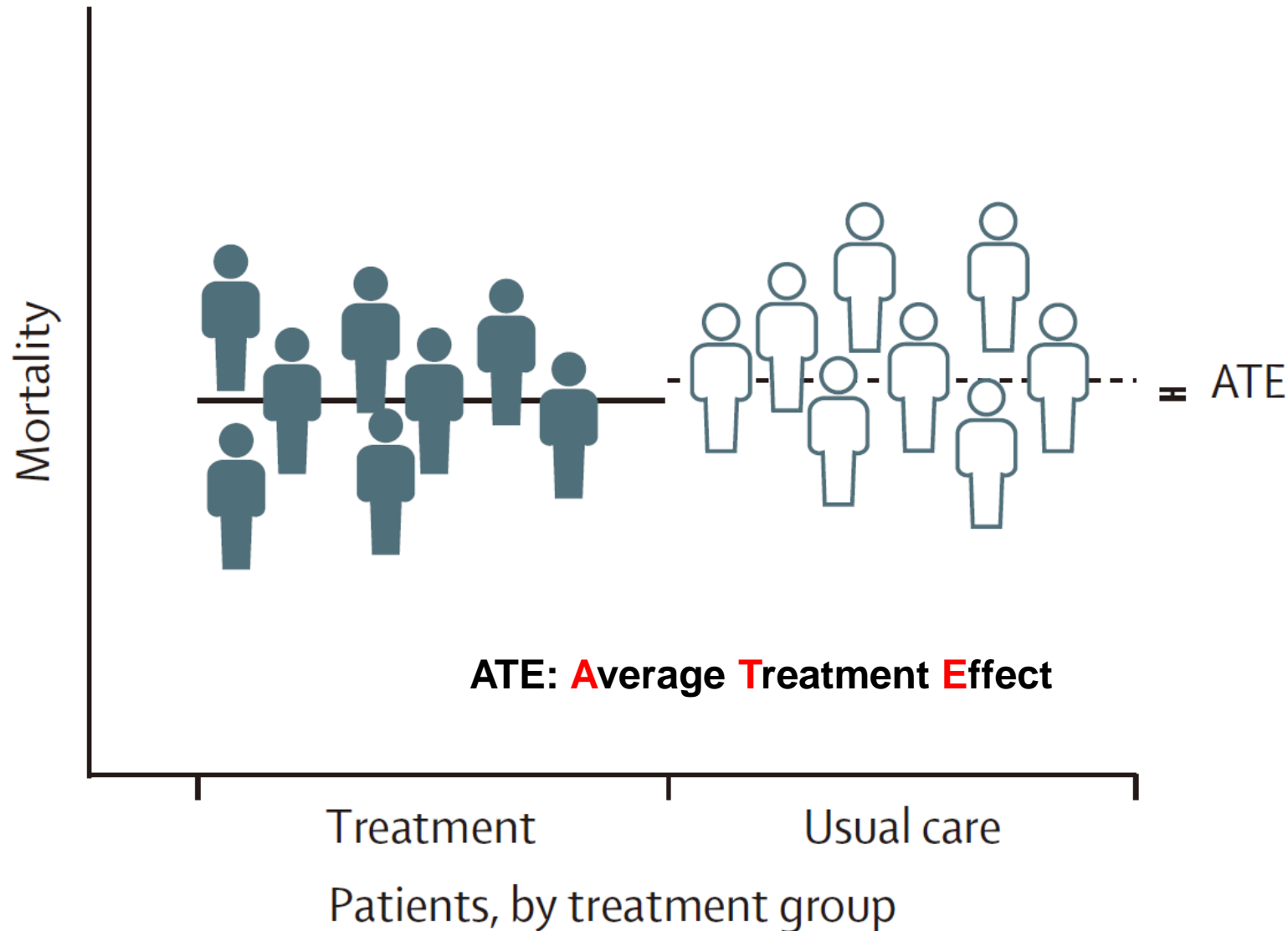


# One Size Fits One.

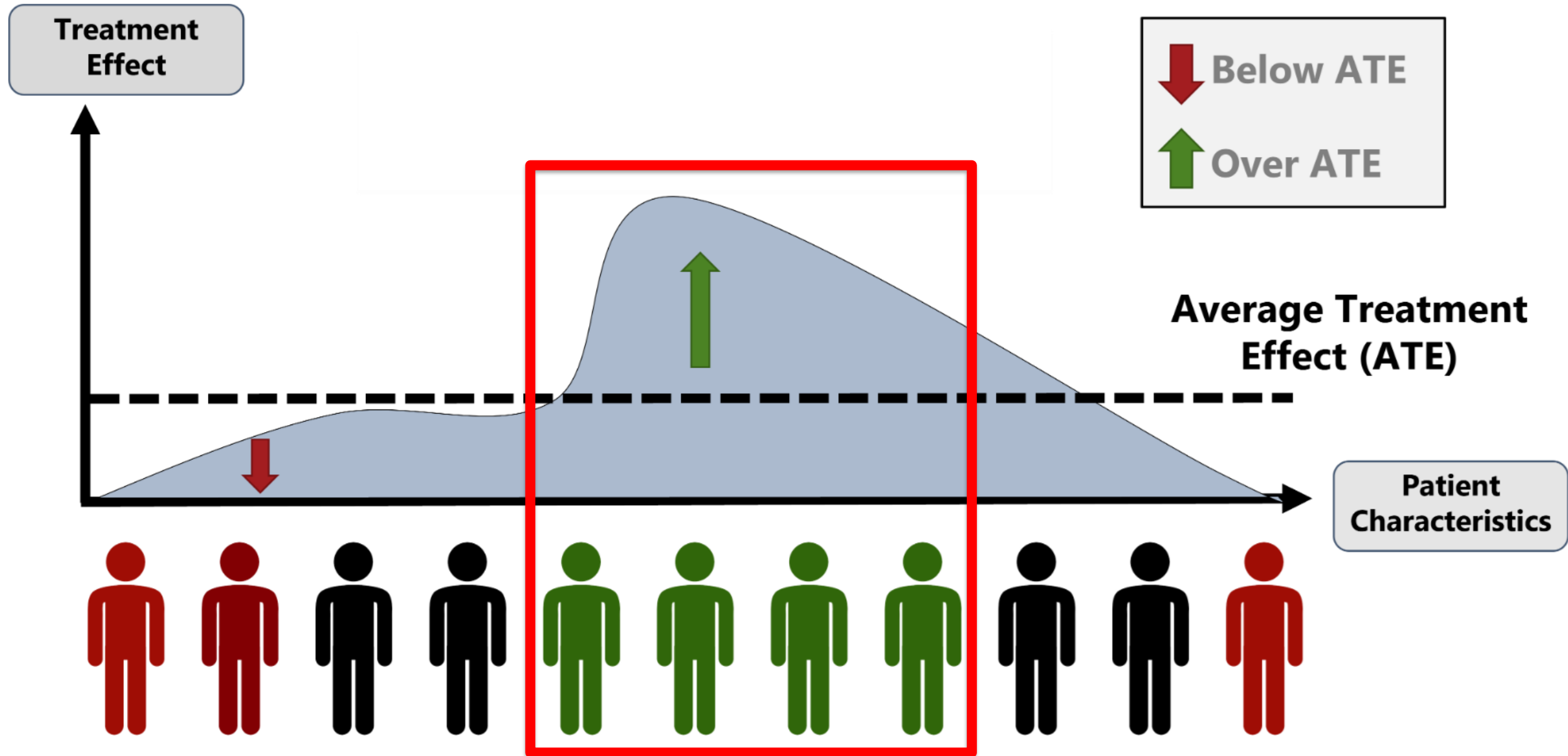




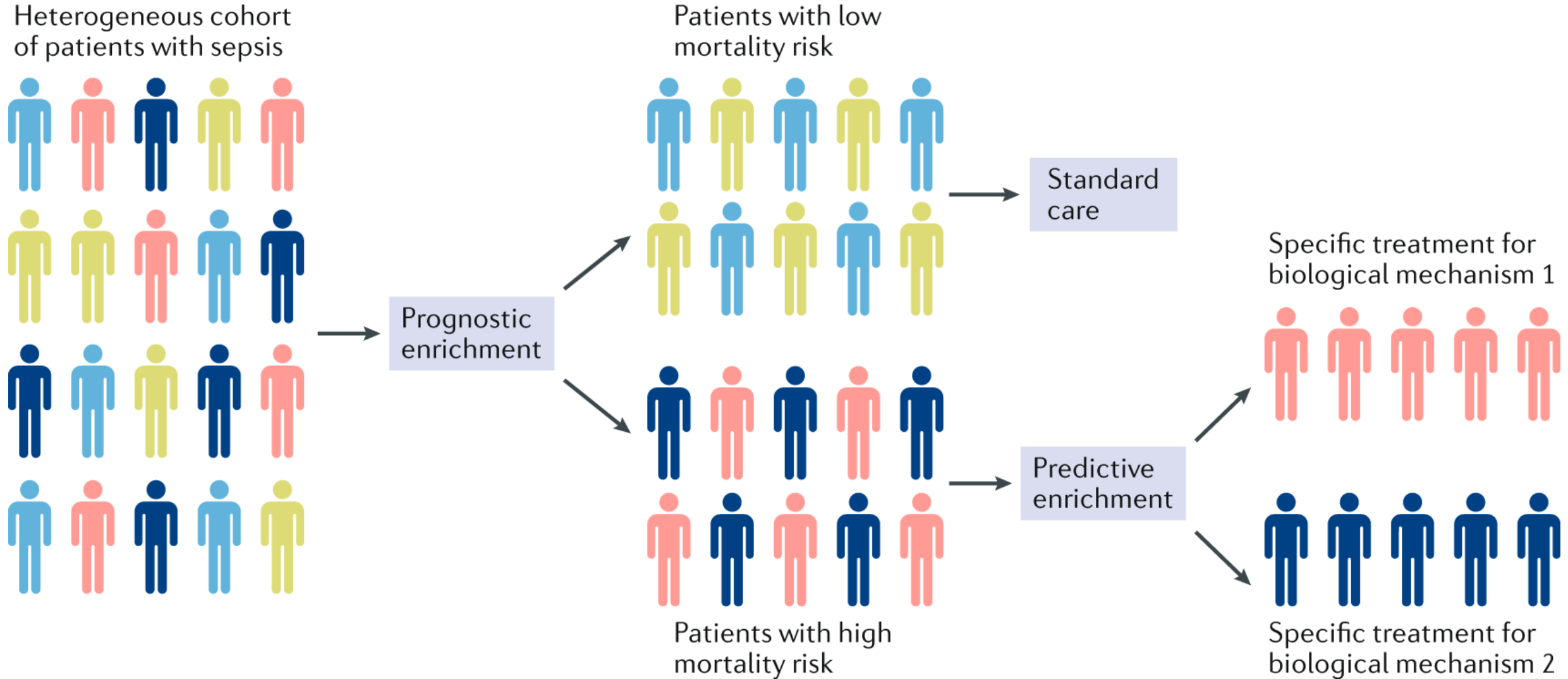
# Trials Give Us **Average Treatment Effect**.



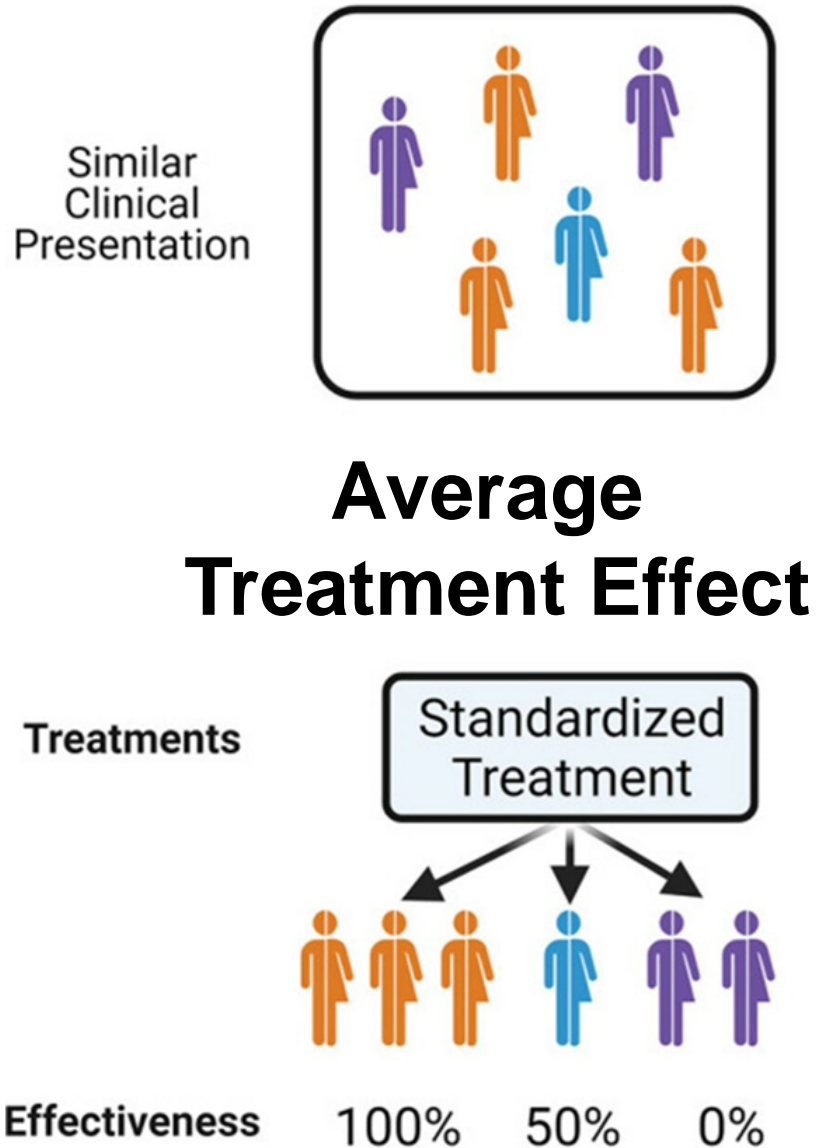
# Individualized Treatment Effect (ITE)



# Prognostic and Predictive Enrichment

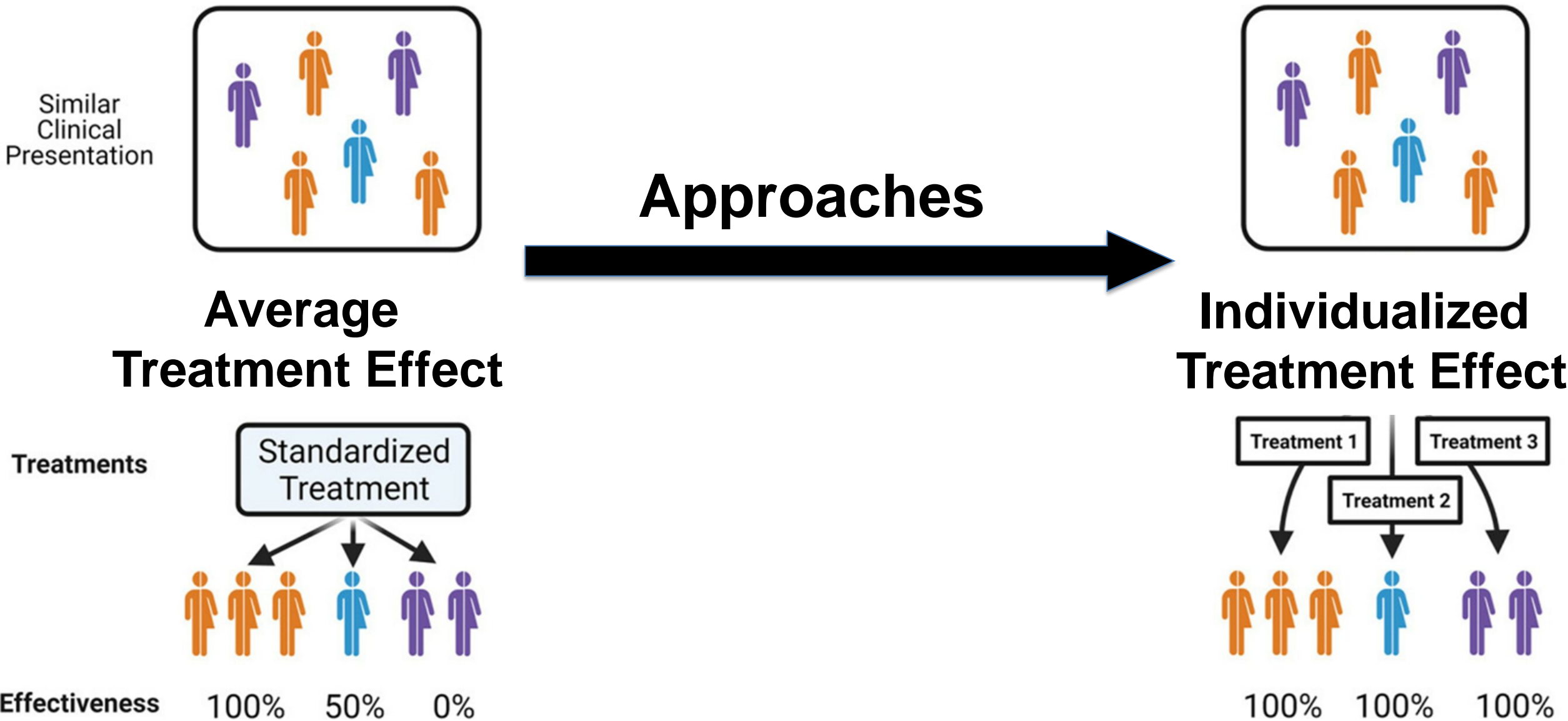


# Not One-Size-Fit All, But One-Size-Fit-One

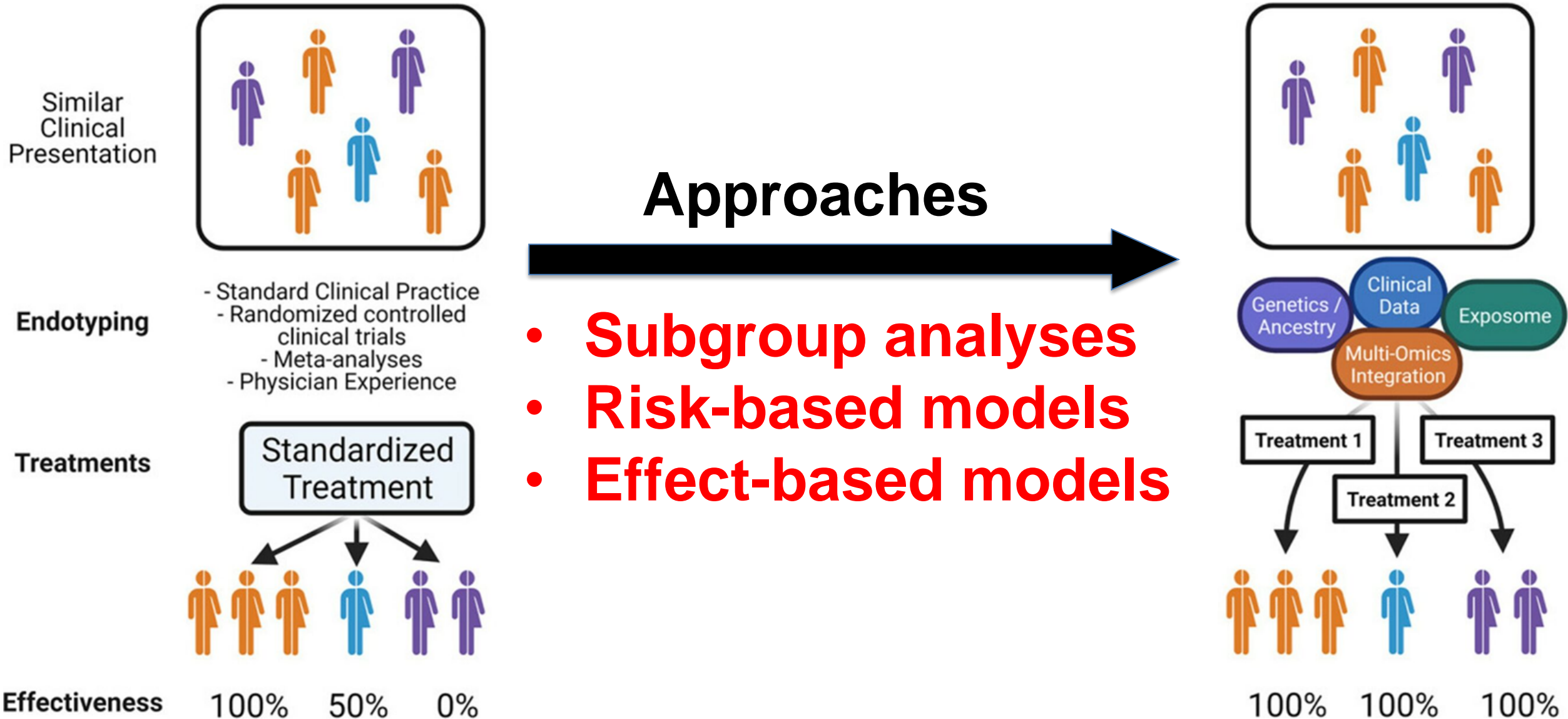




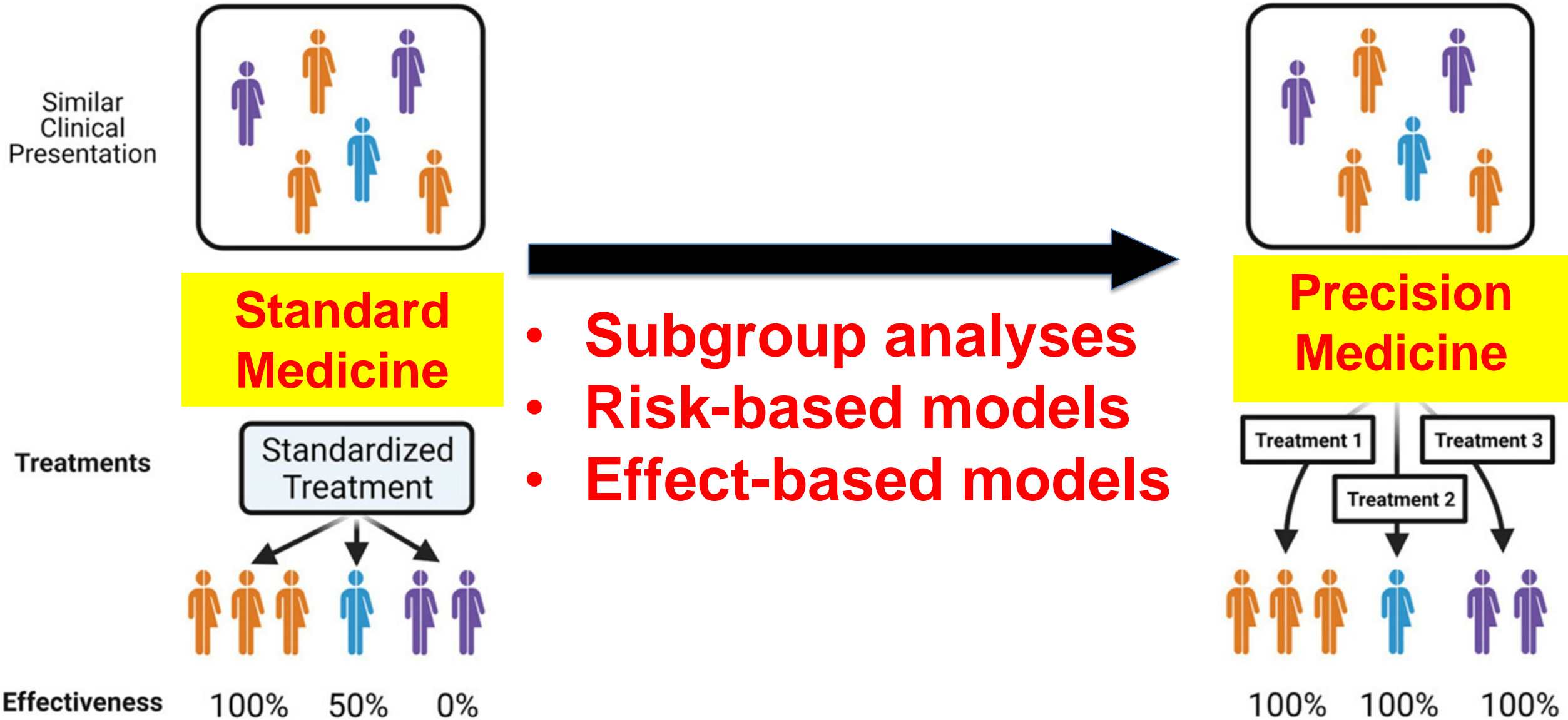
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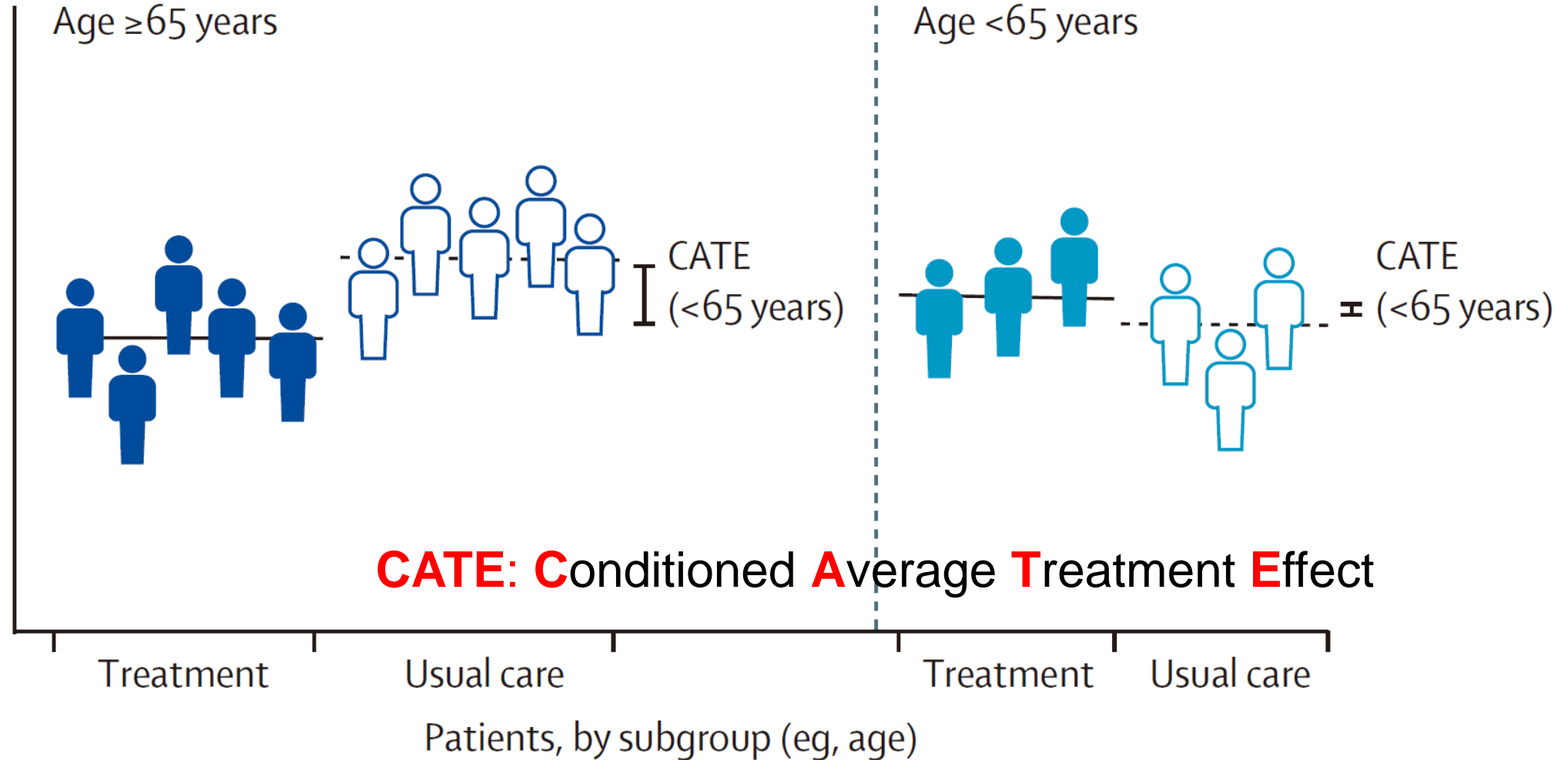


# Not One-Size-Fit All, But One-Size-Fit-One



# Subgroup Analysis

Average treatment effect for patients with certain characteristics.





## RESEARCH SUMMARY

## Early Restrictive or Liberal Fluid Management for Sepsis-Induced Hypotension

The National Heart, Lung, and Blood Institute Prevention and Early Treatment of Acute Lung Injury Clinical Trials Network  
DOI: 10.1056/NEJMoa2212663

## CLINICAL PROBLEM

Clinicians commonly use intravenous fluids and vasopressor agents in the early care of patients with sepsis-induced hypotension, but there are limited data to guide prioritization of one approach over the other.

## CLINICAL TRIAL

**Design:** A multicenter, randomized, unblinded, superiority trial assessed whether a restrictive fluid strategy that prioritized use of vasopressors during the first 24 hours after resuscitation for sepsis-induced hypotension would improve outcomes as compared with a liberal fluid strategy.

**Intervention:** 1563 adults with a suspected or confirmed infection and systolic blood pressure <100 mm Hg after receiving ≥1000 ml of intravenous fluid were assigned to a restrictive fluid strategy, in which vasopressors were the primary treatment and “rescue fluids” were allowed as needed, or a liberal fluid strategy, in which an initial 2000-ml infusion of isotonic crystalloid was recommended followed by fluid boluses and “rescue vasopressors” as needed. The primary outcome was death from any cause before discharge home by day 90.

## RESULTS

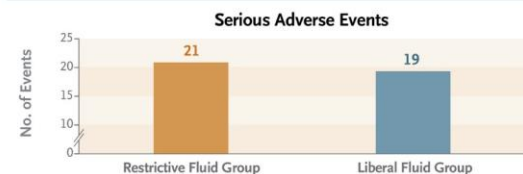
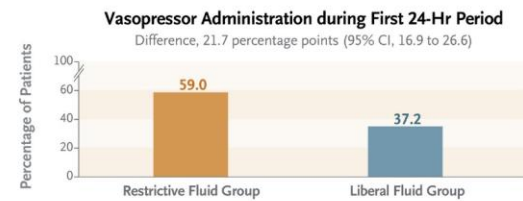
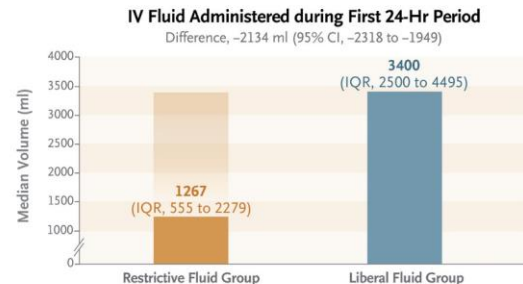
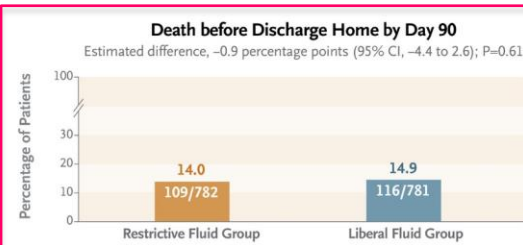
**Efficacy:** The percentage of patients who died before discharge home by day 90 did not differ significantly between the groups.

**Safety:** The number of serious adverse events was similar in the two groups. Serious adverse events involving fluid overload and pulmonary edema occurred in three patients each, all in the liberal fluid group.

## LIMITATIONS AND REMAINING QUESTIONS

- The results may not be generalizable to patients with extremes of volume overload or depletion.
- Because the trial was unblinded, group assignment may have affected ascertainment and reporting of adverse events.

Links: Full Article | NEJM Quick Take



## CONCLUSIONS

In patients with sepsis-induced hypotension, a restrictive fluid strategy that prioritized vasopressors in the first 24 hours after resuscitation did not result in significantly lower or higher mortality before discharge home by day 90 than a liberal fluid strategy.

# CLOVER Trial

Subgroup	No. of Patients	Restrictive Fluid Group percent	Liberal Fluid Group percent	Difference in Mortality (95% CI) percentage points	
Overall	1563	14.0	14.9	-0.9	(-4.4 to 2.6)
Age					
≤65 yr	156	9.9	9.0	0.9	(-2.8 to 4.6)
>65 yr	595	21.3	23.8	-2.6	(-9.3 to 4.2)
Sex					
Male	826	16.2	16.0	0.2	(-4.8 to 5.2)
Female	737	11.6	13.7	-2.1	(-6.9 to 2.7)
Race					
White	1103	13.8	13.7	0.1	(-4.0 to 4.1)
Black	246	16.4	23.4	-7.0	(-17.0 to 3.1)
Other, multiple, or not reported	202	13.1	12.8	0.3	(-9.0 to 9.6)
Hispanic or Latino ethnic group					
Yes	226	11.1	10.3	0.8	(-7.3 to 8.9)
No	1274	14.6	15.7	-1.1	(-5.1 to 2.8)
Location at time of randomization					
Emergency department	1437	13.2	14.7	-1.5	(-5.1 to 2.1)
ICU or hospital ward	119	25.5	16.4	9.1	(-5.8 to 24.0)
Chronic heart failure					
No	1372	13.3	14.3	-1.0	(-4.7 to 2.7)
Yes	178	18.3	21.7	-3.4	(-15.3 to 8.5)
End-stage renal disease					
No	1477	13.4	13.3	0.1	(-3.4 to 3.6)
Yes	73	27.3	47.5	-20.2	(-41.9 to 1.5)
Baseline systolic blood pressure <90 mm Hg or receipt of vasopressor					
No	856	8.7	9.1	-0.4	(-4.2 to 3.4)
Yes	707	20.4	22.0	-1.6	(-7.7 to 4.4)
History of hypertension					
No	843	12.5	11.1	1.5	(-2.9 to 5.9)
Yes	707	15.7	19.6	-3.8	(-9.5 to 1.8)
Total SOFA score					
0 or 1	461	4.2	2.7	1.5	(-1.8 to 4.9)
2	238	5.2	9.8	-4.6	(-11.3 to 2.0)
3-5	528	16.1	15.4	0.6	(-5.6 to 6.9)
6-16	336	30.1	34.4	-4.2	(-14.2 to 5.8)
Primary source of infection					
Pneumonia	422	21.7	19.6	2.2	(-5.6 to 9.9)
Other or unknown	1141	11.0	13.3	-2.2	(-6.0 to 1.6)

-50 0 50  
Restrictive Fluid Strategy Better Liberal Fluid Strategy Better

# Subgroup Analysis

- **Limitation:**
  - Evaluate patients based on **one** characteristic at a time
  - Patients often fall into **multiple** subgroups

## Newer Approach

### Data-Driven Subgroup Analysis

- Use clustering methods to group patients who are similar based on **multiple** baseline characteristics and biomarkers
- Treat these **clusters** as subgroups
- Evaluate treatment effect by **cluster**

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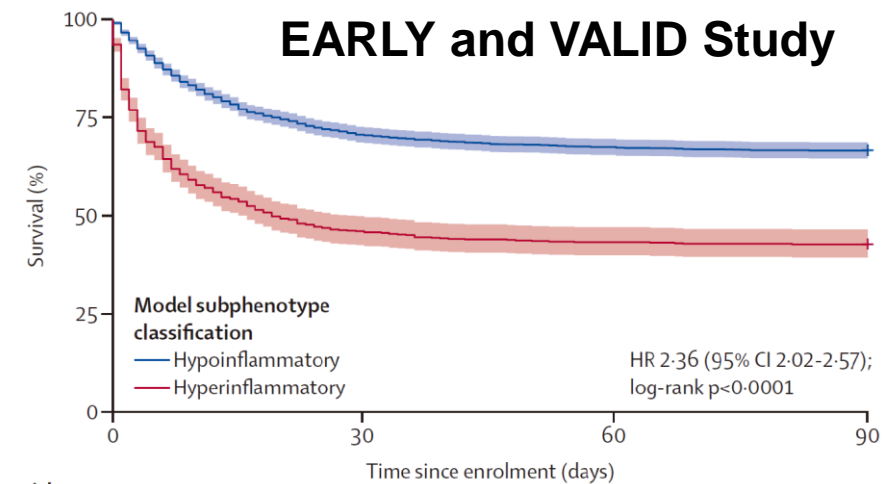
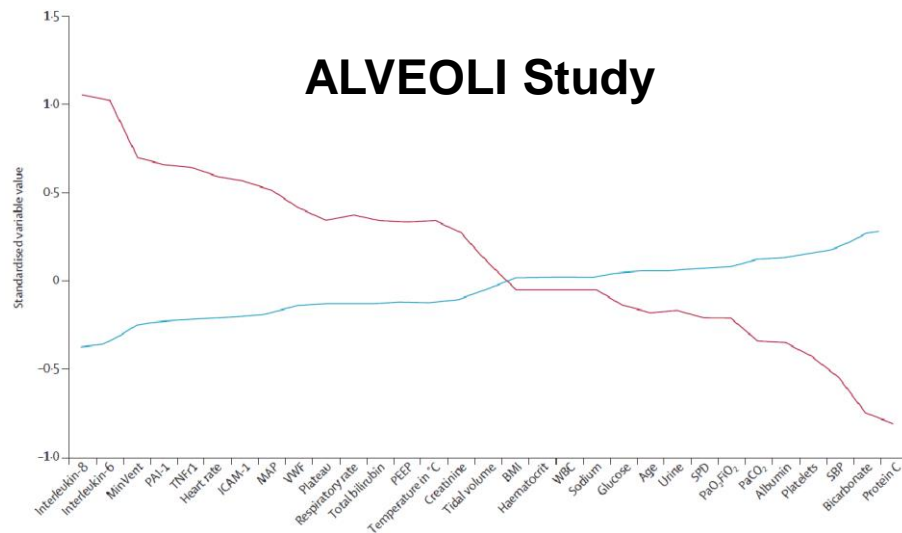
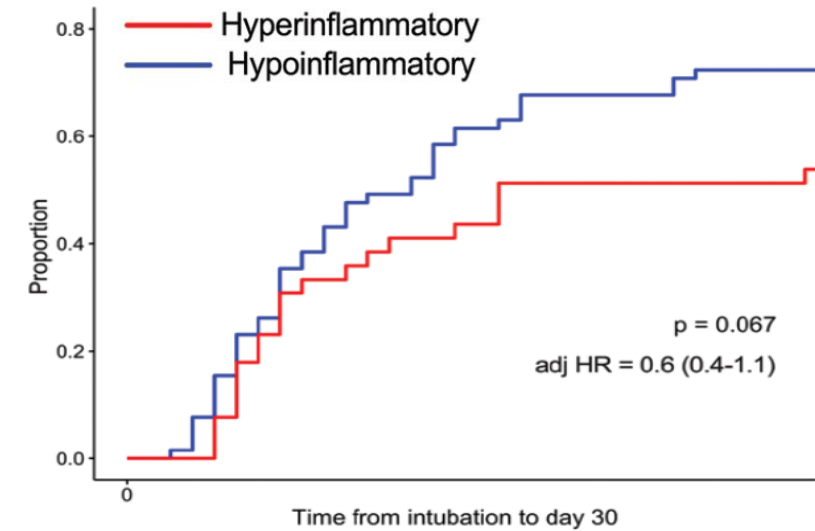
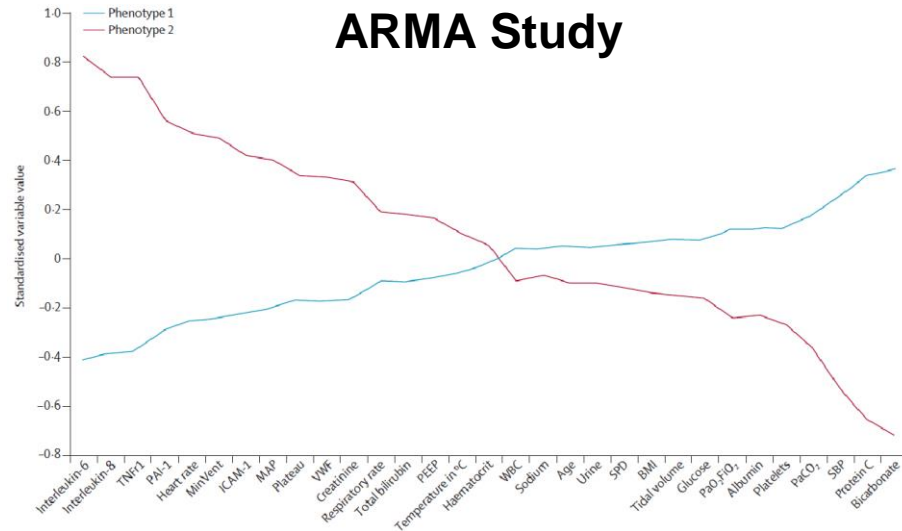
### Data-Driven Subgroup Analysis

- Use **clustering methods** to group patients who are similar based on **multiple** baseline characteristics and biomarkers
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# Latent Class Analysis of ARDS

## Hypoinflammatory/Hyperinflammatory phenotypes

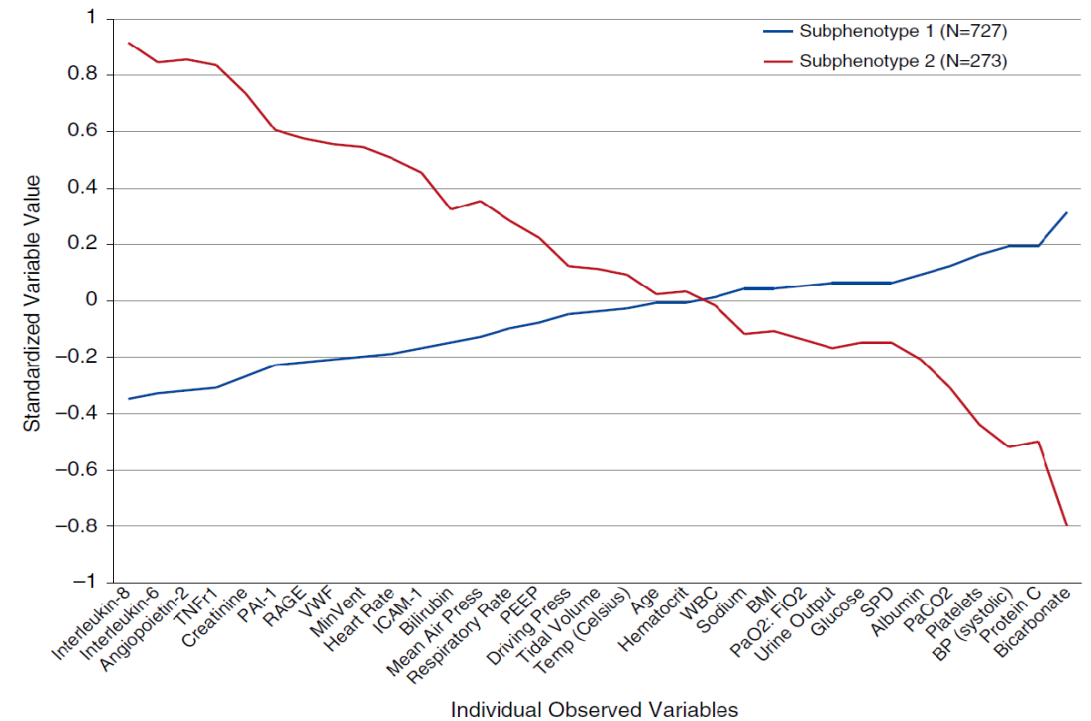
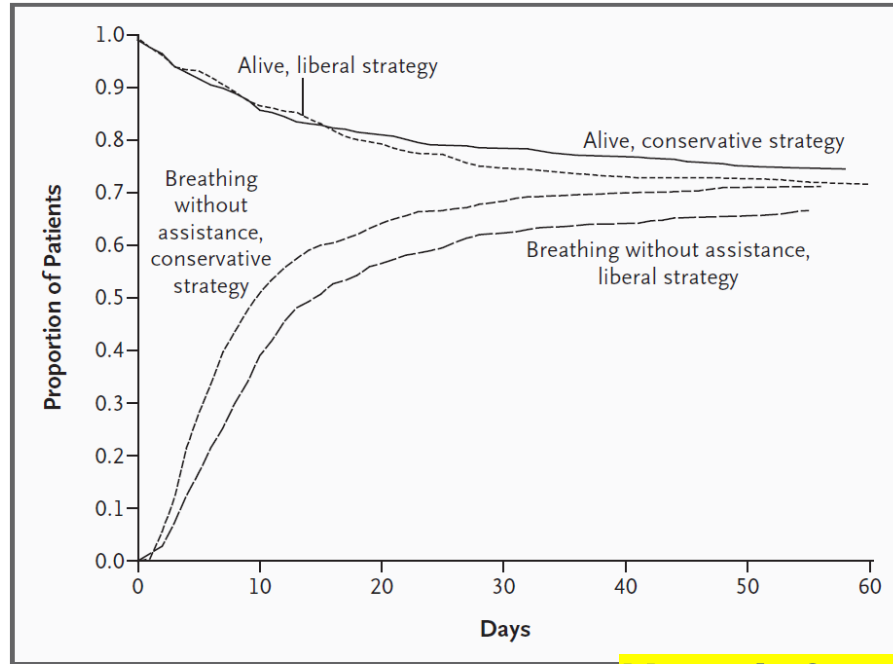




# Comparison of Two Fluid-Management Strategies in Acute Lung Injury

The National Heart, Lung, and Blood Institute Acute Respiratory Distress Syndrome (ARDS) Clinical Trials Network\*

**FACTT trial**



	Subphenotype 1 (n = 727)	Subphenotype 2 (n = 273)	P Value
60-d mortality, %	21	44	<0.0001
90-d mortality, %	22	45	<0.0001
Ventilator-free days, median	19	3	<0.0001

**Hypoinflammatory**

**Hyperinflammatory**

	Subphenotype 1		Subphenotype 2		P Value
Fluid-management strategy	Liberal (n = 355)	Conservative (n = 372)	Liberal (n = 142)	Conservative (n = 131)	
60-d mortality, %	24	17	39	49	0.0093
90-d mortality, %	26	18	40	50	0.0039
Ventilator-free days, median	17	21	5	0	0.35

# PEEP in ARDS

## EARLI and VALID Study

ARDS Severity by PaO <sub>2</sub> /FiO <sub>2</sub>	Mortality in Low PEEP	Mortality in High PEEP	P value
Mild (PaO <sub>2</sub> /FiO <sub>2</sub> 200 – 300) n=828	35% (133/384)	34% (59/173)	0·96
Moderate (PaO <sub>2</sub> /FiO <sub>2</sub> 100 – < 200) n=1341	39% (172/441)	39% (174/449)	
Severe (PaO <sub>2</sub> /FiO <sub>2</sub> ≤ 100) n=644	48% (55/114)	46% (167/366)	

SOFA subgroups based on mean SOFA score			
ARDS Severity by SOFA score	Mortality in Low PEEP	Mortality in High PEEP	P value
Low SOFA (≤ 10) n=1314	30% (139/457)	30% (132/441)	0·51
High SOFA (> 10) n=1063	54% (165/308)	50% (230/464)	

# PEEP in ARDS

## EARLI and VALID Study

ARMA and ALVEOLI Study	Phenotype 1 (n=404)		Phenotype 2 (n=145)		p value*
	Low PEEP (n=202)	High PEEP (n=202)	Low PEEP (n=71)	High PEEP (n=74)	
Mortality at 90 days	33 (16%)	48 (24%)	36 (51%)	31 (42%)	0.049
Ventilator-free days	20 (10-25)	21 (3-24)	2 (0-21)	4.5 (0-20)	0.018
Organ failure free-days	22 (11-26)	22 (9-26)	4 (0-18)	6.5 (0-21)	0.003
Data are n (%) or median (IQR). *p value for interaction between positive end-expiratory pressure (PEEP) assignment and phenotype.					

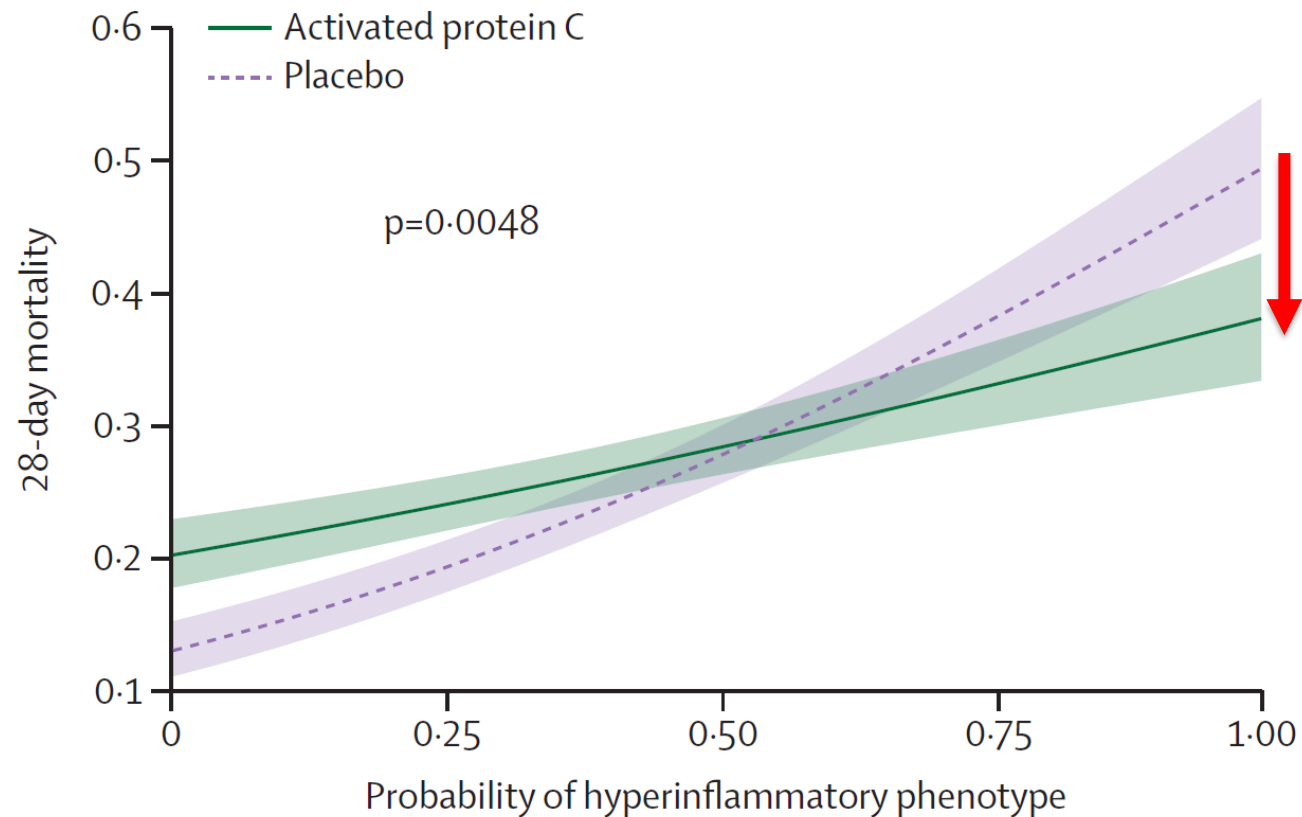
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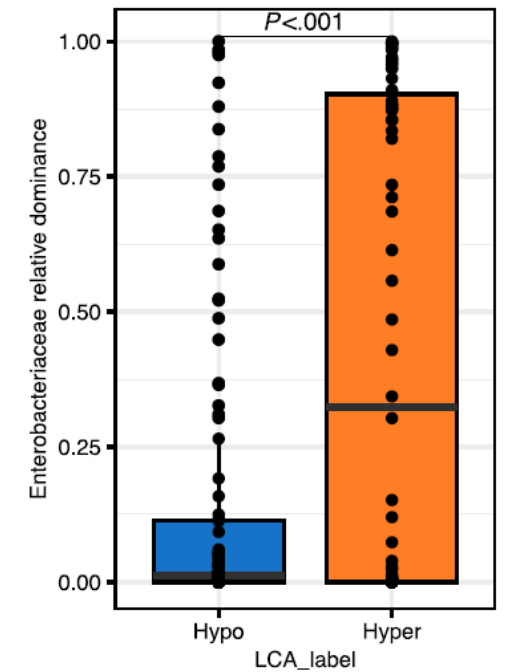
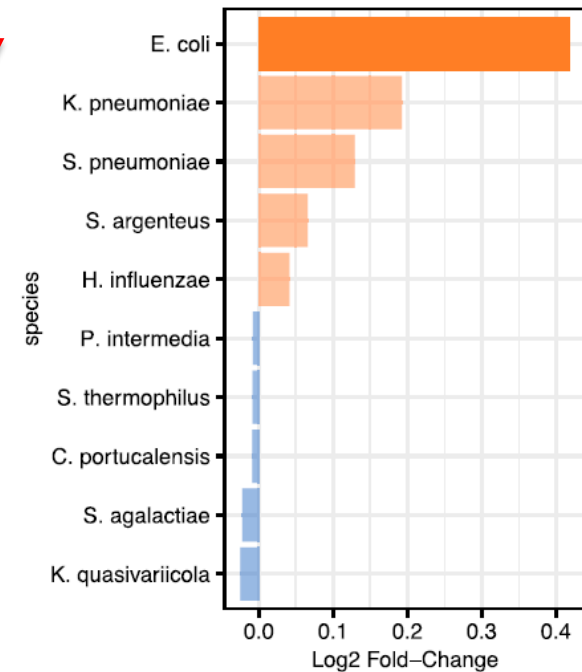
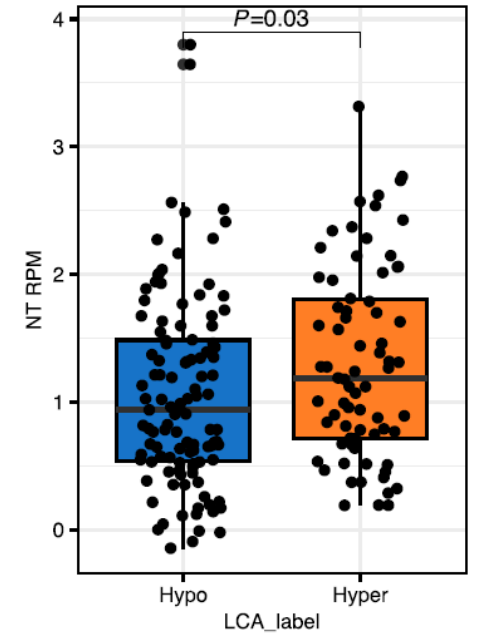
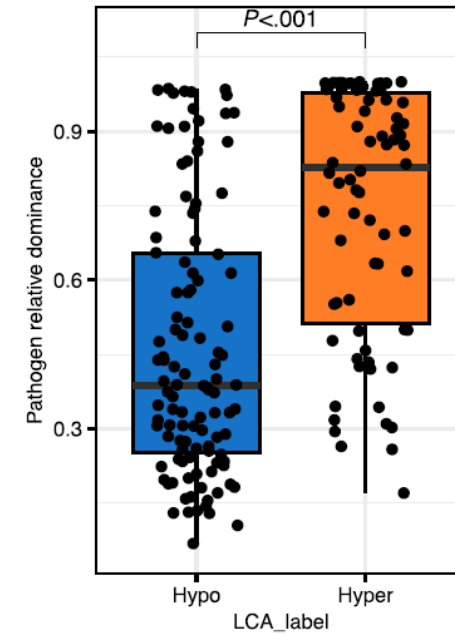
# Hyper-inflammatory

# Hypo-inflammatory



Lancet Respir Med. 2023;11:965-974.  
Am J Respir Crit Care Med. 2024;209:805-815.

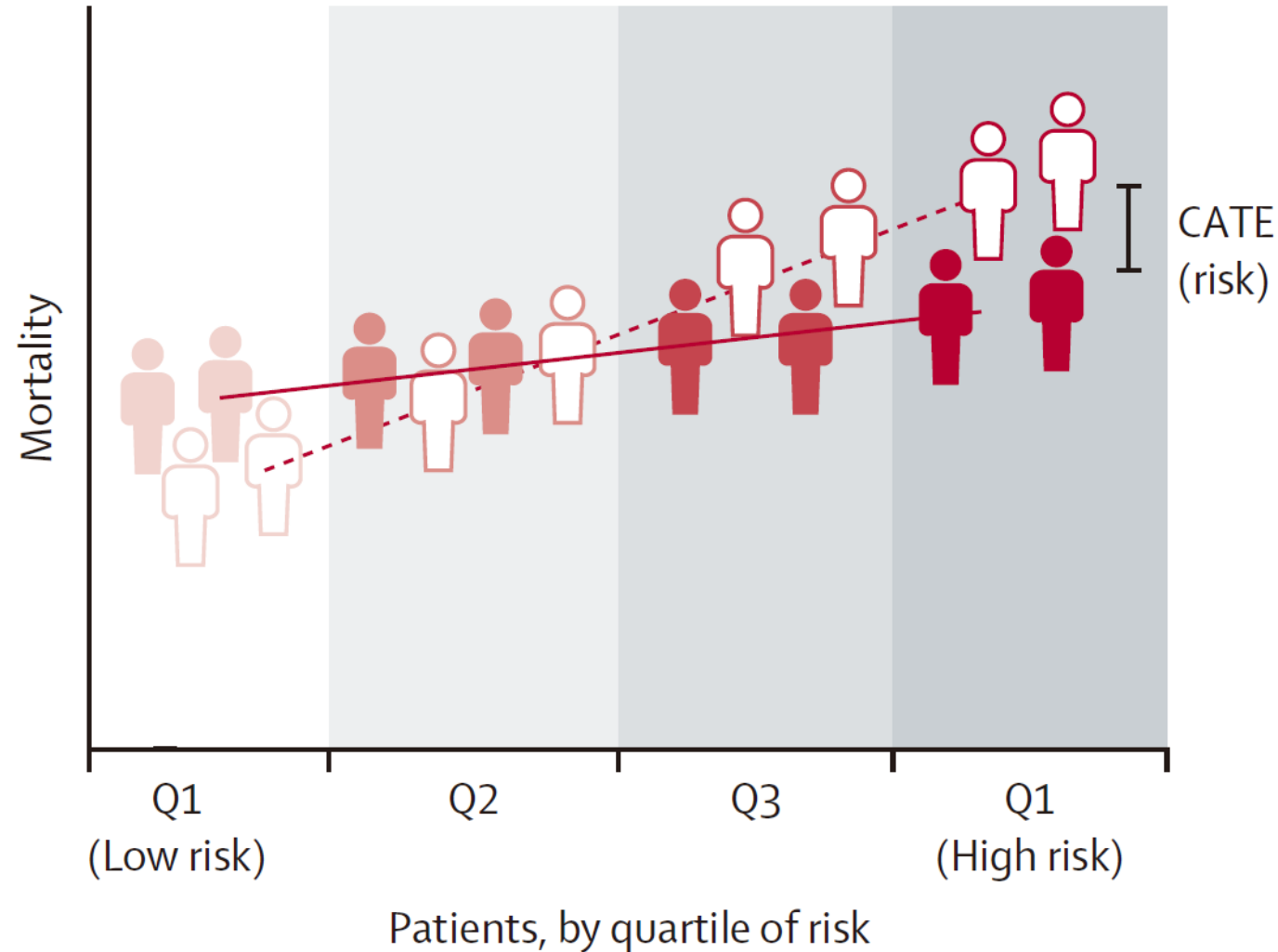
LCA\_label  
Hyper  
Hypo





# Risk-Based Models

Treatment effect conditional on baselines risk of mortality.





ORIGINAL ARTICLE

# Balanced Crystalloids versus Saline in Critically Ill Adults

## ABSTRACT

### BACKGROUND

Both balanced crystalloids and saline are used for intravenous fluid administration in critically ill adults, but it is not known which results in better clinical outcomes.

### METHODS

In a pragmatic, cluster-randomized, multiple-crossover trial conducted in five intensive care units at an academic center, we assigned 15,802 adults to receive saline (0.9% sodium chloride) or balanced crystalloids (lactated Ringer's solution or Plasma-Lyte A) according to the randomization of the unit to which they were admitted. The primary outcome was a major adverse kidney event within 30 days — a composite of death from any cause, new renal-replacement therapy, or persistent renal dysfunction (defined as an elevation of the creatinine level to  $\geq 200\%$  of baseline) — all censored at hospital discharge or 30 days, whichever occurred first.

### RESULTS

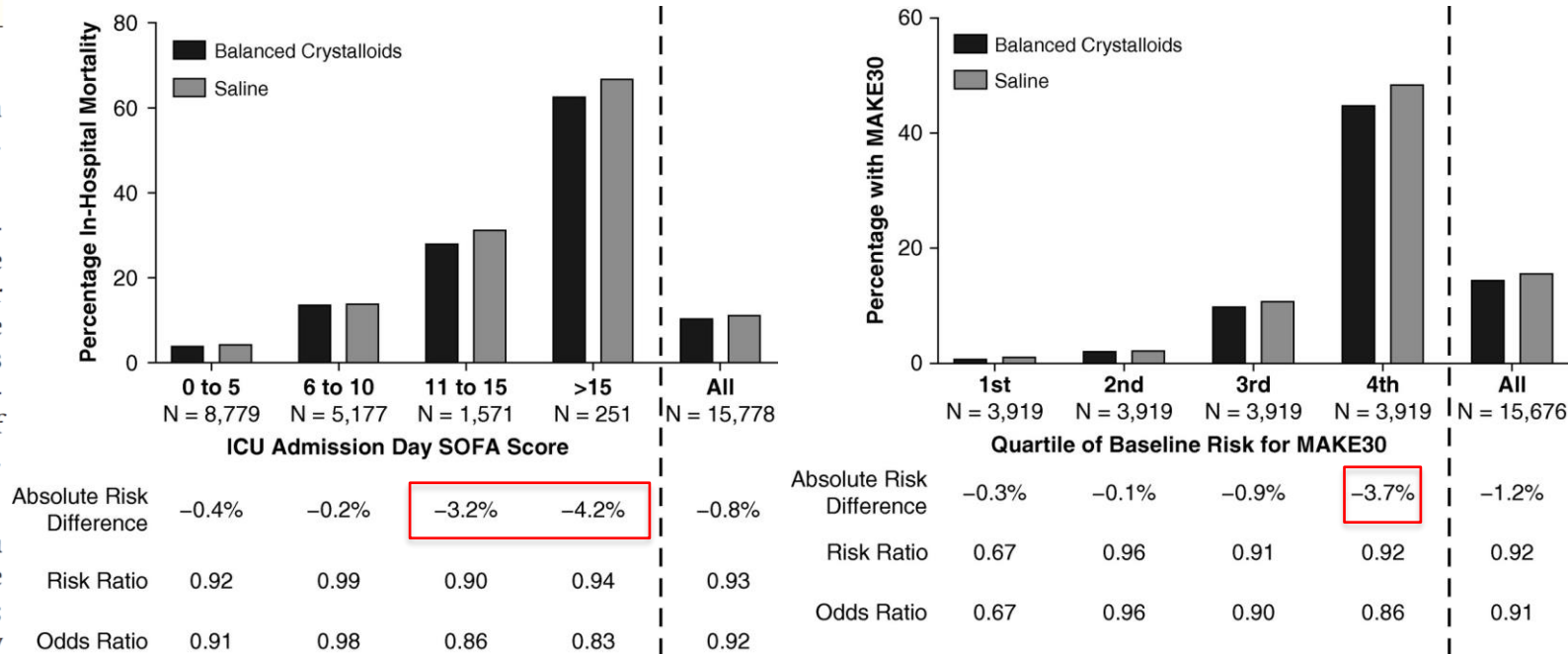
Among the 7942 patients in the balanced-crystalloids group, 1139 (14.3%) had a major adverse kidney event, as compared with 1211 of 7860 patients (15.4%) in the saline group (marginal odds ratio, 0.91; 95% confidence interval [CI], 0.84 to 0.99; conditional odds ratio, 0.90; 95% CI, 0.82 to 0.99;  $P=0.04$ ). In-hospital mortality at 30 days was 10.3% in the balanced-crystalloids group and 11.1% in the saline group ( $P=0.06$ ). The incidence of new renal-replacement therapy was 2.5% and 2.9%, respectively ( $P=0.08$ ), and the incidence of persistent renal dysfunction was 6.4% and 6.6%, respectively ( $P=0.60$ ).

### CONCLUSIONS

Among critically ill adults, the use of balanced crystalloids for intravenous fluid administration resulted in a lower rate of the composite outcome of death from any cause, new renal-replacement therapy, or persistent renal dysfunction than the use of saline. (Funded by the Vanderbilt Institute for Clinical and Translational Research and others; SMART-MED and SMART-SURG ClinicalTrials.gov numbers, NCT02444988 and NCT02547779.)

# Risk-Based Models

## SMART (Isotonic Solutions and Major Adverse Renal Events Trial)



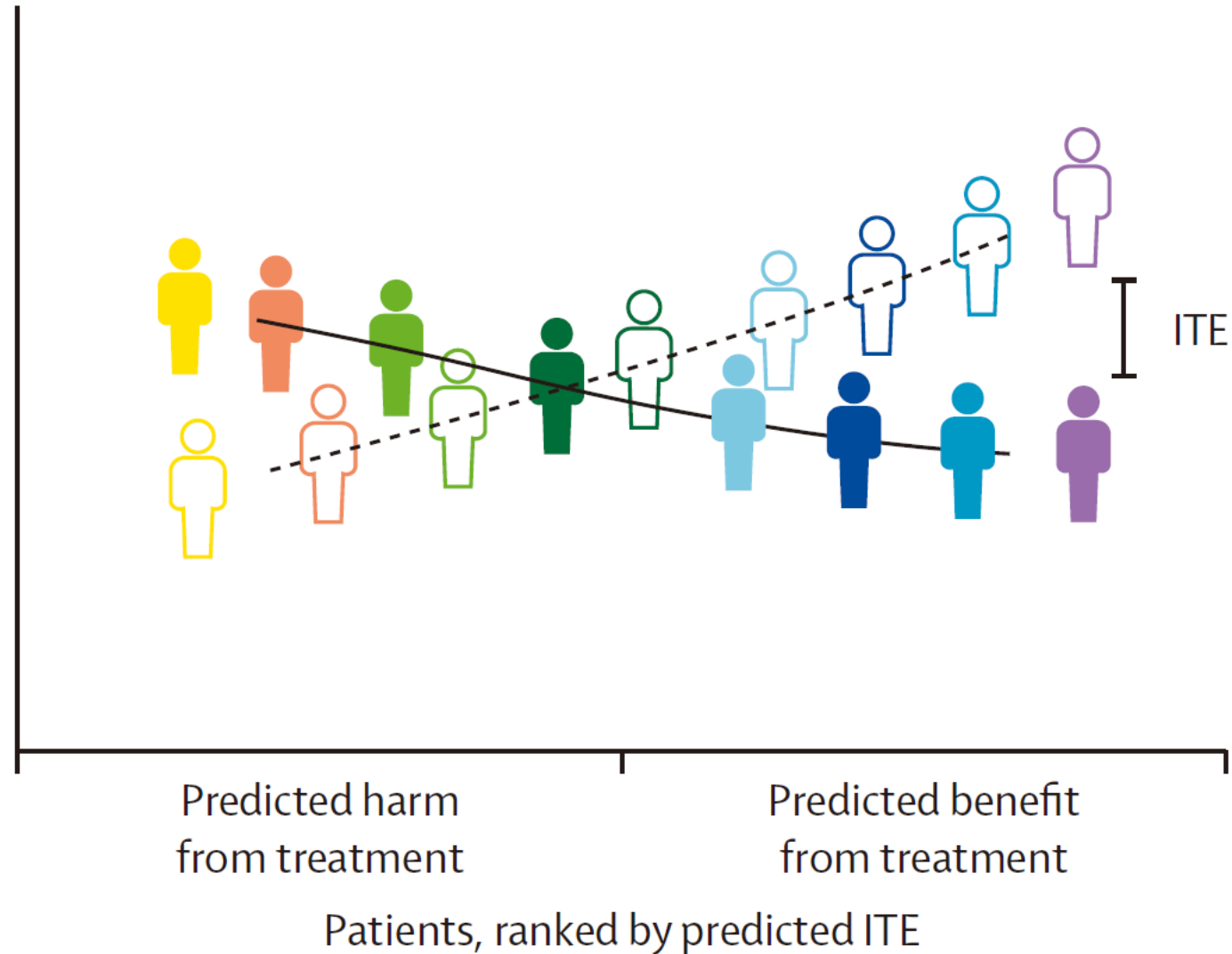
## Major Adverse Kidney Events within 30 days (MAKE30)

A composite of in-hospital death, new receipt of renal-replacement therapy, and persistent renal dysfunction (defined as a final inpatient creatinine value  $\geq 200\%$  of the baseline value)

Am J Respir Crit Care Med. 2018;198:810-813.  
N Engl J Med. 2018;378:829-839.

# Effect-Based Models

Predict individualized treatment effect (ITE) based on each patients baseline characteristics



# Effect of Intravenous Fluid Treatment With a Balanced Solution vs 0.9% Saline Solution on Mortality in Critically Ill Patients



## The BaSICS Randomized Clinical Trial

**QUESTION** Among patients in the ICU requiring intravenous fluid challenges, does the use of a balanced solution compared with saline solution (0.9% sodium chloride) improve 90-day survival?

**CONCLUSION** Among critically ill patients requiring fluid challenges, treatment with a balanced solution compared with saline solution did not significantly reduce 90-day mortality.

### POPULATION



5865 Men 4655 Women

ICU patients with ≥1 risk factor for worse outcomes who required fluid expansion and were expected to stay >24 hours

Mean age: 61 years

### LOCATIONS

75 ICUs in Brazil



### INTERVENTION



11 052 Patients randomized  
10 520 Patients analyzed

5230

#### Balanced solution

Isotonic solution of pH 7.4 (infusion rate also randomized and analyzed separately)



5290

#### Saline solution

0.9% sodium chloride (infusion rate also randomized and analyzed separately)

### PRIMARY OUTCOME

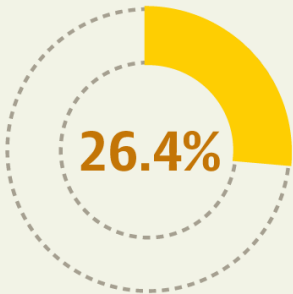
90-day survival

### FINDINGS

Deaths within 90 days

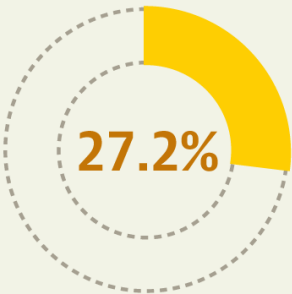
#### Balanced solution

1381 of 5230 patients died



#### Saline solution

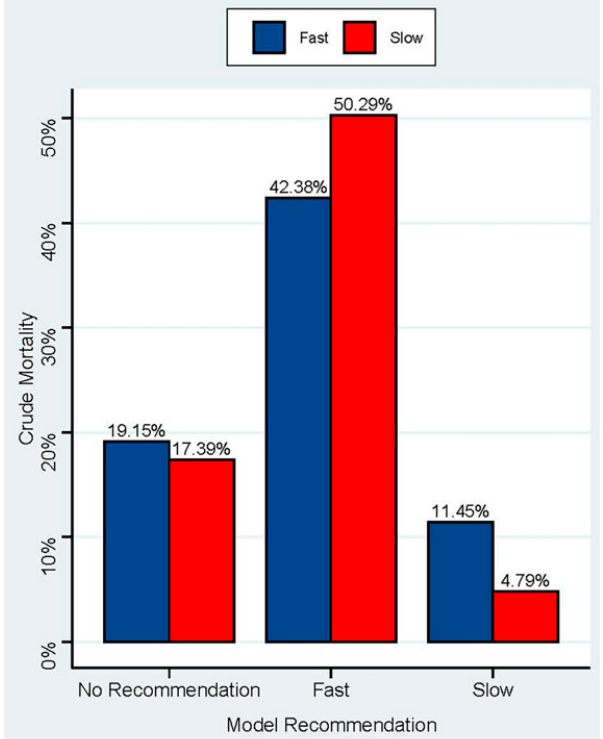
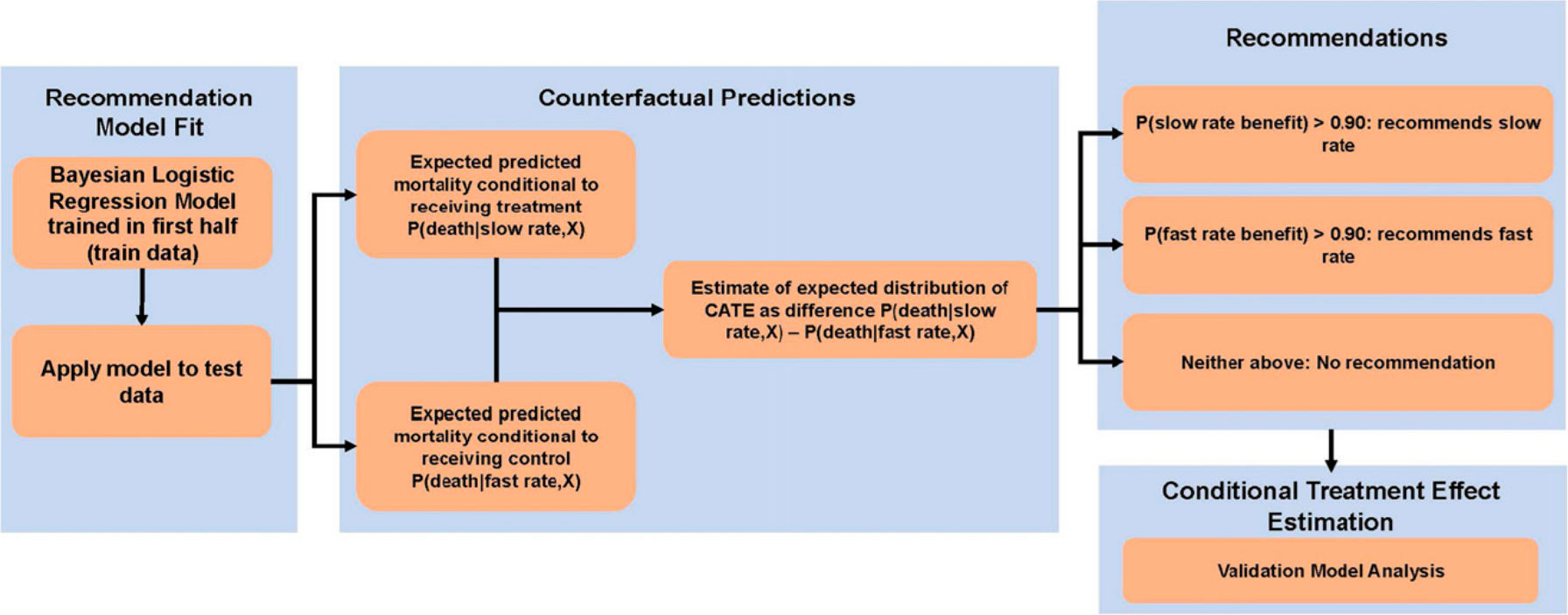
1439 of 5290 patients died



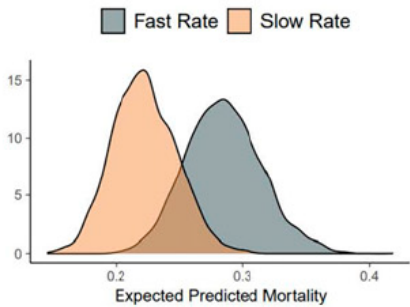
Findings were not statistically significant:  
Adjusted HR, **0.97** (95% CI, 0.90 to 1.05)

# Conditional Treatment Effect Analysis of Two Infusion Rates for Fluid Challenges in Critically Ill Patients

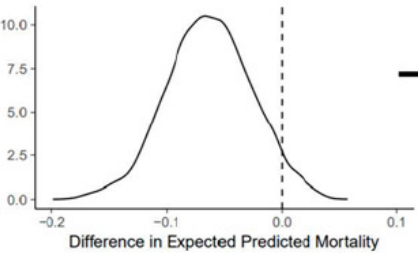
A Secondary Analysis of Balanced Solution versus Saline in Intensive Care Study (BaSICS) Trial



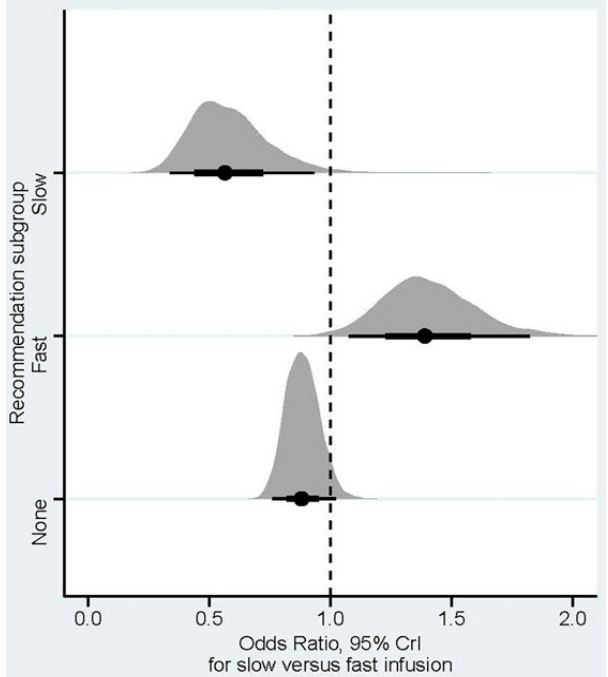
Expected Mortality According to treatment for a given patient



Subtraction of expected probabilities  
Probability of Benefit 0.96



Recommendation Model suggests slow rate for this patient





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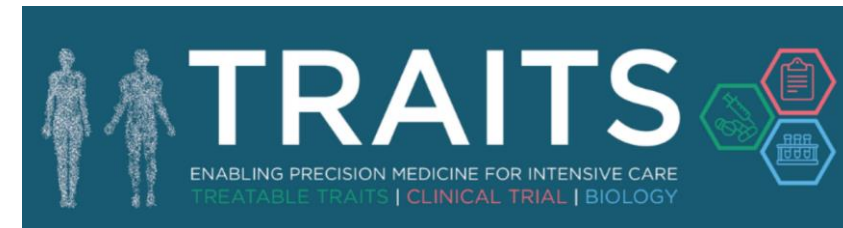
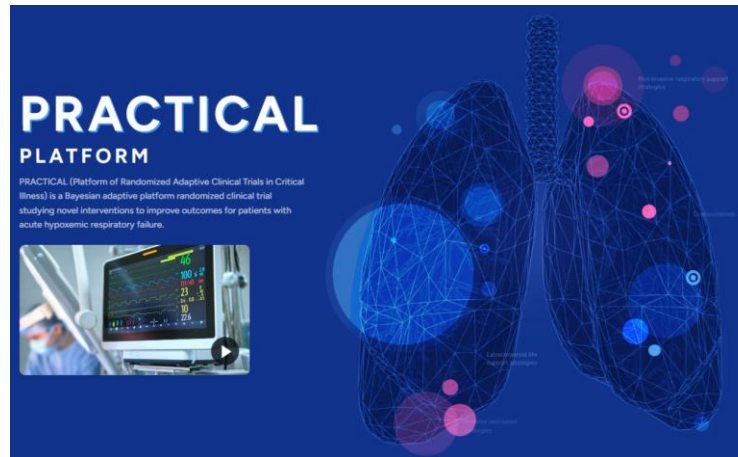
Overall patient features according to model suggestion in the test set

Characteristic	No Suggestion (n = 4,223)	Fast Infusion (n = 735)	Slow Infusion (n = 277)
Age	62 (50–72)	79 (69–86)	36 (28–43)
Female sex	1,771 (42%)	355 (48%)	136 (49%)
APACHE II score	11 (8–15)	17 (13–23)	7 (5–10)
SOFA score	4.0 (2.0–6.0)	5.0 (3.0–8.0)	4.0 (2.0–6.0)
Mean arterial pressure, mm Hg	74 (63–87)	70 (60–84)	73 (64–84)
Heart rate, beats per min	92 (77–109)	96 (81–112)	97 (81–111)
Vasopressor use	1,627 (39%)	190 (26%)	164 (59%)
Acute kidney injury at enrollment	1,222 (29%)	398 (54%)	57 (21%)
Creatinine, mg/dl	0.95 (0.71–1.28)	1.24 (0.90–1.94)	0.80 (0.60–1.07)
Admission type			
Unplanned, not sepsis	1,249 (30%)	264 (36%)	52 (19%)
Planned	2,480 (59%)	23 (3.1%)	225 (81%)
Unplanned, sepsis	494 (12%)	448 (61%)	0
Mechanical ventilation	2,276 (54%)	435 (59%)	48 (17%)
Noninvasive ventilation	31 (0.7%)	0	9 (3.2%)
Intensive care unit length of stay	3 (2–6)	5 (2–11)	3 (2–4)
Hospital length of stay	8 (5–16)	10 (5–21)	8 (6–15)
Need for kidney replacement therapy	283 (6.7%)	86 (12%)	10 (3.6%)
Hospital mortality	771 (18%)	339 (46%)	22 (7.9%)
90-d mortality	897 (21%)	388 (53%)	32 (12%)

*Definition of abbreviations:* APACHE = Acute Physiology and Chronic Health Evaluation; SOFA = Sequential Organ Failure Assessment.

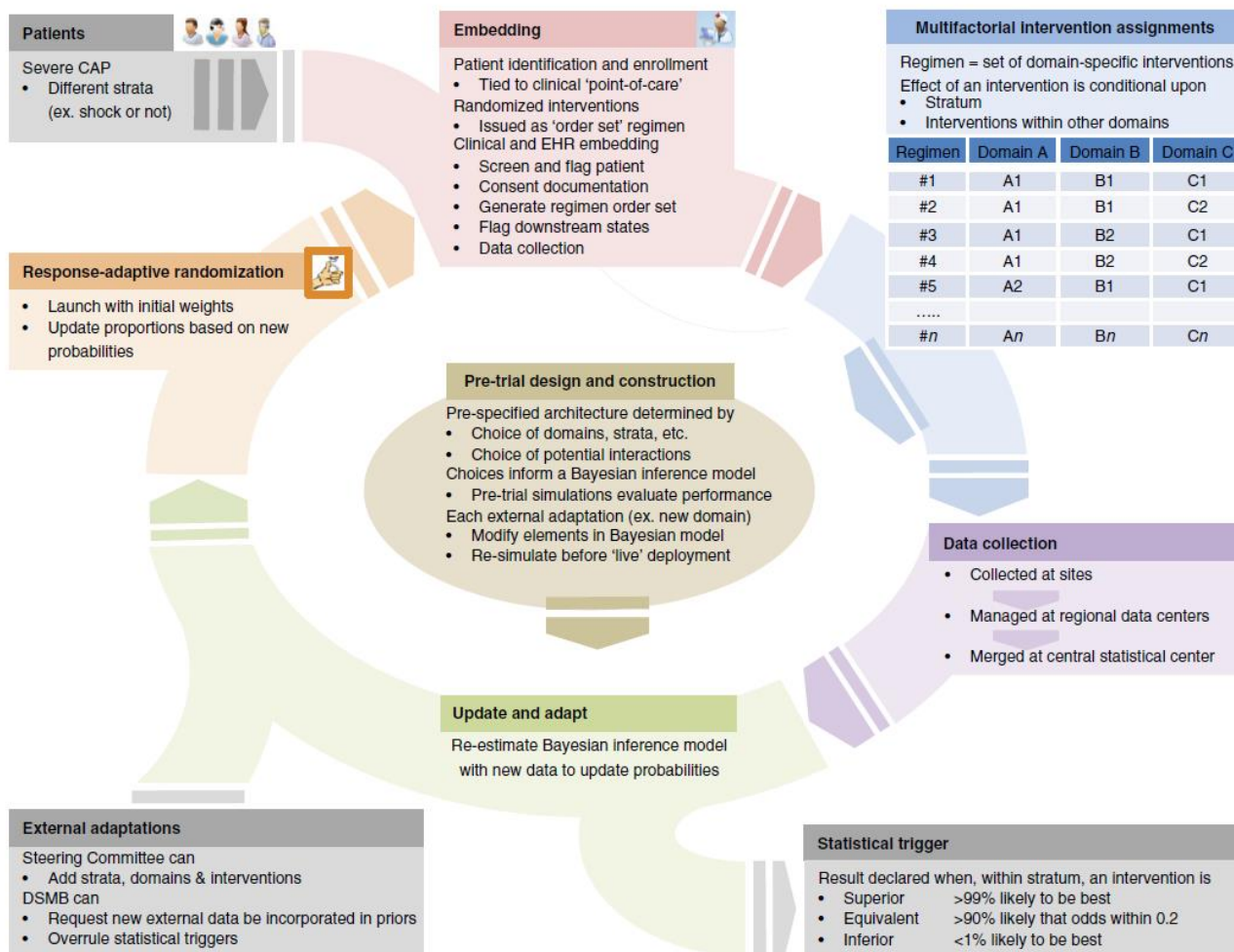
Values presented as median (interquartile range) where applicable.

# Platforms and Consortia





# REMAP-CAP



**R Randomization.** Once the design is specified, sites are recruited and trained, appropriate oversight and approval is obtained, and all study execution procedures are deployed, the study launches. The trial begins by randomizing patients with fixed allocations to each treatment arm, proportional to the number of arms. Later, randomization weights are adjusted based on updated probabilities from the Bayesian inference model.

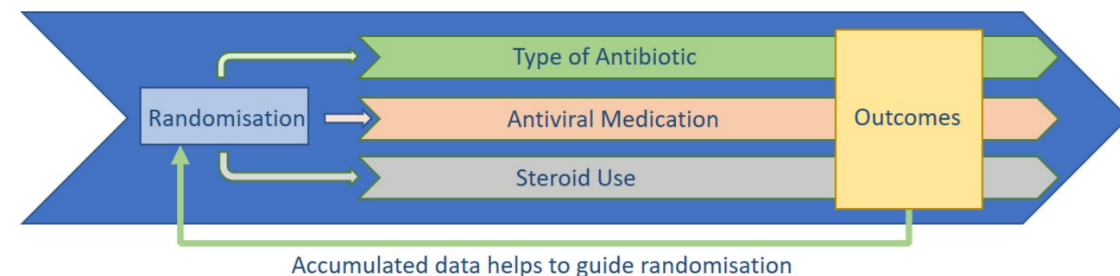
**E Embedding.** A key element of the design is tight integration with clinical operations, including using a clinical 'moment', or 'point-of-care' to flag and enroll patients and to deliver the treatment regimen as an 'order set'. Ideally, embedding will take advantage of electronic health record data, not only to help flag and enroll patients, but to deliver patient order sets and to facilitate on-going monitoring and data collection.

**M Multifactorial intervention assignments.** The treatment regimens themselves are assigned as a regimen, containing each randomized intervention within each domain. In settings with standard ICU order sets, the regimen would ideally be generated automatically, with inclusion of standard non-randomized ICU care elements as well as those randomized items that are part of REMAP-CAP.

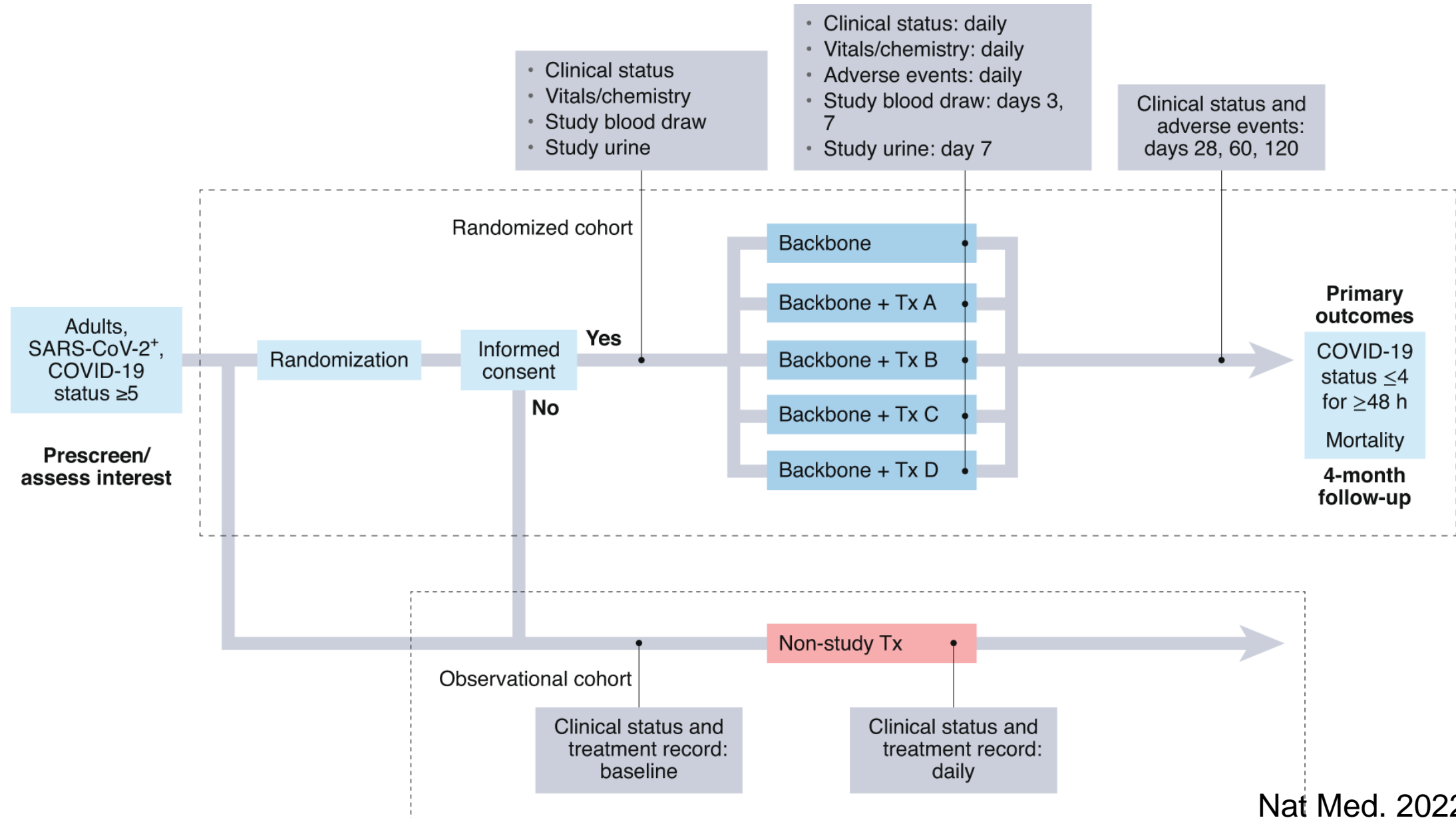
**A Adaptation.** The heart of the trial is the monthly update of the Bayesian inference model. Each month, the SAC runs the Bayesian inference model using the updated trial data to generate an updated posterior probability for all trial outcomes. If the model generates a probability that has crossed a predetermined threshold, it triggers a platform conclusion. Otherwise, the probabilities are used to update the randomization weights.

**P Platform.** The entire trial is envisioned, like all adaptive platform trials, as a learning engine that can test multiple interventions both in parallel and sequentially. Thus, the focus is on the condition, CAP, itself, and not on any particular intervention. This approach allows a standard approach for enrollment and data collection to be built once and then run perpetually, providing numerous efficiencies.

**Data collection.** Data, ideally via the EHR, is uploaded to regional coordinating centers (RCCs), responsible for local data management and audit and feedback of sites. The RCCs forward data to the statistical analysis committee (SAC).



# ISPY-COVID/ARDS Trials



# PRACTICAL Platforms

Active

## CORT-E2

### Corticosteroid Early and Extended

The CORT-E2 pilot trial is to examine the role of corticosteroids in 1) early non-COVID acute respiratory failure and 2) non-resolving acute respiratory failure that has already been treated with a 10 day course of corticosteroids.



Active

## ULTIMATE

### Ultra-Low Tidal Volume Mechanical Ventilation in ARDS through ECMO

The ULTIMATE pilot trial is a multi-centre, randomized, open-label trial, embedded as a domain within the PRACTICAL platform trial.



Active

## PROACTIVE

### Prevent Reduced Outcomes in ARDS by Transitioning from Invasive Ventilation to ECMO

The PROACTIVE pilot trial is a multi-centre, randomized, open-label trial, embedded as a domain within the PRACTICAL platform trial.



Active

## IMV-ECLS

### Mechanical Ventilation Strategies in Venovenous Extracorporeal Life Support (IMV-ECLS)

The Invasive Mechanical Ventilation Strategies in Venovenous-Extracorporeal Life Support (PRESSURE) is a pilot trial to identify PEEP strategies that improve lung function in AHRF patients on ECLS.



Active

## IMV

### Invasive Mechanical Ventilation Strategies

Interventions in this domain will be evaluated at various stages including pilot/feasibility evaluations, phase II, or phase III.



Active

## CAPTIVATE

### Consent for Adaptive Platform Trials using abbreviATED, patient-centered, modular audiovisual methods

CAPTIVATE is a study evaluating novel consent methods that is embedded within PRACTICAL and aims to innovate the conduct of informed consent methods within this trial, and inform the application of novel consent designs to future clinical trials.



Active

## FAST-3

### Nebulized Furosemide for the Treatment of Pulmonary Inflammation in Patients with Respiratory Failure Secondary to Pulmonary Infection – A Phase 3 study

Nebulized furosemide, in addition to usual care will be evaluated as an adjunctive treatment in patients with hypoxemic respiratory failure requiring either invasive or non-invasive mechanical ventilation as to its efficacy for improvement of patient centre



Active

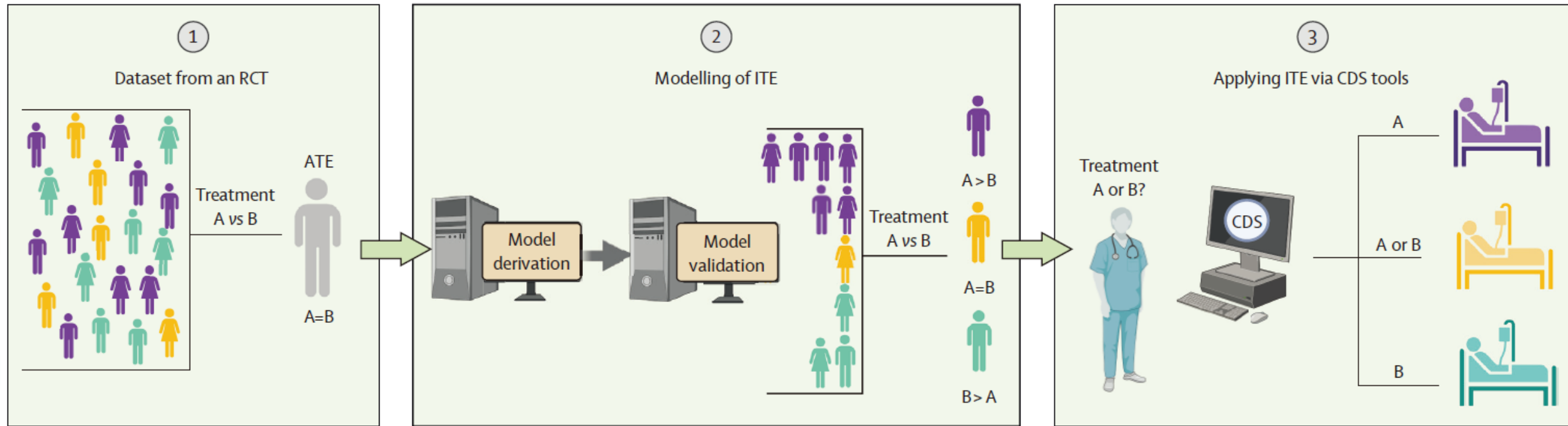
## FLUDRO

### Fludrocortisone therapy in acute hypoxemic respiratory failure with airspace disease.

The FLUDRO-1 trial aims to gather direct evidence assessing the potential role of fludrocortisone combination therapy in the treatment acute hypoxemic respiratory failure (AHRF).

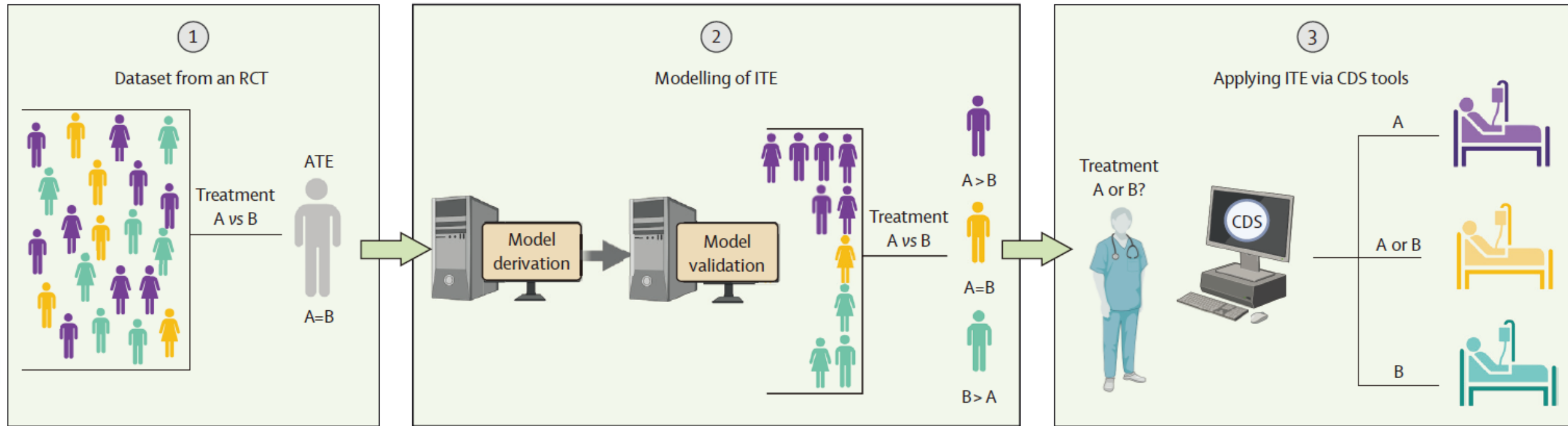


# Clinical Trials for Improving Precision Medicine in ICU Patients





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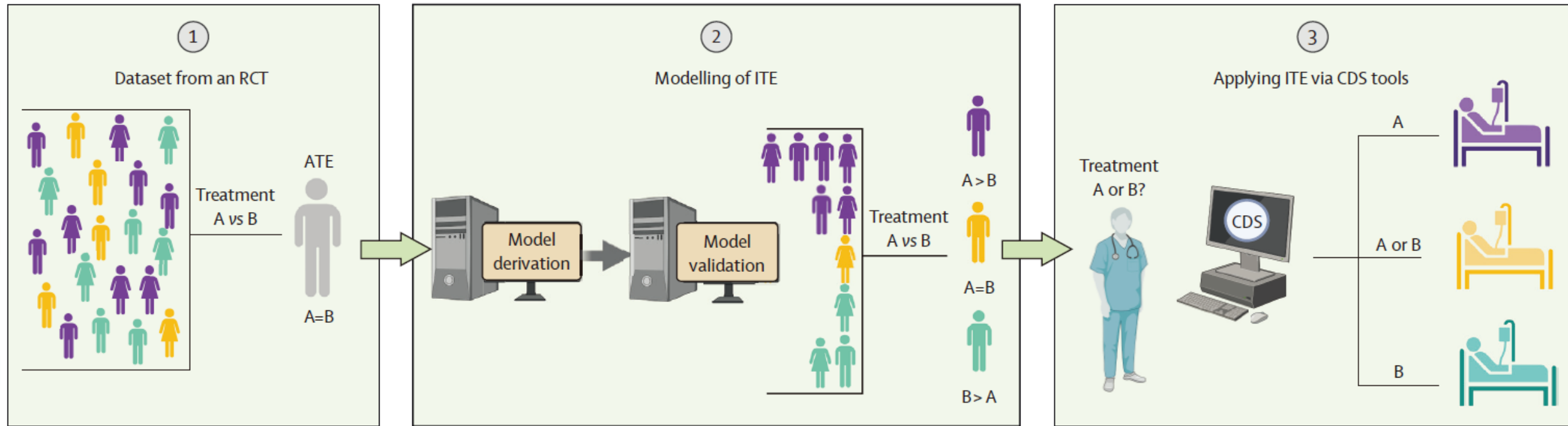


**Average  
Treatment Effect**



**Individualized  
Treatment Effect**

# Clinical Trials for Improving Precision Medicine in ICU Patients



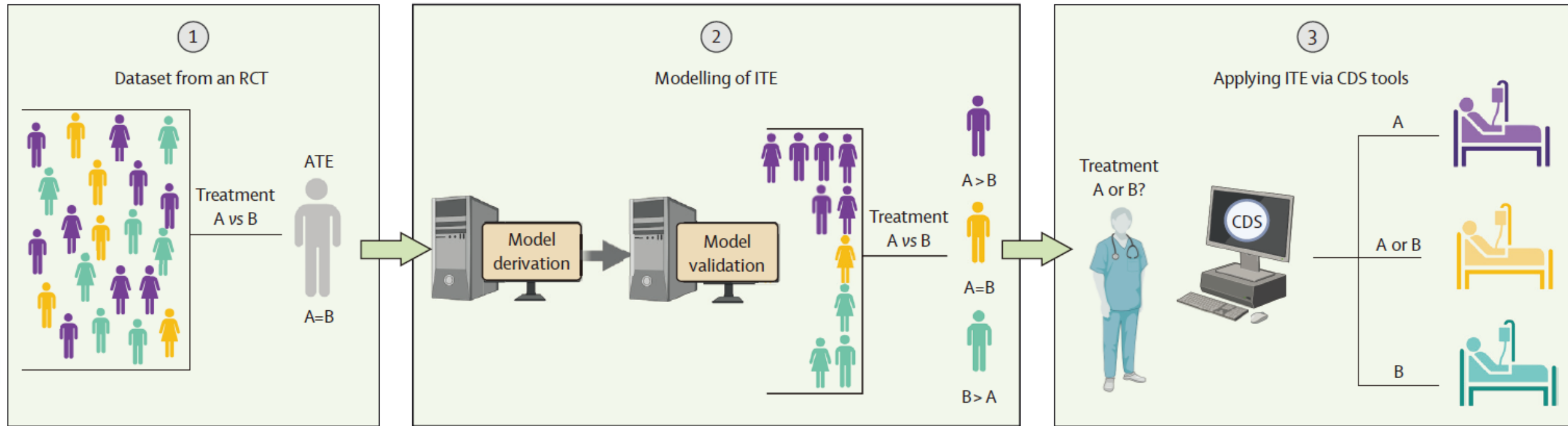
**Average  
Treatment Effect**

**More .....**

**Individualized  
Treatment Effect**



# Clinical Trials for Improving Precision Medicine in ICU Patients



**Average  
Treatment Effect**

**Artificial Intelligence**

**Individualized  
Treatment Effect**