

# CHEST<sup>®</sup> Physician

THE NEWSPAPER OF THE AMERICAN COLLEGE OF CHEST PHYSICIANS



COURTESY UNIVERSITY OF MIAMI

**Dr. Marilyn K. Glassberg, FCCP, (at right) with the multidisciplinary team at the University of Miami Health System. From left to right, Dr. David De La Zerda, Division of Pulmonary, Allergy, Critical Care, and Sleep Medicine; Dr. Dana Ascherman, Department of Rheumatology & Immunology; Dr. Nilesh Kashikar, Department of Pathology; and Dr. Joel Fishman, Professor of Diagnostic Radiology.**

## Teams boost accuracy of IPF diagnoses

BY KATIE WAGNER  
LENNON  
*Frontline Medical News*

The accuracy of idiopathic pulmonary fibrosis (IPF) diagnoses is improving with the use of multidisciplinary team meetings and updated guidelines, based on the findings of a study that compared the diagnostic agreement of individual clinicians and teams evaluating patients with interstitial lung disease.

Pulmonologists who participate in multidisciplinary team meetings said the find-

ings validate the approach.

“The [study’s] data confirm what we see in clinical practice ... it takes a multidisciplinary team – and perhaps often multiple pulmonologists – to review these cases,” Marilyn K. Glassberg, MD, FCCP, Professor of Medicine, Surgery, and Pediatrics; Division of Pulmonary, Allergy, Critical Care and Sleep Medicine; and Director of the Rare and Interstitial Lung Disease Program at the University of Miami Health System, said in an interview. “This study

See **Teams** • page 7

## Opioid overdose epidemic is being felt in the ICU

*Admissions are up 150% since 2009.*

BY SUSAN LONDON  
*Frontline Medical News*

SAN FRANCISCO – The opioid overdose crisis in the United States is now plainly evident in intensive care units (ICUs), finds a study conducted from 2009-2015 in hospitals in 44 states.

During the study period, ICU admissions for opioid overdoses increased nearly 150%, investigators reported in a session and a related press briefing at an international conference of the American Thoracic Society. Further, ICU deaths from opioid overdoses have roughly doubled.

“This means the opioid

use epidemic has probably reached a new level of crisis,” said lead investigator Jennifer P. Stevens, MD, an instructor in medicine at Harvard Medical School, and an adult intensive care physician at Beth Israel Deaconess Medical Center, both in Boston. “In spite of everything that we can do in the ICU – keeping them alive on ventilators, doing life support, doing acute dialysis, doing round-the-clock care and round-the-clock board-certified intensivists – we are still not able to make a difference in that mortality.”

Dr. Stevens added that  
See **Opioids** • page 6

## Apnea device effective at 42 months

BY BRUCE JANCIN  
*Frontline Medical News*

DENVER – The surgically implanted Inspire system for controlled upper airway stimulation as therapy for moderate to severe obstructive sleep apnea demonstrated sustained benefit at 42 months of prospective follow-up in the STAR trial,

Patrick J. Strollo Jr., MD, FCCP, reported at the annual meeting of the Associated Professional Sleep Societies.

STAR was the pivotal trial whose previously reported 12-month outcomes led to Food and Drug Administration clearance of the device. Dr. Strollo was first author of that paper (N Engl J Med. 2014 Jan 9;370:139-49). At

SLEEP 2016, he presented patient- and partner-reported outcomes at 42 months. Bottom line: The device had continued safety and no loss in efficacy.

“So far it seems to be a useful option for people who frequently didn’t have an option. And the technology is improving and will

See **Apnea** • page 4

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# HELP PRESERVE MORE LUNG FUNCTION

Reduce lung function  
decline with Esbriet<sup>1-4</sup>



## DEMONSTRATED EFFICACY\*

- Esbriet had a significant impact on lung function vs placebo in ASCEND<sup>2,3</sup>
  - 48% relative reduction in risk of a meaningful decline in lung function ( $\geq 10\%$  decline in %FVC) at 52 weeks for patients on Esbriet vs placebo (17% vs 32%; 15% absolute difference;  $P < 0.001$ )**
  - 2.3x as many patients on Esbriet maintained their baseline function at 52 weeks vs placebo (23% vs 10% of patients; 13% absolute difference;  $P < 0.001$ )**
- **Esbriet delayed progression of IPF vs placebo through a sustained impact on lung function decline in ASCEND<sup>2,3</sup>**
- **No statistically significant difference vs placebo in change in %FVC or decline in FVC volume from baseline to 72 weeks was observed in CAPACITY 006<sup>2,4</sup>**
- Safety and efficacy were evaluated in three phase 3, double-blind, placebo-controlled, multicenter trials in 1247 patients randomized to receive Esbriet (n=623) or placebo (n=624)<sup>2</sup>



## ESTABLISHED MANAGEMENT PLAN

- The recommended daily dosage is 3 capsules, 3 times a day (2403 mg/day) with food, titrated to full dosage over a 14-day period<sup>2</sup>
- Flexible dosing for appropriate modification to help manage potential adverse reactions (patients may require dose reduction, interruption, or discontinuation)<sup>2</sup>
  - eg, elevated liver enzymes, gastrointestinal events, and photosensitivity reactions or rash



## COMMITTED TO PATIENTS

- Esbriet Access Solutions offers a full range of access and reimbursement support for your patients and practice
- The Esbriet Inspiration Program<sup>TM</sup> motivates patients to stay on treatment with information and encouragement
- Clinical Coordinators are available to provide education to patients with IPF through in-office programs



## WORLDWIDE PATIENT EXPERIENCE

- Esbriet has been approved outside the US since 2011<sup>1</sup>
- More than 27,000 patients have taken pirfenidone worldwide<sup>1</sup>

## Indication

Esbriet® (pirfenidone) is indicated for the treatment of idiopathic pulmonary fibrosis (IPF).

## Select Important Safety Information

**Elevated liver enzymes:** Increases in ALT and AST  $> 3 \times$  ULN have been reported in patients treated with Esbriet. Rarely these have been associated with concomitant elevations in bilirubin. Patients treated with Esbriet had a higher incidence of elevations in ALT or

AST than placebo patients (3.7% vs 0.8%, respectively). No cases of liver transplant or death due to liver failure that were related to Esbriet have been reported. However, the combination of transaminase elevations and elevated bilirubin without evidence of obstruction is generally recognized as an important predictor of severe liver injury that could lead to death or the need for liver transplants in some patients. Conduct liver function tests (ALT, AST, and bilirubin) prior to initiating Esbriet, then monthly for the first 6 months and every 3 months thereafter. Dosage modifications or interruption may be necessary.

ATS=American Thoracic Society; ERS=European Respiratory Society; JRS=Japanese Respiratory Society; ALAT=Latin American Thoracic Association; %FVC=percent predicted forced vital capacity.

\*The efficacy of Esbriet was evaluated in three phase 3, randomized, double-blind, placebo-controlled, multicenter trials. In ASCEND, 555 patients with IPF were randomized to receive Esbriet 2403 mg/day or placebo for 52 weeks. Eligible patients had %FVC between 50%-90% and %DL<sub>co</sub> (percent predicted diffusing capacity of lung for carbon monoxide) between 30%-90%. The primary endpoint was change in %FVC from baseline to week 52. In CAPACITY 006, 344 patients with IPF were randomized to receive Esbriet 2403 mg/day or placebo. Eligible patients had %FVC  $\geq 50\%$  and %DL<sub>co</sub>  $\geq 35\%$ . The primary endpoint was change in %FVC from baseline to week 72.

<sup>†</sup>Recognize that different choices will be appropriate for individual patients and that you must help each patient arrive at a management decision consistent with his or her values and preferences.

# Genentech

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**Recommended by the ATS/ERS/JRS/ALAT  
Clinical Practice Guideline for the treatment of IPF.**

Conditional recommendation, moderate confidence in estimates of effect.<sup>51</sup>

**Learn more about Esbriet and how to access medication  
at [EsbrietHCP.com](http://EsbrietHCP.com)**

**Photosensitivity reaction or rash:** Patients treated with Esbriet had a higher incidence of photosensitivity reactions (9%) compared with patients treated with placebo (1%). Patients should avoid or minimize exposure to sunlight (including sunlamps), use a sunblock (SPF 50 or higher), and wear clothing that protects against sun exposure. Patients should avoid concomitant medications that cause photosensitivity. Dosage reduction or discontinuation may be necessary.

**Gastrointestinal disorders:** Gastrointestinal events of nausea, diarrhea, dyspepsia, vomiting, gastroesophageal reflux disease, and abdominal pain were more frequently reported in patients treated with Esbriet. Dosage reduction or interruption for gastrointestinal events was required in 18.5% of patients in the Esbriet 2403 mg/day group, as compared to 5.8% of patients in the placebo group; 2.2% of patients in the Esbriet 2403 mg/day group discontinued treatment due to a gastrointestinal event, as compared to 1.0% in the placebo group. The most common (>2%) gastrointestinal events that led to dosage reduction or interruption were nausea, diarrhea, vomiting, and dyspepsia. Dosage modifications may be necessary in some cases.

**Adverse reactions:** The most common adverse reactions ( $\geq 10\%$ ) were nausea, rash, abdominal pain, upper respiratory tract infection, diarrhea, fatigue, headache, dyspepsia, dizziness, vomiting, anorexia, gastroesophageal reflux disease, sinusitis, insomnia, weight decreased, and arthralgia.

**Drug interactions:** Concomitant administration with strong inhibitors of CYP1A2 (eg, fluvoxamine) significantly increases systemic exposure of Esbriet and is not recommended. Discontinue prior to administration of Esbriet. If strong CYP1A2 inhibitors cannot be avoided, dosage reductions of Esbriet are recommended. Monitor for adverse reactions and consider discontinuation of Esbriet as needed.

Concomitant administration of Esbriet and ciprofloxacin (a moderate inhibitor of CYP1A2) moderately increases exposure to Esbriet. If ciprofloxacin at the dosage of 750 mg twice daily cannot be avoided, dosage reductions are recommended. Monitor patients closely when ciprofloxacin is used.

Agents that are moderate or strong inhibitors of both CYP1A2 and CYP isoenzymes involved in the metabolism of Esbriet should be avoided during treatment.

The concomitant use of a CYP1A2 inducer may decrease the exposure of Esbriet, and may lead to loss of efficacy. Concomitant use of strong CYP1A2 inducers should be avoided.

**Specific populations:** Esbriet should be used with caution in patients with mild to moderate (Child-Pugh Class A and B) hepatic impairment. Monitor for adverse reactions and consider dosage modification or discontinuation of Esbriet as needed. The safety, efficacy, and pharmacokinetics of Esbriet have not been studied in patients with severe hepatic impairment. Esbriet is not recommended for use in patients with severe (Child-Pugh Class C) hepatic impairment.

Esbriet should be used with caution in patients with mild ( $CL_{cr}$  50-80 mL/min), moderate ( $CL_{cr}$  30-50 mL/min), or severe ( $CL_{cr}$  less than 30 mL/min) renal impairment. Monitor for adverse reactions and consider dosage modification or discontinuation of Esbriet as needed. The safety, efficacy, and pharmacokinetics of Esbriet have not been studied in patients with end-stage renal disease requiring dialysis. Use of Esbriet in patients with end-stage renal disease requiring dialysis is not recommended.

Smoking causes decreased exposure to Esbriet, which may alter the efficacy profile of Esbriet. Instruct patients to stop smoking prior to treatment with Esbriet and to avoid smoking when using Esbriet.

**You may report side effects to the FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch). You may also report side effects to Genentech at 1-888-835-2555.**

**Please see Brief Summary of Prescribing Information on adjacent pages for additional Important Safety Information.**

**References:** **1.** Data on file. Genentech, Inc. 2015. **2.** Esbriet Prescribing Information. Genentech, Inc. September 2015. **3.** King TE Jr, Bradford WZ, Castro-Bernardini S, et al; for the ASCEND Study Group. A phase 3 trial of pirfenidone in patients with idiopathic pulmonary fibrosis [published correction appears in *N Engl J Med*. 2014;371(12):1172]. *N Engl J Med*. 2014;370(22):2083-2092. **4.** Noble PW, Albera C, Bradford WZ, et al; for the CAPACITY Study Group. Pirfenidone in patients with idiopathic pulmonary fibrosis (CAPACITY): two randomised trials. *Lancet*. 2011;377(9779):1760-1769. **5.** Raghu G, Rochwerg B, Zhang Y, et al; ATS, ERS, JRS, and ALAT. An official ATS/ERS/JRS/ALAT clinical practice guideline: treatment of idiopathic pulmonary fibrosis. An update of the 2011 clinical practice guideline [published correction appears in *Am J Respir Crit Care Med*. 2015;192(5):644]. *Am J Respir Crit Care Med*. 2015;192(2):e3-e19.

# Device stimulates upper airway

Apnea from page 1

only get better,” said Dr. Strollo, professor of medicine and clinical and translational science, director of the Sleep Medicine Center, and codirector of the Sleep Medicine Institute at

the University of Pittsburgh.

The Inspire system consists of three parts implanted by an otolaryngologist in an outpatient procedure: a small impulse generator, a breathing

sensor lead inserted in the intercostal muscle, and a stimulator lead attached to the distal branch of the 10th cranial nerve, the hypoglossal nerve controlling the tongue muscles.

The device is programmed to discharge at the end of expiration and continue through the inspiratory phase, causing the tongue to move

forward and the retrolingual and retropalatal airways to open.

Upper airway stimulation is approved for commercial use in patients such as those enrolled in the STAR trial on the basis of pilot studies that identified most likely responders. The key selection criteria include moderate to severe obstructive sleep

**Esbriet**  
(pirfenidone) capsules 267 mg

Rx only

## BRIEF SUMMARY

The following is a brief summary of the full Prescribing Information for ESBRIET® (pirfenidone). Please review the full Prescribing Information prior to prescribing ESBRIET.

## 1 INDICATIONS AND USAGE

ESBRIET is indicated for the treatment of idiopathic pulmonary fibrosis (IPF).

## 4 CONTRAINDICATIONS

None.

## 5 WARNINGS AND PRECAUTIONS

### 5.1 Elevated Liver Enzymes

Increases in ALT and AST  $\geq 3 \times$  ULN have been reported in patients treated with ESBRIET. Rarely these have been associated with concomitant elevations in bilirubin. Patients treated with ESBRIET 2403 mg/day in the three Phase 3 trials had a higher incidence of elevations in ALT or AST  $\geq 3 \times$  ULN than placebo patients (3.7% vs. 0.8%, respectively). Elevations  $\geq 10 \times$  ULN in ALT or AST occurred in 0.3% of patients in the ESBRIET 2403 mg/day group and in 0.2% of patients in the placebo group. Increases in ALT and AST  $\geq 3 \times$  ULN were reversible with dose modification or treatment discontinuation. No cases of liver transplant or death due to liver failure that were related to ESBRIET have been reported. However, the combination of transaminase elevations and elevated bilirubin without evidence of obstruction is generally recognized as an important predictor of severe liver injury, that could lead to death or the need for liver transplants in some patients. Conduct liver function tests (ALT, AST, and bilirubin) prior to the initiation of therapy with ESBRIET in all patients, then monthly for the first 6 months and every 3 months thereafter. Dosage modifications or interruption may be necessary for liver enzyme elevations [see *Dosage and Administration sections 2.1 and 2.3 in full Prescribing Information*].

### 5.2 Photosensitivity Reaction or Rash

Patients treated with ESBRIET 2403 mg/day in the three Phase 3 studies had a higher incidence of photosensitivity reactions (9%) compared with patients treated with placebo (1%). The majority of the photosensitivity reactions occurred during the initial 6 months. Instruct patients to avoid or minimize exposure to sunlight (including sunlamps), to use a sunblock (SPF 50 or higher), and to wear clothing that protects against sun exposure. Additionally, instruct patients to avoid concomitant medications known to cause photosensitivity. Dosage reduction or discontinuation may be necessary in some cases of photosensitivity reaction or rash [see *Dosage and Administration section 2.3 in full Prescribing Information*].

### 5.3 Gastrointestinal Disorders

In the clinical studies, gastrointestinal events of nausea, diarrhea, dyspepsia, vomiting, gastro-esophageal reflux disease, and abdominal pain were more frequently reported by patients in the ESBRIET treatment groups than in those taking placebo. Dosage reduction or interruption for gastrointestinal events was required in 18.5% of patients in the 2403 mg/day group, as compared to 5.8% of patients in the placebo group; 2.2% of patients in the ESBRIET 2403 mg/day group discontinued treatment due to a gastrointestinal event, as compared to 1.0% in the placebo group. The most common ( $>2\%$ ) gastrointestinal events that led to dosage reduction or interruption were nausea, diarrhea, vomiting, and dyspepsia. The incidence of gastrointestinal events was highest early in the course of treatment (with highest incidence occurring during the initial 3 months) and decreased over time. Dosage modifications may be necessary in some cases of gastrointestinal adverse reactions [see *Dosage and Administration section 2.3 in full Prescribing Information*].

## 6 ADVERSE REACTIONS

The following adverse reactions are discussed in greater detail in other sections of the labeling:

- Liver Enzyme Elevations [see *Warnings and Precautions (5.1)*]
- Photosensitivity Reaction or Rash [see *Warnings and Precautions (5.2)*]
- Gastrointestinal Disorders [see *Warnings and Precautions (5.3)*]

## ESBRIET® (pirfenidone)

### 6.1 Clinical Trials Experience

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

The safety of pirfenidone has been evaluated in more than 1400 subjects with over 170 subjects exposed to pirfenidone for more than 5 years in clinical trials.

ESBRIET was studied in 3 randomized, double-blind, placebo-controlled trials (Studies 1, 2, and 3) in which a total of 623 patients received 2403 mg/day of ESBRIET and 624 patients received placebo. Subjects ages ranged from 40 to 80 years (mean age of 67 years). Most patients were male (74%) and Caucasian (95%). The mean duration of exposure to ESBRIET was 62 weeks (range: 2 to 118 weeks) in these 3 trials.

At the recommended dosage of 2403 mg/day, 14.6% of patients on ESBRIET compared to 9.6% on placebo permanently discontinued treatment because of an adverse event. The most common ( $>1\%$ ) adverse reactions leading to discontinuation were rash and nausea. The most common ( $>3\%$ ) adverse reactions leading to dosage reduction or interruption were rash, nausea, diarrhea, and photosensitivity reaction.

The most common adverse reactions with an incidence of  $\geq 10\%$  and more frequent in the ESBRIET than placebo treatment group are listed in Table 1.

**Table 1. Adverse Reactions Occurring in  $\geq 10\%$  of ESBRIET-Treated Patients and More Commonly Than Placebo in Studies 1, 2, and 3**

Adverse Reaction	% of Patients (0 to 118 Weeks)	
	ESBRIET 2403 mg/day (N = 623)	Placebo (N = 624)
Nausea	36%	16%
Rash	30%	10%
Abdominal Pain <sup>1</sup>	24%	15%
Upper Respiratory Tract Infection	27%	25%
Diarrhea	26%	20%
Fatigue	26%	19%
Headache	22%	19%
Dyspepsia	19%	7%
Dizziness	18%	11%
Vomiting	13%	6%
Anorexia	13%	5%
Gastro-esophageal Reflux Disease	11%	7%
Sinusitis	11%	10%
Insomnia	10%	7%
Weight Decreased	10%	5%
Arthralgia	10%	7%

<sup>1</sup> Includes abdominal pain, upper abdominal pain, abdominal distension, and stomach discomfort.

Adverse reactions occurring in  $\geq 5$  to  $<10\%$  of ESBRIET-treated patients and more commonly than placebo are photosensitivity reaction (9% vs. 1%), decreased appetite (8% vs. 3%), pruritus (8% vs. 5%), asthenia (6% vs. 4%), dysgeusia (6% vs. 2%), and non-cardiac chest pain (5% vs. 4%).

### 6.2 Postmarketing Experience

In addition to adverse reactions identified from clinical trials, the following adverse reactions have been identified during postapproval use of pirfenidone. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency.

*Blood and Lymphatic System Disorders*  
Agranulocytosis

*Immune System Disorders*  
Angioedema

*Hepatobiliary Disorders*

Bilirubin increased in combination with increases of ALT and AST

apnea as defined by an apnea-hypopnea index of 20-50, nonadherence to continuous positive airway pressure (CPAP), a body mass index of 32 kg/m<sup>2</sup> or less, and absence of concentric collapse of the airway at the level of the palate during sedated endoscopy.

STAR included 126 participants who received the upper airway stim-

ulation device. There have been two explants: one from septic arthritis, the other elective.

A total of 97 STAR participants had 42-month follow-up data available.

Among the key findings were that:

- Mean scores on the Epworth Sleepiness Scale were 11.6 at baseline, 7 at 12 months, and 7.1 at 42 months.

- Scores on the Functional Outcomes of Sleep Questionnaire improved from 14.3 at baseline to 17.3 at 12 months and 17.5 at 42 months.

- Scores on the Epworth Sleepiness Scale and Functional Outcomes of Sleep Questionnaire were abnormal at baseline and converted to normal range at 12 and 42 months.

- At baseline, 29% of the patients' sleeping partners characterized the snoring as loud, 24% rated it 'very intense,' and 30% left the bedroom. At 32 months, 11% of partners called the snoring loud, 3% deemed it very intense, and 4% left the room.

- At 42 months, 81% of patients reported using the device nightly. That's consistent with the objective evidence of adherence Dr. Strollo and his coinvestigators obtained

in a study of postmarketing device implants in which they found device usage averaged about 7 hours per night.

The 5-year follow-up of STAR will include a full lab polysom-



DR. STROLLO

nography study to obtain objective apnea-hypopnea index figures.

Given that only about 50% of patients with moderate to severe sleep apnea are able to tolerate CPAP long term, where does the Inspire system fit into today's practice of sleep medicine?

"In my practice, normally I'd let patients try positive pressure first. I want to make sure they've tried CPAP, and they've tried more advanced therapy like autotitrating bilevel positive airway pressure ... I also offer an oral appliance," Dr. Strollo said.

The STAR trial is supported by Inspire Medical Systems. Dr. Strollo receives a grant from the company.

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## ESBRIET® (pirfenidone)

### 7 DRUG INTERACTIONS

#### 7.1 CYP1A2 Inhibitors

Pirfenidone is metabolized primarily (70 to 80%) via CYP1A2 with minor contributions from other CYP isoenzymes including CYP2C9, 2C19, 2D6 and 2E1.

#### Strong CYP1A2 Inhibitors

The concomitant administration of ESBRIET and fluvoxamine or other strong CYP1A2 inhibitors (e.g., enoxacin) is not recommended because it significantly increases exposure to ESBRIET [see *Clinical Pharmacology section 12.3 in full Prescribing Information*]. Use of fluvoxamine or other strong CYP1A2 inhibitors should be discontinued prior to administration of ESBRIET and avoided during ESBRIET treatment. In the event that fluvoxamine or other strong CYP1A2 inhibitors are the only drug of choice, dosage reductions are recommended. Monitor for adverse reactions and consider discontinuation of ESBRIET as needed [see *Dosage and Administration section 2.4 in full Prescribing Information*].

#### Moderate CYP1A2 Inhibitors

Concomitant administration of ESBRIET and ciprofloxacin (a moderate inhibitor of CYP1A2) moderately increases exposure to ESBRIET [see *Clinical Pharmacology section 12.3 in full Prescribing Information*]. If ciprofloxacin at the dosage of 750 mg twice daily cannot be avoided, dosage reductions are recommended [see *Dosage and Administration section 2.4 in full Prescribing Information*]. Monitor patients closely when ciprofloxacin is used at a dosage of 250 mg or 500 mg once daily.

#### Concomitant CYP1A2 and other CYP Inhibitors

Agents or combinations of agents that are moderate or strong inhibitors of both CYP1A2 and one or more other CYP isoenzymes involved in the metabolism of ESBRIET (i.e., CYP2C9, 2C19, 2D6, and 2E1) should be discontinued prior to and avoided during ESBRIET treatment.

#### 7.2 CYP1A2 Inducers

The concomitant use of ESBRIET and a CYP1A2 inducer may decrease the exposure of ESBRIET and this may lead to loss of efficacy. Therefore, discontinue use of strong CYP1A2 inducers prior to ESBRIET treatment and avoid the concomitant use of ESBRIET and a strong CYP1A2 inducer [see *Clinical Pharmacology section 12.3 in full Prescribing Information*].

## 8 USE IN SPECIFIC POPULATIONS

### 8.1 Pregnancy

Teratogenic Effects: **Pregnancy Category C.**

There are no adequate and well-controlled studies of ESBRIET in pregnant women. Pirfenidone was not teratogenic in rats and rabbits. Because animal reproduction studies are not always predictive of human response, ESBRIET should be used during pregnancy only if the benefit outweighs the risk to the patient.

A fertility and embryo-fetal development study with rats and an embryo-fetal development study with rabbits that received oral doses up to 3 and 2 times, respectively, the maximum recommended daily dose (MRDD) in adults (on mg/m<sup>2</sup> basis at maternal doses up to 1000 and 300 mg/kg/day, respectively) revealed no evidence of impaired fertility or harm to the fetus due to pirfenidone. In the presence of maternal toxicity, acyclic/irregular cycles (e.g., prolonged estrous cycle) were seen in rats at doses approximately equal to and higher than the MRDD in adults (on a mg/m<sup>2</sup> basis at maternal doses of 450 mg/kg/day and higher). In a pre- and post-natal development study, prolongation of the gestation period, decreased numbers of live newborn, and reduced pup viability and body weights were seen in rats at an oral dosage approximately 3 times the MRDD in adults (on a mg/m<sup>2</sup> basis at a maternal dose of 1000 mg/kg/day).

### 8.3 Nursing Mothers

A study with radio-labeled pirfenidone in rats has shown that pirfenidone or its metabolites are excreted in milk. It is not known whether ESBRIET is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue ESBRIET, taking into account the importance of the drug to the mother.

### 8.4 Pediatric Use

Safety and effectiveness of ESBRIET in pediatric patients have not been established.

### 8.5 Geriatric Use

Of the total number of subjects in the clinical studies receiving ESBRIET, 714 (67%) were 65 years old and over, while 231 (22%) were 75 years old and over. No overall differences in safety or effectiveness were observed between older and younger patients. No dosage adjustment is required based upon age.

## ESBRIET® (pirfenidone)

### 8.6 Hepatic Impairment

ESBRIET should be used with caution in patients with mild (Child Pugh Class A) to moderate (Child Pugh Class B) hepatic impairment. Monitor for adverse reactions and consider dosage modification or discontinuation of ESBRIET as needed [see *Dosage and Administration section 2.2 in full Prescribing Information*].

The safety, efficacy, and pharmacokinetics of ESBRIET have not been studied in patients with severe hepatic impairment. ESBRIET is not recommended for use in patients with severe (Child Pugh Class C) hepatic impairment [see *Clinical Pharmacology section 12.3 in full Prescribing Information*].

### 8.7 Renal Impairment

ESBRIET should be used with caution in patients with mild (CL<sub>cr</sub> 50–80 mL/min), moderate (CL<sub>cr</sub> 30–50 mL/min), or severe (CL<sub>cr</sub> less than 30 mL/min) renal impairment [see *Clinical Pharmacology section 12.3 in full Prescribing Information*]. Monitor for adverse reactions and consider dosage modification or discontinuation of ESBRIET as needed [see *Dosage and Administration section 2.3 in full Prescribing Information*]. The safety, efficacy, and pharmacokinetics of ESBRIET have not been studied in patients with end-stage renal disease requiring dialysis. Use of ESBRIET in patients with end-stage renal diseases requiring dialysis is not recommended.

### 8.8 Smokers

Smoking causes decreased exposure to ESBRIET [see *Clinical Pharmacology section 12.3 in full Prescribing Information*], which may alter the efficacy profile of ESBRIET. Instruct patients to stop smoking prior to treatment with ESBRIET and to avoid smoking when using ESBRIET.

## 10 OVERDOSAGE

There is limited clinical experience with overdosage. Multiple dosages of ESBRIET up to a maximum tolerated dose of 4005 mg per day were administered as five 267 mg capsules three times daily to healthy adult volunteers over a 12-day dose escalation.

In the event of a suspected overdosage, appropriate supportive medical care should be provided, including monitoring of vital signs and observation of the clinical status of the patient.

## 17 PATIENT COUNSELING INFORMATION

Advise the patient to read the FDA-approved patient labeling (Patient Information).

### Liver Enzyme Elevations

Advise patients that they may be required to undergo liver function testing periodically. Instruct patients to immediately report any symptoms of a liver problem (e.g., skin or the white of eyes turn yellow, urine turns dark or brown [tea colored], pain on the right side of stomach, bleed or bruise more easily than normal, lethargy) [see *Warnings and Precautions (5.1)*].

### Photosensitivity Reaction or Rash

Advise patients to avoid or minimize exposure to sunlight (including sunlamps) during use of ESBRIET because of concern for photosensitivity reactions or rash. Instruct patients to use a sunblock and to wear clothing that protects against sun exposure. Instruct patients to report symptoms of photosensitivity reaction or rash to their physician. Temporary dosage reductions or discontinuations may be required [see *Warnings and Precautions (5.2)*].

### Gastrointestinal Events

Instruct patients to report symptoms of persistent gastrointestinal effects including nausea, diarrhea, dyspepsia, vomiting, gastro-esophageal reflux disease, and abdominal pain. Temporary dosage reductions or discontinuations may be required [see *Warnings and Precautions (5.3)*].

### Smokers

Encourage patients to stop smoking prior to treatment with ESBRIET and to avoid smoking when using ESBRIET [see *Clinical Pharmacology section 12.3 in full Prescribing Information*].

### Take with Food

Instruct patients to take ESBRIET with food to help decrease nausea and dizziness.

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## VIEW ON THE NEWS

**Krishna M. Sundar, MD, FCCP,**  
**comments:** For 97 out of the 126 participants with moderate to



severe OSA who received the upper airway stimulation device, investigators provide compelling data at 42 months of follow-up for efficacy

and high rate of compliance with the hypoglossal nerve stimulator as the only therapy for OSA. Further refinements in hypoglossal nerve stimulation technologies and better understanding of upper airway properties in individuals with OSA will result in better patient selection for upper airway stimulation therapy.

# Rise in ICU deaths

Opioids from page 1

any ICU admission for overdose from opioids is a preventable admission. “So if we have an increase in mortality of this population, we have a number of patients who have preventable deaths in our ICU,” she said.

Efforts to track this epidemic on a national level are important, she said, and the U.S. Centers for Disease Control and Prevention has been investigating opioid overdoses in some cities, including Boston, as they would any epidemic.

The factors driving the observed trends could not be determined from the study data, Dr. Stevens said. But state-specific patterns that show, for example, higher baseline rates and greater increases over time in ICU admissions for opioid overdose in Massachusetts and Indiana may be a

starting point for investigation.

Certain practices in the ICU may also be inadvertently contributing. “I imagine that a patient who comes in with an opioid overdose can cause harm to themselves in a number of ways, and the things that we try to do to help them might cause harm in other ways as well,” she said. “So in an effort to try to maintain them in a safe, ventilated state, we might give them a ton of sedation that then prolongs their time on the ventilator. That’s sort of a simple example of how the two could intersect to have a multiplicative effect of harm.”

The idea for the study arose because ICU staff anecdotally noticed an uptick in admissions for opioid use disorder. “Not only were we seeing more people coming in, but we



SUSAN LONDON/FRONTLINE MEDICAL NEWS

**ICU deaths due to opioid overdoses rose 87%, Dr. Jennifer P. Stevens said.**

were seeing sicker people coming in, and with the associated tragedy that comes with a lot of young people coming in with opioid use disorder,” Dr. Stevens said. “We wanted to see if this was happening nationally... We asked, is this epidemic now reaching the most technologically advanced parts of our health care system?”

The investigators studied hospitals providing data to Vizient (formerly the University HealthSystem Consortium) between 2009 and 2015. The included hospitals – about 200 for each study year – were predominantly urban and university affiliated, but representation of community hospitals increased during the study period.

Analyses were based on a total of 28.2 million hospital discharges of patients aged 18 years or older, which included 4.9 million ICU admissions.

Based on billing codes, 27,325 patients were admitted to the study hospitals’ ICUs with opioid overdose.

Opioid overdose was seen in 45 patients per 10,000 ICU admissions in 2009 but rose to 65 patients per 10,000 ICU admissions in 2015, a 46% increase.

Furthermore, ICU deaths due to opioid overdose rose by 87% during the same time period, and mortality among patients admitted to the unit with overdose rose at a pace of 0.5% per month.

“This is somewhat unusual because a lot of times, when we are admitting more people to our ICUs or examining [a trend] further, mortality actually goes down. This is partly because maybe we are doing more for them and we are taking care of them in an aggressive way. But it’s also because we are admitting less sick people because we are more aware of the issue,” Dr. Stevens said. “And we saw the opposite of this – we saw that the mortality was going up.”

The use of billing data was a specific means but not a sensitive means of identifying opioid overdoses, she noted. Therefore, the observed values are likely underestimates of these outcomes.

Addressing the opioid overdose epidemic will require a multifaceted approach, according to Dr. Stevens, who disclosed that she had no relevant conflicts of interest.

“Folks are doing very impressive work in the community trying to make sure EMTs and other first responders have access to the tools that they need,” she said. “But one thing we haven’t approached before is the care that we provide in the ICU, and maybe that’s a space that we need to think more prospectively about.”

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**Vera A. De Palo, MD, MBA, FCCP, is Medical Editor in Chief of CHEST Physician.**

# CHEST Physician

THE NEWSPAPER OF THE AMERICAN COLLEGE OF CHEST PHYSICIANS

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## Accuracy of IPF diagnoses

Teams from page 1

demonstrates the importance of multiple perspectives when evaluating a patient and coming to a diagnosis at a time when reliable biomarkers are not available.”

The study, published in *The Lancet Respiratory Medicine* (2016;4[7]:557-65), is the first evaluation of multidisciplinary team agreement on diagnosis of interstitial lung disease since updated guidelines were published, according to Simon L. F. Walsh, MD, of Kings College Hospital NHS Foundation Trust, London, and his colleagues.

In 2015, the American Thoracic Society (ATS), European Respiratory Society (ERS), Japanese Respiratory Society (JRS), and Latin American Thoracic Association (ALTA) adopted joint guidelines for treating IPF. In 2013, the ATS and ERS updated guidelines for the classification and terminology for idiopathic interstitial pneumonias.

“Our study shows ... in [IPF], MDTMs (multidisciplinary team meetings) have a higher level of agreement on diagnoses, assign diagnoses with higher confidence more frequently, and provide diagnoses that have non-significant greater prognostic separation than do clinicians or radiologists in most cases,” the researchers wrote.

Before MDTMs were initiated, the clinicians, radiologists, and pathologists who would be participating in them independently reviewed each patient’s case without consulting other specialists and provided up to five diagnoses with diagnostic likelihoods for each patient.

For the study, 70 patients were

### VIEW ON THE NEWS

**Daniel R. Ouellette, MD, FCCP, comments:** “Recommendations have been that multidisciplinary teams add to the accuracy of the diagnosis of IPF. The value of this study is that it provides objective data that this is so.”

evaluated and the level of diagnostic agreement was assessed at seven international centers for the diagnosis of interstitial lung disease (diffuse parenchymal lung disease). Following independent reviews of the 70 cases, the clinician, radiologist, and pathologist from each center met as a team to review the same cases together and give up to five diagnoses with diagnostic likelihoods.

All clinical information supplied in the first stage of the study, including pulmonary function test results, high-resolution CT at presentation, and digitalized surgical lung biopsy slides, were available to the multidisciplinary team. The patients’ outcomes were used to validate the diagnoses.

The inter-MDTM agreement was better than interobserver agreement for all diagnoses (unweighted kappa value (K) = 0.50). The inter-MDTM agreement was highest for IPF (K = 0.60) and connective tissue disease-related interstitial lung disease (K = 0.64).

“We have shown an acceptable level [based on a K of greater than 0.40 being deemed clinically acceptable] of diagnostic agreement exists between multidisciplinary teams in the setting of diffuse parenchymal lung disease.

Additionally, we showed that this agreement was validated by the non-significant increases toward greater prognostic separation of an IPF diagnosis made by multidisciplinary teams than by individual clinicians or radiologists,” the researchers wrote.

The weighted kappa (KW) values for estimation of diagnostic likelihood for diagnoses of IPF were 0.72 (0.67-0.76) for clinicians, 0.60 (0.46-0.66) for radiologists, 0.58 (0.45-0.66) for pathologists and 0.71 (0.64-0.77) for MDTMs.

For connective tissue disease-related interstitial lung diseases, the KW for estimation of diagnostic likelihood for diagnoses for MDTMs were 0.73 (0.68-0.78), compared with 0.76 (0.70-0.78) for clinicians, 0.17 (0.08-0.31) for radiologists, and 0.21 (0.06-0.36) for pathologists.

Krishna Thavarajah, MD, who sees patients with interstitial lung disease within the Henry Ford Health System in Detroit, has been participating in MDTMs for nearly 6 years.

“The accuracies of diagnoses for patients with IPF are much better than even 10 years ago,” she said in an interview. “I think this is because of the improvement in consistency in diagnostic criteria based on the updated guidelines in IPF. Among the MDTMs that participated in the study, the agreement about diagnoses was highest for IPF. The interobserver agreement for clinicians was also pretty high for IPF.”

In her work within an academic center, Dr. Glassberg sees patients in an IPF clinic and in a separate autoimmune disorders clinic. For each clinic, there is a multidisciplinary team. In the IPF clinic, there are three pulmonologists and a radiologist, and when there is a biopsy, there are two pathologists. Dr. Glassberg’s

IPF team also includes four pulmonary radiologists.

During her MDTMs, Dr. Thavarajah, a radiologist, and a pathologist will examine a patient’s chest imaging and pathology slides. They sit together until they become confident of their diagnosis in the absence of a biopsy.

There are times when the team tells a patient the probable diagnosis and acknowledges the small chance of an alternative diagnosis. “It was comforting to me that, in the Lancet study, there was a good level of agreement in diagnosis of IPF among multidisciplinary teams, whether the patients had undergone a biopsy or not,” said Dr. Thavarajah. “The mortality of patients given a diagnosis of IPF was worse than those given a diagnosis of non-IPF to validate the IPF diagnosis.”

Establishing and implementing MDTMs is challenging, though, said Dr. Glassberg.

“[We] need to address how multidisciplinary teams could work for doctors who are in smaller cities or who are not in academic centers. We need to utilize existing channels to create new avenues for these colleagues to present their cases – particularly challenging ones or patients who need to be referred – to be evaluated by an interdisciplinary team. The Internet may offer these opportunities for networking and decision making, said Dr. Glassberg.

The study was funded by the National Institute of Health Research, Imperial College London. Several of the study’s authors declared receiving personal fees, grants, or research support from a variety of sources, but had no financial disclosures relevant to this study.

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## Diffuse alveolar damage boosts death risk in ARDS

BY KATIE WAGNER LENNON  
*Frontline Medical News*

FROM CHEST

**A**mong patients with acute respiratory distress syndrome (ARDS), those who are also diagnosed with diffuse alveolar damage (DAD) via an open lung biopsy face nearly twice as high a mortality risk as do those without DAD, based on a meta-analysis by Pablo Cardinal-Fernandez, MD, PhD, and his colleagues.

ARDS with DAD appears to be a specific clinicopathological entity different from ARDS without DAD,” said Dr. Cardinal-Fernandez of the department of genetic medicine,

Cornell University, New York, and his colleagues (*CHEST* 2016 149:1155-64.). The pooled odds ratio for death in patients who had ARDS with DAD, compared with patients with ARDS who did not have DAD was 1.81.

“Our meta-analysis underscores the need for less-invasive approaches to individualize therapy for patients with ARDS, including the development of biomarkers for predicting responses to treatments,” they wrote.

The researchers analyzed studies from Jan. 1, 1967, to Sept. 1, 2015. Eight studies involving 350 patients satisfied the researchers’ criteria of patients who received an open lung biopsy after being diagnosed with

ARDS, histologic results indicating the presence or absence of DAD based on the open lung biopsy, and the mortalities of both a group of patients diagnosed with DAD and a group of patients not diagnosed with DAD.

At the time of ARDS diagnosis, the meta-differences for sequential organ failure assessment scores and the index of hypoxemia (PaO<sub>2</sub>/FiO<sub>2</sub>) ratio between the patients who had DAD and those who did not were 0.26 and 4.36, respectively.

On the day of open lung biopsy, the meta-differences for the sequential organ failure assessment score and the PaO<sub>2</sub>/FiO<sub>2</sub> ratio between the two patient groups were also small;

the meta-difference for sequential organ failure was 0.45 and the meta-difference for the PaO<sub>2</sub>/FiO<sub>2</sub> ratio was -8.63.

“The mortality heterogeneity of this meta-analysis was low, suggesting that no other variables affect the results (that is, the observed effect depends mainly on the presence of DAD). Patients without DAD may have more favorable responses to specific treatments, the researchers said. Lower tidal volume appeared to be beneficial in all subgroups.

The researchers had no relevant financial disclosures.

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# A MACRA primer

BY MICHAEL NELSON, MD, FCCP  
CHEST Physician Editorial Board Member

Most physicians realize that the specter of the Sustainable Growth Rate (SGR) has been replaced by a “new plan” enacted by Congress under the guise of the Medicare Access and CHIP Reauthorization Act (MACRA) of 2015. A major goal of the programs defined by MACRA is to provide quality care while improving value, the Quality Payment Program (QPP).

There are currently two paths for reimbursement from which physicians may choose defined by QPP: the Merit-based Incentive Payment System (MIPS) or the Advanced Alternative Payment Models (APMs). These will be explained in general terms but it would benefit all health-care professionals to visit the CMS website for additional details on the program.

Most physicians will initially choose MIPS by default as most do not currently participate in programs that qualify as APMs. MIPS will eventually result in the demise of the multiple reporting systems presently used by CMS to include the Physician Quality Reporting System (PQRS), the Value-Based Modifier (VBM) Program, and the Medicare Electronic Health Record (EHR) Incentive Program (Meaningful Use). These will be streamlined into a single program, although many of the components are carried through to MIPS (Fig. 1).

Data from health-care providers will be collected through a variety of sources beginning in January 2017 and this will be used to determine the MIPS score as briefly outlined by the colored text in Figure 1. The 2017 data will determine the MIPS Composite Performance Score (CPS).

From 2017 through 2019, CMS will provide a 0.5% increase in payment for services. Between 2020 and 2025, no increase is planned, but starting in 2026, a yearly 0.25% increase in reimbursement is planned. In 2019, physician payment will be adjusted positively or negatively by 4% based upon their MIPS CPS and a threshold CPS determined for all participants. This adjustment will be revenue-neutral, so for every winner there will be a corresponding loser based upon one's MIPS score.

However, there is a scaling factor built into the system for years 2019 to 2024, using up to \$500 million to reward those whose CPS are at the highest levels. This adjustment will increase to 5% in 2020, 7% in 2021, and 9% from 2022 onward. Eligible providers can participate as an individual or as a group.

The Advanced Alternative Payment Model, as defined by MACRA, may include a CMS Innovation Center model, MSSP (Medicare Shared Savings Program), Demonstration under the Health Care Quality Demonstration Program, or Demonstration required by federal law.

To be an eligible APM requires that these entities: require participants to use certified EHR technology; base payment on quality measures comparable to those in the MIPS quality performance category; either require APM entities to bear more than nominal financial risk for monetary losses; or be a Medical Home Model expanded under Center for Medicare and Medicaid Innovation authority.

To become a qualifying participant (QP) one must have either a percentage of payments or a percentage of patients through an eligible APM. CMS will calculate a threshold score using Medicare Part B data for professional services and

**Physicians will be required to participate in either the MIPS or APM programs unless they are in their first year of Part B participation or have a low volume of patients.**

payments in that APM. The percentage of each is illustrated in Figure 2 and will increase from 2019 to 2024. 2017 will be the first year eligible participants will be assessed to determine whether they qualify. If an eligible participant qualifies, year 2018 base payments will be used to determine year 2019 lump sum payment. This is set at 5%.

This cycle will continue each year to determine

if the participant qualifies for the lump sum distribution. Qualified APMs will receive a yearly 0.75% increase in base payments starting in year 2026.

If one participates in an APM but does not meet the threshold for QP set by CMS, one receives either no payment adjustment or may opt to participate in MIPS. Beginning in 2021, CMS may count data from other non-Medicare payers to determine eligibility as a QP.

The goal of the Quality Payment Program is to change the way Medicare pays clinicians and to offer financial incentives for providing high value care. Physicians will be required to participate in either the MIPS or APM programs unless they are in their first year of Part B participation or have a low volume of patients. The program will almost certainly continue to change as input is received from many stakeholders, most importantly health-care professionals and patients. Physicians are, therefore, encouraged to learn more about the program to maximize reimbursement.

For more on MACRA, see p 29.

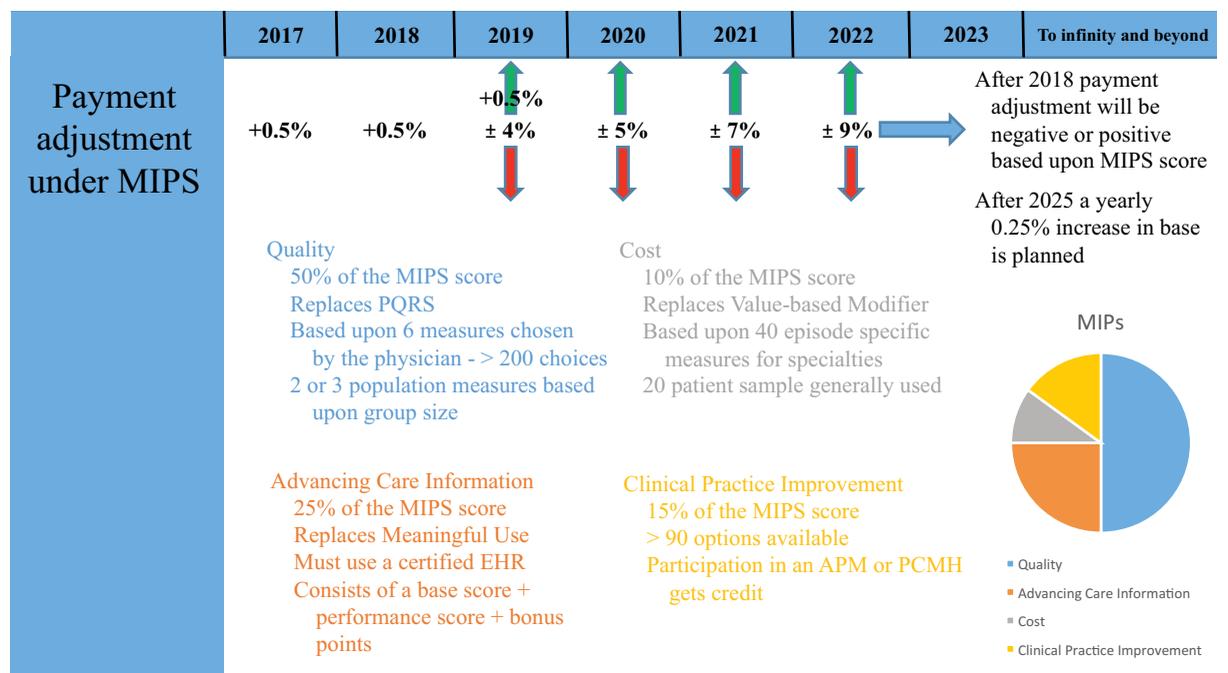


Fig. 1

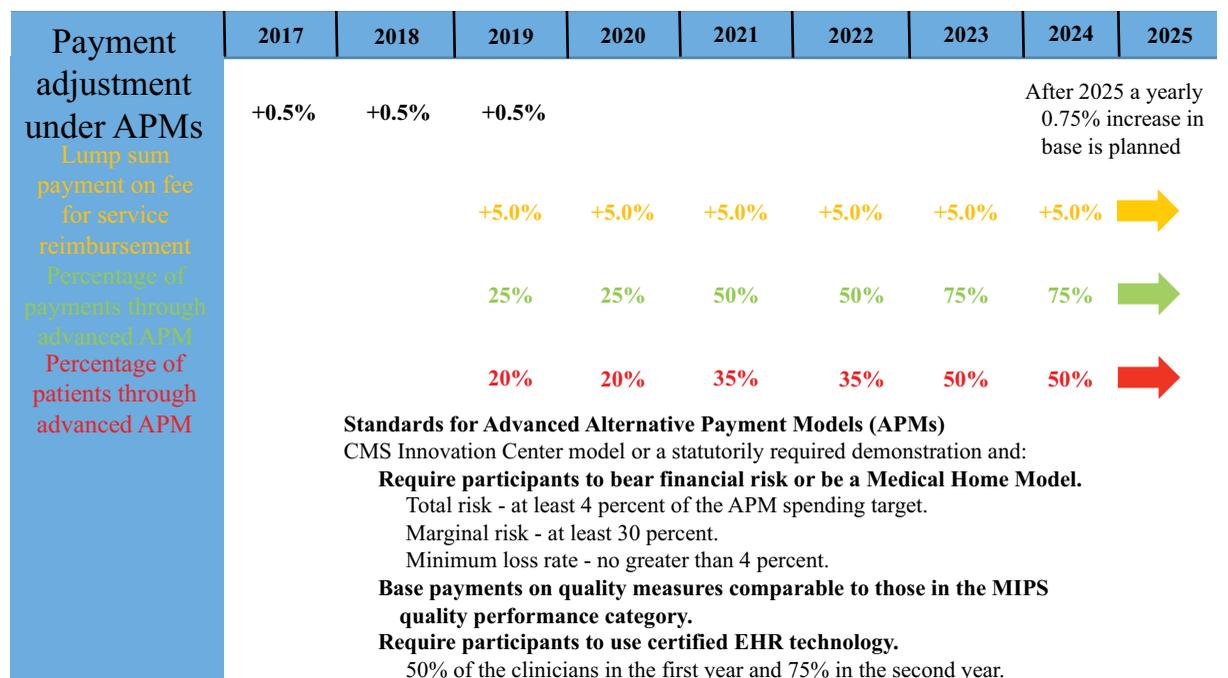


Fig. 2

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## Indication

REVATIO is a phosphodiesterase-5 (PDE-5) inhibitor indicated for the treatment of pulmonary arterial hypertension (PAH) (WHO Group I) in adults to improve exercise ability and delay clinical worsening. Studies establishing effectiveness were short-term (12 to 16 weeks), and included predominately patients with NYHA Functional Class II-III symptoms. Etiologies were idiopathic (71%) or associated with connective tissue disease (25%).

**Limitation of Use:** Adding sildenafil to bosentan therapy does not result in any beneficial effect on exercise capacity.

## Important Safety Information

REVATIO is contraindicated in patients with concomitant use of organic nitrates in any form, either regularly or intermittently, because of the greater risk of hypotension.

REVATIO is contraindicated in patients with concomitant use of riociguat, a soluble guanylate cyclase (sGC) stimulator medication. PDE5 inhibitors, including sildenafil, may potentiate the hypotensive effects of riociguat.

REVATIO is contraindicated in patients with a known hypersensitivity to sildenafil or any other ingredient in REVATIO. Hypersensitivity, including anaphylactic reaction, anaphylactic shock, and anaphylactoid reaction has been reported in association with the use of sildenafil.

Use of REVATIO, particularly chronic use, is not recommended in children.

Before starting REVATIO, physicians should carefully consider whether their patients with underlying conditions could be adversely affected by the mild and transient vasodilatory effects of REVATIO on blood pressure. Pulmonary vasodilators may significantly worsen the cardiovascular status of patients with pulmonary veno-occlusive disease (PVOD) and administration of REVATIO to these patients is not recommended. Should signs of pulmonary edema occur when sildenafil is administered, the possibility of associated PVOD should be considered.

Caution is advised when PDE5 inhibitors, such as REVATIO, are administered with  $\alpha$ -blockers as both are vasodilators with blood pressure lowering effects.

In PAH patients, the concomitant use of vitamin K antagonists and REVATIO resulted in a greater incidence of reports of bleeding (primarily epistaxis) versus placebo. The incidence of epistaxis was higher in patients with PAH secondary to CTD (sildenafil 13%, placebo 0%) than in PPH patients (sildenafil 3%, placebo 2%).

Co-administration of REVATIO with potent CYP3A4 inhibitors (eg, ketoconazole, itraconazole, and ritonavir) is not recommended as serum concentrations of sildenafil substantially increase. Co-administration of REVATIO with potent CYP3A4 inducers such as barbiturates, carbamazepine, phenytoin, efavirenz, nevirapine, rifampin, and rifabutin, is expected to cause substantial decreases in plasma levels of sildenafil. Treatment with doses higher than 20 mg three times a day is not recommended.

Non-arteritic anterior ischemic optic neuropathy (NAION) has been reported post-marketing in temporal association with the use of PDE5 inhibitors for the

treatment of erectile dysfunction, including sildenafil. Physicians should advise patients to seek immediate medical attention in the event of sudden loss of vision while taking PDE5 inhibitors, including REVATIO. Physicians should also discuss the increased risk of NAION with patients who have already experienced NAION in one eye, including whether such individuals could be adversely affected by use of vasodilators, such as PDE-5 inhibitors.

Sudden decrease or loss of hearing has been reported in temporal association with the intake of PDE5 inhibitors, including REVATIO. It is not possible to determine whether these events are related directly to the use of PDE5 inhibitors or to other factors. Physicians should advise patients to seek prompt medical attention in the event of sudden decrease or loss of hearing while taking PDE5 inhibitors, including REVATIO.

REVATIO should be used with caution in patients with anatomical deformation of the penis or patients who have conditions which may predispose them to priapism.

The effectiveness of REVATIO in pulmonary hypertension (PH) secondary to sickle cell anemia has not been established. In a small, prematurely terminated study of patients with PH secondary to sickle cell disease, vaso-occlusive crises requiring hospitalization were more commonly reported by patients who received REVATIO than by those randomized to placebo.

Patients with retinitis pigmentosa and patients on bosentan did not participate in the preapproval clinical trial. The safety of REVATIO is unknown in patients with bleeding disorders and patients with active peptic ulceration. In these patients, physicians should prescribe REVATIO with caution.

REVATIO contains sildenafil, the same active ingredient found in VIAGRA®. Combinations of REVATIO with VIAGRA or other PDE5 inhibitors have not been studied. Patients taking REVATIO should not take VIAGRA or other PDE5 inhibitors.

The most common side effects of REVATIO (placebo-subtracted) were epistaxis (8%), headache (7%), dyspepsia (6%), flushing (6%), and insomnia (6%). Adverse events were generally transient and mild to moderate. Adverse events of REVATIO injection were similar to those seen with oral tablets.

The most common side effects of REVATIO (placebo-subtracted) as an adjunct to intravenous epoprostenol were headache (23%), edema (14%), dyspepsia (14%), pain in extremity (11%), diarrhea (7%), nausea (7%), and nasal congestion (7%).

At doses higher than the recommended 20 mg TID, there was a greater incidence of some adverse events including flushing, diarrhea, myalgia, and visual disturbances.

No dose adjustment required for renal impaired.

No dose adjustment required for mild to moderate hepatic impaired. Severe impairment has not been studied.

REVATIO is available in the following dosage forms:

- Tablets: 20 mg
- Injection: 10 mg/12.5 mL in a single use vial
- Oral Suspension: 10 mg/mL (when reconstituted)



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Please see brief summary of Full Prescribing Information on following pages.

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sildenafil

**INDICATION AND USAGE**

REVATIO is indicated for the treatment of pulmonary arterial hypertension (WHO Group I) in adults to improve exercise ability and delay clinical worsening. The delay in clinical worsening was demonstrated when REVATIO was added to background epoprostenol therapy.

Studies establishing effectiveness were short-term (12 to 16 weeks), and included predominately patients with New York Heart Association (NYHA) Functional Class II-III symptoms and idiopathic etiology (71%) or associated with connective tissue disease (CTD) (25%).

**Limitation of Use:** Adding sildenafil to bosentan therapy does not result in any beneficial effect on exercise capacity.

**DOSAGE AND ADMINISTRATION**

**REVATIO Tablets and Oral Suspension** The recommended dose of REVATIO is 5 mg or 20 mg three times a day. Administer REVATIO doses 4–6 hours apart. In the clinical trial no greater efficacy was achieved with the use of higher doses. Treatment with doses higher than 20 mg three times a day is not recommended.

**Reconstitution of the Powder for Oral Suspension** 1. Tap the bottle to release the powder. 2. Remove the cap. 3. Accurately measure out 60 mL of water and pour the water into the bottle. 4. Replace the cap and shake the bottle vigorously for a minimum of 30 seconds. 5. Remove the cap. 6. Accurately measure out another 30 mL of water and add this to the bottle. You should always add a total of 90 mL of water irrespective of the dose prescribed. 7. Replace the cap and shake the bottle vigorously for a minimum of 30 seconds. 8. Remove the cap. 9. Press the bottle adaptor into the neck of the bottle. The adaptor is provided so that you can fill the oral syringe with medicine from the bottle. Replace the cap on the bottle. 10. Write the expiration date of the constituted oral suspension on the bottle label (the expiration date of the constituted oral suspension is 60 days from the date of constitution).

**Incompatibilities** Do not mix with any other medication or additional flavoring agent.

**CONTRAINDICATIONS**

REVATIO is contraindicated in patients with concomitant use of organic nitrates in any form, either regularly or intermittently, because of the greater risk of hypotension [see *Warnings and Precautions*], Concomitant use of riociguat, a guanylate cyclase stimulator. PDE5 inhibitors, including sildenafil, may potentiate the hypotensive effects of riociguat. REVATIO is also contraindicated in patients with known hypersensitivity to sildenafil or any component of the tablet, injection, or oral suspension. Hypersensitivity, including anaphylactic reaction, anaphylactic shock and anaphylactoid reaction, has been reported in association with the use of sildenafil.

**WARNINGS AND PRECAUTIONS**

**Mortality with Pediatric Use** In a long-term trial in pediatric patients with PAH, an increase in mortality with increasing REVATIO dose was observed. Deaths were first observed after about 1 year and causes of death were typical of patients with PAH. Use of REVATIO, particularly chronic use, is not recommended in children [see *Use in Specific Populations*].

**Hypotension** REVATIO has vasodilatory properties, resulting in mild and transient decreases in blood pressure. Before prescribing REVATIO, carefully consider whether patients with certain underlying conditions could be adversely affected by such vasodilatory effects (e.g., patients on antihypertensive therapy or with resting hypotension [BP less than 90/50], fluid depletion, severe left ventricular outflow obstruction, or automatic dysfunction). Monitor blood pressure when co-administering blood pressure lowering drugs with REVATIO.

**Worsening Pulmonary Vascular Occlusive Disease** Pulmonary vasodilators may significantly worsen the cardiovascular status of patients with pulmonary veno-occlusive disease (PVOD). Since there are no clinical data on administration of REVATIO to patients with veno-occlusive disease, administration of REVATIO to such patients is not recommended. Should signs of pulmonary edema occur when REVATIO is administered, consider the possibility of associated PVOD.

**Epistaxis** The incidence of epistaxis was 13% in patients taking REVATIO with PAH secondary to CTD. This effect was not seen in idiopathic PAH (REVATIO 3%, placebo 2%) patients. The incidence of epistaxis was also higher in REVATIO-treated patients with a concomitant oral vitamin K antagonist (9% versus 2% in those not treated with concomitant vitamin K antagonist). The safety of REVATIO is unknown in patients with bleeding disorders or active peptic ulceration.

**Visual Loss** When used to treat erectile dysfunction, non-arteritic anterior ischemic optic neuropathy (NAION), a cause of decreased vision including permanent loss of vision, has been reported postmarketing in temporal association with the use of phosphodiesterase type 5 (PDE-5) inhibitors, including sildenafil. Most, but not all, of these patients had underlying anatomic or vascular risk factors for developing NAION, including but not necessarily limited to: low cup to disc ratio (“crowded disc”), age over 50, diabetes, hypertension, coronary artery disease, hyperlipidemia and smoking. Based on published literature, the annual incidence of NAION is 2.5–11.8 cases per 100,000 males aged ≥ 50 per year in the general population. An observational study evaluated whether recent, episodic use of PDE5 inhibitors (as a class), typical of erectile dysfunction treatment, was associated with acute onset of NAION. The results suggest an approximately 2-fold increase in the risk of NAION within 5 half-lives of PDE5 inhibitor use. It is not possible to determine whether these events are related directly to the use of PDE-5 inhibitors, to the patient’s underlying vascular risk factors or anatomical defects, to a combination of these factors, or to other factors. Advise patients to seek immediate medical attention in the event of a sudden loss of vision in one or both eyes while taking PDE-5 inhibitors, including REVATIO. Physicians should also discuss the increased risk of NAION with patients who have already experienced NAION in one eye, including whether such individuals could be adversely affected by use of vasodilators, such as PDE-5 inhibitors.

There are no controlled clinical data on the safety or efficacy of REVATIO in patients with retinitis pigmentosa, a minority whom have genetic disorders of retinal phosphodiesterases. Prescribe REVATIO with caution in these patients.

**Hearing Loss** Cases of sudden decrease or loss of hearing, which may be accompanied by tinnitus and dizziness, have been reported in temporal association with the use of PDE-5 inhibitors, including REVATIO. In some of the cases, medical conditions and other factors were reported that may have played a role. In many cases, medical follow-up information was limited. It is not possible to determine whether these reported events are related directly to the use of REVATIO, to the patient’s underlying risk factors for hearing loss, a combination of these factors, or to other factors. Advise patients to seek prompt medical attention in the event of sudden decrease or loss of hearing while taking PDE-5 inhibitors, including REVATIO.

**Combination with Other PDE-5 Inhibitors** Sildenafil is also marketed as VIAGRA®. The safety and efficacy of combinations of REVATIO with VIAGRA or other PDE-5 inhibitors have not been studied. Inform patients taking REVATIO not to take VIAGRA or other PDE-5 inhibitors.

**Priapism** Use REVATIO with caution in patients with anatomical deformation of the penis (e.g., angulation, cavernosal fibrosis, or Peyronie’s disease) or in patients who have conditions, which may predispose them to priapism (e.g., sickle cell anemia, multiple myeloma, or leukemia). In the event of an erection that persists longer than 4 hours, the patient should seek immediate medical assistance. If priapism (painful erection greater than 6 hours in duration) is not treated immediately, penile tissue damage and permanent loss of potency could result.

**Vaso-occlusive Crisis in Patients with Pulmonary Hypertension Secondary to Sickle Cell Anemia** In a small, prematurely terminated study of patients with pulmonary hypertension (PH) secondary to sickle cell disease, vaso-occlusive crises requiring hospitalization were more commonly reported by patients who received REVATIO than by those randomized to placebo. The effectiveness and safety of REVATIO in the treatment of PAH secondary to sickle cell anemia has not been established.

**ADVERSE REACTIONS**

**Clinical Trials Experience** Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

Safety data of REVATIO in adults were obtained from the 12-week, placebo-controlled clinical study (Study 1) and an open-label extension study in 277 REVATIO-treated patients with PAH, WHO Group I.

The overall frequency of discontinuation in REVATIO-treated patients on 20 mg three times a day was 3% and was the same for the placebo group. In Study 1, the adverse reactions that were reported by at least 3% of REVATIO-treated patients (20 mg three times a day) and were more frequent in REVATIO-treated patients than in placebo-treated patients are shown in Table 1. Adverse reactions were generally transient and mild to moderate in nature.

**Table 1: Most Common Adverse Reactions in Patients with PAH in Study 1 (More Frequent in REVATIO-Treated Patients than Placebo-Treated Patients and Incidence ≥3% in REVATIO-Treated Patients)**

	Placebo, % (n=70)	REVATIO 20 mg three times a day, % (n=69)	Placebo-Subtracted, %
Epistaxis	1	9	8
Headache	39	46	7
Dyspepsia	7	13	6
Flushing	4	10	6
Insomnia	1	7	6
Erythema	1	6	5
Dyspnea exacerbated	3	7	4
Rhinitis	0	4	4
Diarrhea	6	9	3
Myalgia	4	7	3
Pyrexia	3	6	3
Gastritis	0	3	3
Sinusitis	0	3	3
Paresthesia	0	3	3

At doses higher than the recommended 20 mg three times a day, there was a greater incidence of some adverse reactions including flushing, diarrhea, myalgia and visual disturbances. Visual disturbances were identified as mild and transient, and were predominately color-tinge to vision, but also increased sensitivity to light or blurred vision.

The incidence of retinal hemorrhage with REVATIO 20 mg three times a day was 1.4% versus 0% placebo and for all REVATIO doses studied was 1.9% versus 0% placebo. The incidence of eye hemorrhage at both 20 mg three times a day and at all doses studied was 1.4% for REVATIO versus 1.4% for placebo. The patients experiencing these reactions had risk factors for hemorrhage including concurrent anticoagulant therapy.

**Postmarketing Experience** The following adverse reactions have been identified during post approval use of sildenafil (marketed for both PAH and erectile dysfunction). Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

**Cardiovascular Events** In postmarketing experience with sildenafil at doses indicated for erectile dysfunction, serious cardiovascular, cerebrovascular, and vascular events, including myocardial infarction, sudden cardiac death, ventricular arrhythmia, cerebrovascular hemorrhage, transient ischemic attack, hypertension, pulmonary hemorrhage, and subarachnoid and intracerebral hemorrhages have been reported in temporal association with the use of the drug. Most, but not all, of these patients had preexisting cardiovascular risk factors. Many of these events were reported to occur during or shortly after sexual activity, and a few were reported to occur shortly after the use of sildenafil without sexual activity. Others were reported to have occurred hours to days after use concurrent with sexual activity. It is not possible to determine whether these events are related directly to sildenafil, to sexual activity, to the patient’s underlying cardiovascular disease, or to a combination of these or other factors.

**Nervous system** Seizure, seizure recurrence.

**DRUG INTERACTIONS**

**Nitrates** Concomitant use of REVATIO with nitrates in any form is contraindicated [see *Contraindications*].

**Ritonavir and other Potent CYP3A Inhibitors** Concomitant use of REVATIO with ritonavir and other potent CYP3A inhibitors is not recommended.

**Other drugs that reduce blood pressure** *Alpha blockers.* In drug-drug interaction studies, sildenafil (25 mg, 50 mg, or 100 mg) and the alpha-blocker doxazosin (4 mg or 8 mg) were administered simultaneously to patients with benign prostatic hyperplasia (BPH) stabilized on doxazosin therapy. In these study populations, mean additional reductions of supine systolic and diastolic blood pressure of 7/7 mmHg, 9/5 mmHg, and 8/4 mmHg, respectively, were observed. Mean additional reductions of standing blood pressure of 6/6 mmHg, 11/4 mmHg, and 4/5 mmHg, respectively, were also observed. There were infrequent reports of patients who experienced symptomatic postural hypotension. These reports included dizziness and light-headedness, but not syncope.

*Amlodipine.* When sildenafil 100 mg oral was co-administered with amlodipine, 5 mg or 10 mg oral, to hypertensive patients, the mean additional reduction on supine blood pressure was 8 mmHg systolic and 7 mmHg diastolic.

Monitor blood pressure when co-administering blood pressure lowering drugs with REVATIO® (sildenafil).

### USE IN SPECIFIC POPULATIONS

#### Pregnancy

**Pregnancy Category B** There are no adequate and well-controlled studies of sildenafil in pregnant women. No evidence of teratogenicity, embryotoxicity, or fetotoxicity was observed in pregnant rats or rabbits dosed with sildenafil 200 mg/kg/day during organogenesis, a level that is, on a mg/m<sup>2</sup> basis, 32- and 68-times, respectively, the recommended human dose (RHD) of 20 mg three times a day. In a rat pre- and postnatal development study, the no-observed-adverse-effect dose was 30 mg/kg/day (equivalent to 5-times the RHD on a mg/m<sup>2</sup> basis).

**Labor and Delivery** The safety and efficacy of REVATIO during labor and delivery have not been studied.

**Nursing Mothers** It is not known if sildenafil or its metabolites are excreted in human breast milk. Because many drugs are excreted in human milk, caution should be exercised when REVATIO is administered to a nursing woman.

**Pediatric Use** In a randomized, double-blind, multi-center, placebo-controlled, parallel-group, dose-ranging study, 234 patients with PAH, aged 1 to 17 years, body weight greater than or equal to 8 kg, were randomized, on the basis of body weight, to three dose levels of REVATIO, or placebo, for 16 weeks of treatment. Most patients had mild to moderate symptoms at baseline: WHO Functional Class I (32%), II (51%), III (15%), or IV (0.4%). One-third of patients had primary PAH; two-thirds had secondary PAH (systemic-to-pulmonary shunt in 37%; surgical repair in 30%). Sixty-two percent of patients were female. Drug or placebo was administered three times a day.

The primary objective of the study was to assess the effect of REVATIO on exercise capacity as measured by cardiopulmonary exercise testing in pediatric patients developmentally able to perform the test (n=115). Administration of REVATIO did not result in a statistically significant improvement in exercise capacity in those patients. No patients died during the 16-week controlled study.

After completing the 16-week controlled study, a patient originally randomized to REVATIO remained on his/her dose of REVATIO or, if originally randomized to placebo, was randomized to low-, medium-, or high-dose REVATIO. After all patients completed 16 weeks of follow-up in the controlled study, the blind was broken and doses were adjusted as clinically indicated. Patients treated with sildenafil were followed for a median of 4.6 years (range 2 days to 8.6 years). During the study, there were 42 reported deaths, with 37 of these deaths reported prior to a decision to titrate subjects to a lower dosage because of a finding of increased mortality with increasing REVATIO doses. For the survival analysis which included 37 deaths, the hazard ratio for high dose compared to low dose was 3.9, p=0.007. Causes of death were typical of patients with PAH. Use of REVATIO, particularly chronic use, is not recommended in children.

**Geriatric Use** Clinical studies of REVATIO did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences in responses between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy.

**Patients with Hepatic Impairment** No dose adjustment for mild to moderate impairment is required. Severe impairment has not been studied.

**Patients with Renal Impairment** No dose adjustment is required (including severe impairment CLcr <30 mL/min).

### PATIENT COUNSELING INFORMATION

- Inform patients of contraindication of REVATIO with regular and/or intermittent use of organic nitrates.
- Inform patients that sildenafil is also marketed as VIAGRA for erectile dysfunction. Advise patients taking REVATIO not to take VIAGRA or other PDE-5 inhibitors.
- Advise patients to seek immediate medical attention for a sudden loss of vision in one or both eyes while taking REVATIO. Such an event may be a sign of NAION.
- Advise patients to seek prompt medical attention in the event of sudden decrease or loss of hearing while taking REVATIO. These events may be accompanied by tinnitus and dizziness.

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# Pulmonologists unsure about using handheld small-volume nebulizers

BY SUSAN LONDON

Frontline Medical News

SAN FRANCISCO – Pulmonologists are knowledgeable about inhalational devices used in the treatment of chronic obstructive pulmonary disease (COPD), but there are areas where more education would be welcomed, based on a survey conducted by Harris Poll on behalf of the American Thoracic Society and sponsored by Sunovion Pharmaceuticals.

More than half of respondents believed that they were at least very knowledgeable about medications used to treat COPD and the devices as a whole, Sidney S. Braman, MD, FCCP, professor of medicine; pulmonary, critical care, and sleep medicine at the Icahn School of Medicine at Mount Sinai in New York, reported in a press conference and poster session at an international conference of the American Thoracic Society.

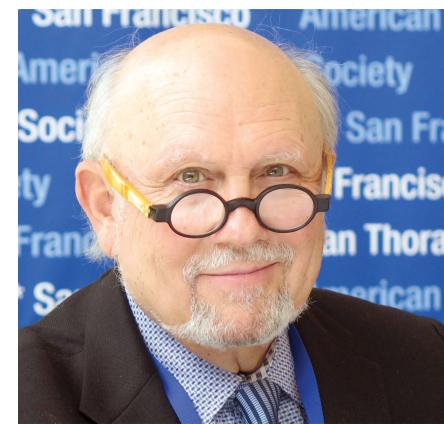
But only a third knew what handheld small-volume nebulizers were intended for or how to use them, and respondents varied in their views regarding which patients are candidates for use.

The survey assessed knowledge, attitudes, and practices regarding the management of COPD, including the use of metered-dose inhalers, dry powder inhalers, and handheld small-volume nebulizers. In all, 205 U.S. pulmonologists and pulmonology fellows participated.

During an interview, press conference moderator David Mannino, MD, FCCP, professor and chair of preventive medicine and environmental health at the University of Kentucky College of Public Health in Lexington, said he was not surprised by the survey's results.

"Years ago and certainly when I was going through training as a resident, there was this body of literature being developed showing that respiratory therapists working with patients in hospitals with the use of metered-dose inhalers and spacers got results that equaled that of the nebulizer, which I frankly never bought because although the data may have supported that, people don't take respiratory therapists home with them. ... I know my sick patients cling to their nebulized therapies very stringently.

"Ultimately, we have patients who very much would benefit by having a truly very small nebulizer that they could take with them because the problem with inhaled therapies in COPD – your metered-dose inhalers, your dry powder inhalers, and all these other devices – is that you basically get one opportunity in some-



Dr. Sidney S. Braman



Dr. David Mannino

where between about half a second and 2 seconds to get your dose of medication in," Dr. Mannino said.

"Even when you throw a spacer on, it does not pass what I would call the 'my mom test,'" meaning that use would be difficult for an older adult with suboptimal hand-eye-breathing coordination and comorbidities such as arthritis and cognitive impairment, he added.

In contrast, nebulizers deliver medication during a full 2-3 minutes of tidal breathing. Patients "have more of an opportunity to get the medication," Dr. Mannino maintained.

"Ultimately, what I'd love to see is a nebulizer that is truly the size of a little metered-dose inhaler. That will then be the game changer, I think," he said.

# PULMONARY PERSPECTIVES® Enhanced ENB Technology

BY ERIC L. FLENAUGH, MD,  
FCCP; AND MARILYN G.  
FOREMAN, MD, FCCP

Following the National Lung  
Screening Trial (NLST), which

showed at-risk patients screened  
with CT scans had reduced lung  
cancer-specific mortality, many in-  
stitutions have incorporated lung  
cancer screening protocols into  
clinical practice (Aberle et al. *N Engl*

*J Med.* 2011;365[5]:395). These pro-  
tocols, along with new generation,  
high resolution multidetector CT  
scans, have increased the number of  
detected peripheral lung nodules,  
many smaller in size. It is estimated

that over 150,000 solitary nodules are  
diagnosed each year in the United  
States (Herth et al. *Expert Rev Respir*  
*Med.* 2016; 0[8]:901) and, in keeping  
with the NLST, greater than 25% of  
subjects screened have lung nodules  
suspicious for lung cancer. As a re-  
sult, many leading health practices  
have created specific lung nodule  
programs to handle the volume in  
an effort to deliver timely care in the  
evaluation of lung cancer.

Pulmonary specialists managing  
patients with lung nodules are faced  
with the difficult challenge of de-  
ciding if a patient with a nodule is  
a candidate for serial surveillance,  
tissue biopsy (transthoracic needle  
aspiration [TTNA] vs bronchoscopic  
biopsy [TBX]), or surgical resection.

Calculation of the probability of  
a nodule being malignant is most  
helpful in making these decisions  
for patients with low and high ma-  
lignancy risk factors, as surveillance  
and resection are appropriate steps,  
respectively. However, for those with  
an intermediate (5%-65%) probability  
of having a malignant nodule, the di-  
agnostic procedure risks, yields, and  
timing have to be considered because  
delayed sampling or false-negative re-  
sults may negatively impact survival.

Kanashiki et al (*Oncol Rep.*  
2003;10[3]:649) showed that worse  
survival is associated with patients  
with imaging-to-diagnosis times of  
greater than 4 months. Over the past  
decade, image-guided bronchosco-  
py has been used to improve the  
yield for tissue sampling of smaller  
peripheral nodules in a timely fash-  
ion. The most common method of  
image-guided bronchoscopy today is  
electromagnetic navigation bronchos-  
copy (ENB).

Electromagnetic navigation bron-  
choscopy has shown promise for  
increasing diagnostic yields for pe-  
ripheral nodules (PN) over conven-  
tional bronchoscopy. Over time, the  
improved yields have plateaued as  
ENB use in clinical practice increased  
and limitations of the early genera-  
tion technology became apparent.

Earlier ENB technology uses a sin-  
gle inspiratory CT scan of the chest  
to reconstruct a 3D virtual model  
of the airways and parenchyma. A  
tracked sensor is then used to nav-  
igate through the imaging recon-  
structured airways toward the targeted  
lesion, the sensor is then removed,  
and through a dedicated catheter in-  
struments are used to obtain samples  
from the lesion.

In a meta-analysis using this tech-  
nology, lesions greater than 2 cm



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had a diagnostic yield ranging from 66.7% to 94.7%. However, as the PN size decreased to less than or equal to 2 cm, the diagnostic yield range dropped significantly with some yields reported as low as 18.2% (van 't Westeinde et al. *Chest*. 2012;142[2]:377).

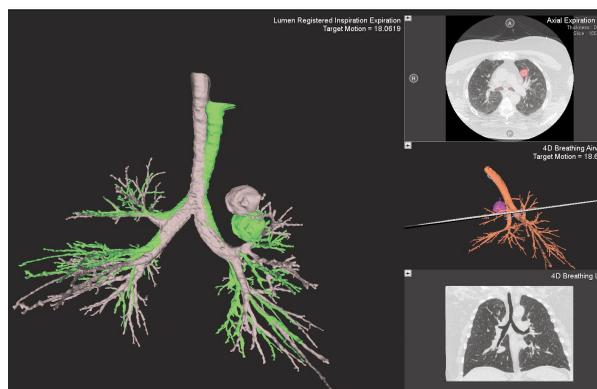
More recently, Ost and colleagues performed a multicenter study of consecutive patients undergoing bronchoscopic sampling of PN (Ost et al. *Am J Respir Crit Care Med*. 2016;193[1]:68).

Although it was not a randomized trial and each bronchoscopist influenced the selection of the sampling technique, the authors reported that the diagnostic yields for navigation-guided bronchoscopy were lower than conventional bronchoscopy, 38.5% and 63.7%, respectively.

Taken on face value alone, one might conclude that ENB not be used to biopsy PNs. However, deeper analysis of the data showed that 97% of the ENB procedures were performed using the earlier technology described above, suggesting that the single inspiratory imaging CT scan and navigation procedure technique, which differs significantly from conventional bronchoscopy, may have some influence on the lower than expected yields.

Despite increasing use and experience with ENB, diagnostic yields remain static. Chen and colleagues hypothesized that using a single inspiratory CT scan may not allow the endoscopist to make adjustments for PN movement as the lung moves during the respiratory cycle.

Using different imaging protocol, the investigators assessed movement of 85 lung nodules during the respiratory cycle with paired-full inspiration and tidal-volume expiration, thin sliced (0.5-1.0 mm) CT scans. They found that the average motion of all lesions during respiration was 17.6 mm, 12.2 mm in the right-upper lobe, 10.6 mm in the left-upper lobe, and 25.3 mm and 23.8 mm in the right- and left- lower lobes, respectively (Chen et al. *Chest*. 2015;147[5]:1275). (Fig. 1)



**Fig 1. 3-D reconstruction of the bronchial tree made from paired full-inspiration (grey) & tidal volume-expiration (green) CT images. The left upper lobe nodule migrates 18 mm during the respiratory cycle.**

They concluded that the location of targeted lesions on a single inspiration planning CT scan alone does not accurately represent the position of the lesion during bronchoscopy.

Although being able to correct for nodule movement throughout the respiratory cycle during the procedure is a significant improvement, it doesn't guarantee that the tissue sample is obtained from the targeted lesion. To accomplish that, the system would have to be able to determine when the instrument being used to sample is in the target.

The earlier ENB systems allowed for navigation

to the target with a separate sensor through a steerable catheter. However, when the target was reached, the sensor had to be removed so that sampling instruments could be introduced into the catheter. Since the instruments are not tracked and the movement of the nodule is occurring, there is no guarantee that the instrument is in the target at the time of sampling.

Advanced technology now allows for the tracking sensor to be placed in the tip of standard bronchoscopy instruments, making them "tip-tracked" and able to be used with standard bronchoscopes and equipment; thus, making the new ENB procedure similar to conventional bronchoscopy that was shown to have higher diagnostic yields (Figs. 2 and 3).



**Fig 2. A tip-tracked biopsy forceps (blue marker) inside the targeted lesion during the expiratory phase of the respiratory cycle during a bronchoscopy procedure.**



**Fig 3. Targeted lesion from Fig 2 moved 12 mm away from the tip-tracked biopsy forceps (blue marker) during the inspiratory phase of the respiratory cycle during a bronchoscopy procedure.**

Our institution incorporated this technology (Veran Medical) into our advanced diagnostic and interventional pulmonary program for lung nodules and published our initial experience and results.

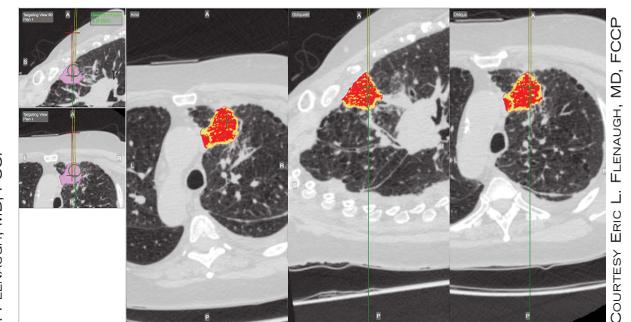
During the initial 8 months of screening for lung cancer, we performed procedures on 44 patients with PNs suspicious for lung cancer.

The rate for successful target sampling was 90.2% with a cancer diagnosis rate of 39%, which is similar to that found in the NLST. Those patients who had nonmalignant but abnormal pathologic findings (inflammation, granuloma, fibrosis, and so on) were monitored for a minimum of 12 months. Most of the lesions either remained stable or disappeared on follow-up imaging (Flebaugh et al. *The Internet Journal of Pulmonary Medicine*. 2016;18[1]).

We concluded that (1) the combination of paired inspiratory and expiratory CT scan imaging accounts for nodule movement and (2) using tip-tracked conventional instruments to enter into the lesion at the time of biopsy contributes to improved yields.

Newer ENB technology is not limited to trans-bronchial sampling. For PNs less than 2 cm and deep in the lung periphery, current recommendations prefer TTNA over bronchoscopic biopsy because of yield rates of 90% (*Chest*. 2007; 132(suppl 3):131S).

Using the same paired CT scanning and tip-tracking method on transthoracic needles, the new systems allow pulmonologists to perform electromagnetic transthoracic needle aspiration (ETTNA) of PNs using the same basic equipment and during the same procedure visit (Fig. 4).



**Fig 4. The real-time use of a tip-tracked percutaneous needle to perform ETTNA of a peripherally based lung nodule.**

This "one stop shopping" approach of bronchoscopy with the option of converting to ETTNA if the PN is not reachable endoscopically has proven to be cost efficient and allows for timely diagnosis and focused care (Yarmus et al. *J Thorac Dis*. 2016;8(1):186).

In a prospective study designed specifically to assess feasibility, safety, and diagnostic yield of ETTNA in a single procedure, Yarmus and colleagues enrolled 24 patients to undergo endobronchial ultrasound for lung cancer staging followed by ENB and ETTNA. Ninety-six percent of the patients were candidates for ETTNA.

The authors reported the yield for ETTNA was 83%, ETTNA plus ENB 87%, and ETTNA plus ENB plus endobronchial ultrasound for complete staging was 92%. Five pneumothoraces were reported; however, only two (8%) required a drainage intervention.

This protocol is unique because it makes use of several advanced diagnostic procedures, including tip-tracked navigation technology, to localize, sample, diagnose, and stage during one patient procedure visit.

As lung cancer screening becomes commonplace in clinical practice and imaging technology improves, pulmonary specialists can expect to encounter and manage a greater number of pulmonary nodules.

Advancements in technology now offer options for improving diagnostic accuracy while providing timely, safe, and cost effective care. While not all new technology will prove beneficial in disease management, those that improve the deficiencies of earlier technology offer us the best chance to improve practice. This perspective highlights such technology.

*Dr. Flebaugh is Associate Professor, Director of Advanced Diagnostic & Interventional Pulmonary Service, Morehouse School of Medicine and Grady Hospital; Dr. Foreman is Professor of Medicine, Associate Chair for Research, Pulmonary & Critical Care Medicine, Morehouse School of Medicine, Atlanta.*

## SELECTED IMPORTANT SAFETY INFORMATION

### **WARNING: (A) PREMATURE DISCONTINUATION OF ELIQUIS INCREASES THE RISK OF THROMBOTIC EVENTS, (B) SPINAL/EPIDURAL HEMATOMA**

**(A) Premature discontinuation of any oral anticoagulant, including ELIQUIS, increases the risk of thrombotic events. If anticoagulation with ELIQUIS is discontinued for a reason other than pathological bleeding or completion of a course of therapy, consider coverage with another anticoagulant.**

**(B) Epidural or spinal hematomas may occur in patients treated with ELIQUIS who are receiving neuraxial anesthesia or undergoing spinal puncture. These hematomas may result in long-term or permanent paralysis. Consider these risks when scheduling patients for spinal procedures. Factors that can increase the risk of developing epidural or spinal hematomas in these patients include:**

- use of indwelling epidural catheters
- concomitant use of other drugs that affect hemostasis, such as nonsteroidal anti-inflammatory drugs (NSAIDs), platelet inhibitors, other anticoagulants
- a history of traumatic or repeated epidural or spinal punctures
- a history of spinal deformity or spinal surgery
- optimal timing between the administration of ELIQUIS and neuraxial procedures is not known

**Monitor patients frequently for signs and symptoms of neurological impairment. If neurological compromise is noted, urgent treatment is necessary.**

**Consider the benefits and risks before neuraxial intervention in patients anticoagulated or to be anticoagulated.**

### **CONTRAINDICATIONS**

- Active pathological bleeding
- Severe hypersensitivity reaction to ELIQUIS (e.g., anaphylactic reactions)

### **WARNINGS AND PRECAUTIONS**

- **Increased Risk of Thrombotic Events After Premature Discontinuation:** Premature discontinuation of any oral anticoagulant, including ELIQUIS, in the absence of adequate alternative anticoagulation increases the risk of thrombotic events. An increased rate of stroke was observed during the transition from ELIQUIS to warfarin in clinical trials in atrial fibrillation patients. If ELIQUIS is discontinued for a reason other than pathological bleeding or completion of a course of therapy, consider coverage with another anticoagulant.
- **Bleeding Risk:** ELIQUIS increases the risk of bleeding and can cause serious, potentially fatal, bleeding.
  - Concomitant use of drugs affecting hemostasis increases the risk of bleeding, including aspirin and other antiplatelet agents, other anticoagulants, heparin, thrombolytic agents, SSRIs, SNRIs, and NSAIDs.
  - Advise patients of signs and symptoms of blood loss and to report them immediately or go to an emergency room. Discontinue ELIQUIS in patients with active pathological hemorrhage.
  - There is no established way to reverse the anticoagulant effect of apixaban, which can be expected to persist for at least 24 hours after the last dose (i.e., about two half-lives). A specific antidote for ELIQUIS is not available.

- **Spinal/Epidural Anesthesia or Puncture:** Patients treated with ELIQUIS undergoing spinal/epidural anesthesia or puncture may develop an epidural or spinal hematoma which can result in long-term or permanent paralysis.

The risk of these events may be increased by the postoperative use of indwelling epidural catheters or the concomitant use of medicinal products affecting hemostasis. Indwelling epidural or intrathecal catheters should not be removed earlier than 24 hours after the last administration of ELIQUIS. The next dose of ELIQUIS should not be administered earlier than 5 hours after the removal of the catheter. The risk may also be increased by traumatic or repeated epidural or spinal puncture. If traumatic puncture occurs, delay the administration of ELIQUIS for 48 hours.

Monitor patients frequently and if neurological compromise is noted, urgent diagnosis and treatment is necessary. Physicians should consider the potential benefit versus the risk of neuraxial intervention in ELIQUIS patients.

- **Prosthetic Heart Valves:** The safety and efficacy of ELIQUIS have not been studied in patients with prosthetic heart valves and is not recommended in these patients.
- **Acute PE in Hemodynamically Unstable Patients or Patients who Require Thrombolysis or Pulmonary Embolectomy:** Initiation of ELIQUIS is not recommended as an alternative to unfractionated heparin for the initial treatment of patients with PE who present with hemodynamic instability or who may receive thrombolysis or pulmonary embolectomy.

### **ADVERSE REACTIONS**

- The most common and most serious adverse reactions reported with ELIQUIS were related to bleeding.

### **TEMPORARY INTERRUPTION FOR SURGERY AND OTHER INTERVENTIONS**

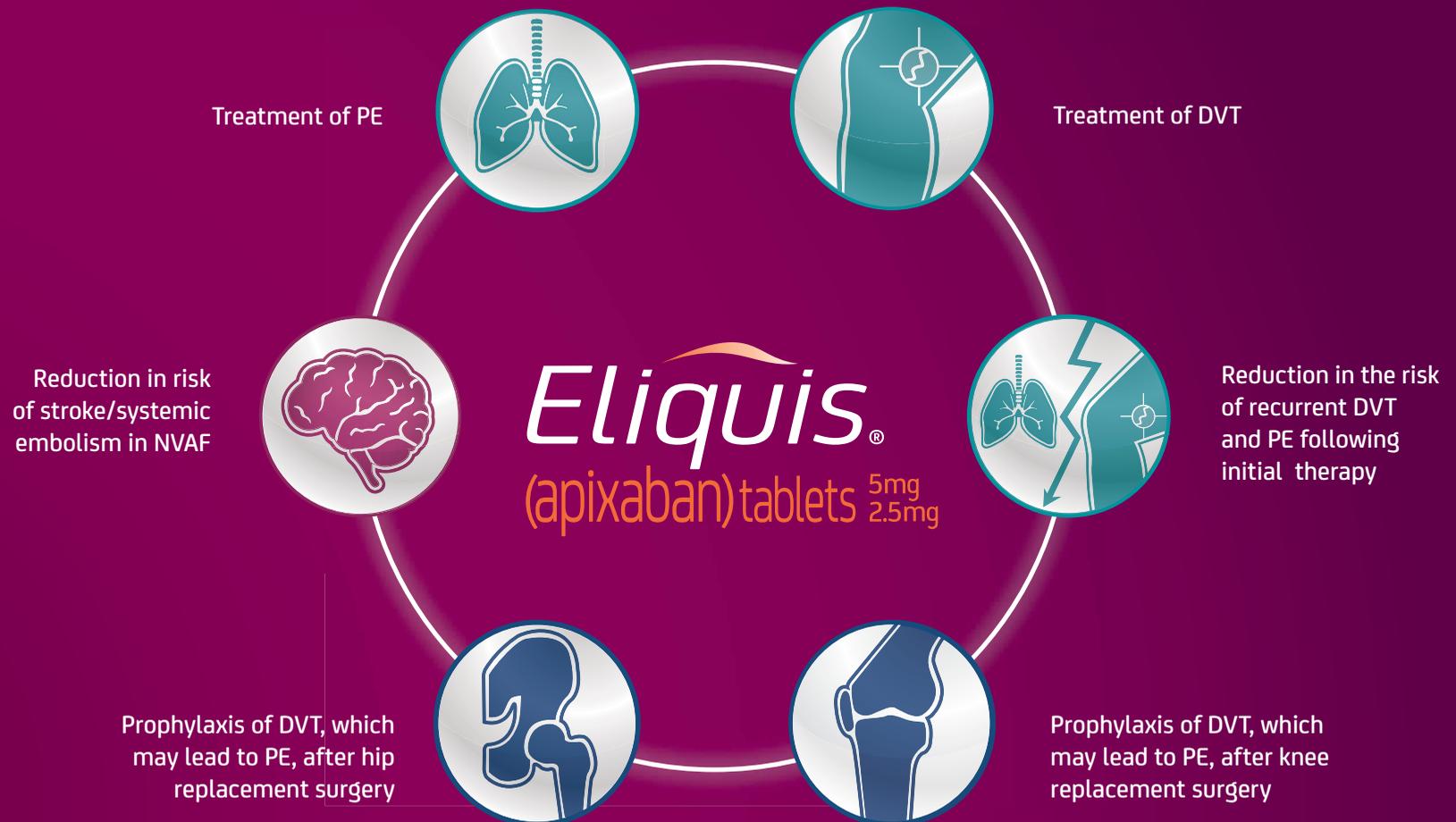
- ELIQUIS should be discontinued at least 48 hours prior to elective surgery or invasive procedures with a moderate or high risk of unacceptable or clinically significant bleeding. ELIQUIS should be discontinued at least 24 hours prior to elective surgery or invasive procedures with a low risk of bleeding or where the bleeding would be noncritical in location and easily controlled. Bridging anticoagulation during the 24 to 48 hours after stopping ELIQUIS and prior to the intervention is not generally required. ELIQUIS should be restarted after the surgical or other procedures as soon as adequate hemostasis has been established.

### **DRUG INTERACTIONS**

- **Strong Dual Inhibitors of CYP3A4 and P-gp:** Inhibitors of cytochrome P450 3A4 (CYP3A4) and P-glycoprotein (P-gp) increase exposure to apixaban and increase the risk of bleeding. For patients receiving ELIQUIS doses of 5 mg or 10 mg twice daily, reduce the dose of ELIQUIS by 50% when ELIQUIS is coadministered with drugs that are strong dual inhibitors of CYP3A4 and P-gp (e.g., ketoconazole, itraconazole, ritonavir, or clarithromycin). In patients already taking 2.5 mg twice daily, avoid coadministration of ELIQUIS with strong dual inhibitors of CYP3A4 and P-gp.
- **Strong Dual Inducers of CYP3A4 and P-gp:** Avoid concomitant use of ELIQUIS with strong dual inducers of CYP3A4 and P-gp (e.g., rifampin, carbamazepine, phenytoin, St. John's wort) because such drugs will decrease exposure to apixaban and increase the risk of stroke and other thromboembolic events.

Please see Brief Summary of Full Prescribing Information, including Boxed WARNINGS, on the adjacent pages.

Approved for 6 indications



Learn more about ELIQUIS for the treatment of DVT/PE and access reprints of our clinical studies.

[hcp.eliquis.com](http://hcp.eliquis.com)

NVAf=nonvalvular atrial fibrillation; DVT=deep vein thrombosis; PE=pulmonary embolism.

#### SELECTED IMPORTANT SAFETY INFORMATION (CONT'D)

##### DRUG INTERACTIONS (CONT'D)

- **Anticoagulants and Antiplatelet Agents:** Coadministration of antiplatelet agents, fibrinolytics, heparin, aspirin, and chronic NSAID use increases the risk of bleeding. APPRAISE-2, a placebo-controlled clinical trial of apixaban in high-risk post-acute coronary syndrome patients treated with aspirin or the combination of aspirin and clopidogrel, was terminated early due to a higher rate of bleeding with apixaban compared to placebo.

##### PREGNANCY CATEGORY B

- There are no adequate and well-controlled studies of ELIQUIS in pregnant women. Treatment is likely to increase the risk of hemorrhage during pregnancy and delivery. ELIQUIS should be used during pregnancy only if the potential benefit outweighs the potential risk to the mother and fetus.

Please see Brief Summary of Full Prescribing Information, including Boxed WARNINGS, on the adjacent pages.

## ELIQUIS® (apixaban) tablets, for oral use

Rx ONLY

**Brief Summary of Prescribing Information. For complete prescribing information consult official package insert.**

### WARNING: (A) PREMATURE DISCONTINUATION OF ELIQUIS INCREASES THE RISK OF THROMBOTIC EVENTS

#### (B) SPINAL/EPIDURAL HEMATOMA

**(A) PREMATURE DISCONTINUATION OF ELIQUIS INCREASES THE RISK OF THROMBOTIC EVENTS**  
Premature discontinuation of any oral anticoagulant, including ELIQUIS, increases the risk of thrombotic events. If anticoagulation with ELIQUIS is discontinued for a reason other than pathological bleeding or completion of a course of therapy, consider coverage with another anticoagulant [see *Dosage and Administration, Warnings and Precautions, and Clinical Studies (14.1)* in full Prescribing Information].

#### (B) SPINAL/EPIDURAL HEMATOMA

Epidural or spinal hematomas may occur in patients treated with ELIQUIS who are receiving neuraxial anesthesia or undergoing spinal puncture. These hematomas may result in long-term or permanent paralysis. Consider these risks when scheduling patients for spinal procedures. Factors that can increase the risk of developing epidural or spinal hematomas in these patients include:

- use of indwelling epidural catheters
- concomitant use of other drugs that affect hemostasis, such as nonsteroidal anti-inflammatory drugs (NSAIDs), platelet inhibitors, other anticoagulants
- a history of traumatic or repeated epidural or spinal punctures
- a history of spinal deformity or spinal surgery
- optimal timing between the administration of ELIQUIS and neuraxial procedures is not known

[see *Warnings and Precautions*]

Monitor patients frequently for signs and symptoms of neurological impairment. If neurological compromise is noted, urgent treatment is necessary [see *Warnings and Precautions*].

Consider the benefits and risks before neuraxial intervention in patients anticoagulated or to be anticoagulated [see *Warnings and Precautions*].

## INDICATIONS AND USAGE

**Reduction of Risk of Stroke and Systemic Embolism in Nonvalvular Atrial Fibrillation—**ELIQUIS® (apixaban) is indicated to reduce the risk of stroke and systemic embolism in patients with nonvalvular atrial fibrillation.

**Prophylaxis of Deep Vein Thrombosis Following Hip or Knee Replacement Surgery—**ELIQUIS is indicated for the prophylaxis of deep vein thrombosis (DVT), which may lead to pulmonary embolism (PE), in patients who have undergone hip or knee replacement surgery.

**Treatment of Deep Vein Thrombosis—**ELIQUIS is indicated for the treatment of DVT.

**Treatment of Pulmonary Embolism—**ELIQUIS is indicated for the treatment of PE.

**Reduction in the Risk of Recurrence of DVT and PE—**ELIQUIS is indicated to reduce the risk of recurrent DVT and PE following initial therapy.

## DOSAGE AND ADMINISTRATION (Selected information)

### Temporary Interruption for Surgery and Other Interventions

ELIQUIS should be discontinued at least 48 hours prior to elective surgery or invasive procedures with a moderate or high risk of unacceptable or clinically significant bleeding. ELIQUIS should be discontinued at least 24 hours prior to elective surgery or invasive procedures with a low risk of bleeding or where the bleeding would be non-critical in location and easily controlled. Bridging anticoagulation during the 24 to 48 hours after stopping ELIQUIS and prior to the intervention is not generally required. ELIQUIS should be restarted after the surgical or other procedures as soon as adequate hemostasis has been established. (For complete *Dosage and Administration* section, see full Prescribing Information.)

## CONTRAINDICATIONS

ELIQUIS is contraindicated in patients with the following conditions:

- Active pathological bleeding [see *Warnings and Precautions and Adverse Reactions*]
- Severe hypersensitivity reaction to ELIQUIS (e.g., anaphylactic reactions) [see *Adverse Reactions*]

## WARNINGS AND PRECAUTIONS

### Increased Risk of Thrombotic Events after Premature Discontinuation

Premature discontinuation of any oral anticoagulant, including ELIQUIS, in the absence of adequate alternative anticoagulation increases the risk of thrombotic events. An increased rate of stroke was observed during the transition from ELIQUIS to warfarin in clinical trials in atrial fibrillation patients. If ELIQUIS is discontinued for a reason other than pathological bleeding or completion of a course of therapy, consider coverage with another anticoagulant [see *Dosage and Administration (2.4)* and *Clinical Studies (14.1)* in full Prescribing Information].

### Bleeding

ELIQUIS increases the risk of bleeding and can cause serious, potentially fatal, bleeding [see *Dosage and Administration (2.1)* in full Prescribing Information and *Adverse Reactions*].

Concomitant use of drugs affecting hemostasis increases the risk of bleeding. These include aspirin and other antiplatelet agents, other anticoagulants, heparin, thrombolytic agents, selective serotonin reuptake inhibitors, serotonin norepinephrine reuptake inhibitors, and nonsteroidal anti-inflammatory drugs (NSAIDs) [see *Drug Interactions*].

Advise patients of signs and symptoms of blood loss and to report them immediately or go to an emergency room. Discontinue ELIQUIS in patients with active pathological hemorrhage.

There is no established way to reverse the anticoagulant effect of apixaban, which can be expected to persist for at least 24 hours after the last dose, i.e., for about two drug half-lives. A specific antidote for ELIQUIS is not available. Hemodialysis does not appear to have a substantial impact on apixaban exposure [see *Clinical Pharmacology (12.3)* in full Prescribing Information]. Protamine sulfate and vitamin K are not expected to affect the anticoagulant activity of apixaban. There is no experience with antifibrinolytic agents (tranexamic acid, aminocaproic acid) in individuals receiving apixaban. There is neither scientific rationale for reversal nor experience with systemic hemostatics (desmopressin and aprotinin) in individuals receiving apixaban. Use of procoagulant reversal agents such as prothrombin

complex concentrate, activated prothrombin complex concentrate, or recombinant factor VIIa may be considered but has not been evaluated in clinical studies. Activated oral charcoal reduces absorption of apixaban, thereby lowering apixaban plasma concentration [see *Overdosage*].

## Spinal/Epidural Anesthesia or Puncture

When neuraxial anesthesia (spinal/epidural anesthesia) or spinal/epidural puncture is employed, patients treated with antithrombotic agents for prevention of thromboembolic complications are at risk of developing an epidural or spinal hematoma which can result in long-term or permanent paralysis.

The risk of these events may be increased by the postoperative use of indwelling epidural catheters or the concomitant use of medicinal products affecting hemostasis. Indwelling epidural or intrathecal catheters should not be removed earlier than 24 hours after the last administration of ELIQUIS (apixaban). The next dose of ELIQUIS should not be administered earlier than 5 hours after the removal of the catheter. The risk may also be increased by traumatic or repeated epidural or spinal puncture. If traumatic puncture occurs, delay the administration of ELIQUIS for 48 hours.

Monitor patients frequently for signs and symptoms of neurological impairment (e.g., numbness or weakness of the legs, bowel, or bladder dysfunction). If neurological compromise is noted, urgent diagnosis and treatment is necessary. Prior to neuraxial intervention the physician should consider the potential benefit versus the risk in anticoagulated patients or in patients to be anticoagulated for thromboprophylaxis.

## Patients with Prosthetic Heart Valves

The safety and efficacy of ELIQUIS have not been studied in patients with prosthetic heart valves. Therefore, use of ELIQUIS is not recommended in these patients.

## Acute PE in Hemodynamically Unstable Patients or Patients who Require Thrombolysis or Pulmonary Embolectomy

Initiation of ELIQUIS is not recommended as an alternative to unfractionated heparin for the initial treatment of patients with PE who present with hemodynamic instability or who may receive thrombolysis or pulmonary embolectomy.

## ADVERSE REACTIONS

The following serious adverse reactions are discussed in greater detail in other sections of the prescribing information.

- Increased risk of thrombotic events after premature discontinuation [see *Warnings and Precautions*]
- Bleeding [see *Warnings and Precautions*]
- Spinal/epidural anesthesia or puncture [see *Warnings and Precautions*]

## Clinical Trials Experience

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

### Reduction of Risk of Stroke and Systemic Embolism in Patients with Nonvalvular Atrial Fibrillation

The safety of ELIQUIS was evaluated in the ARISTOTLE and AVERROES studies [see *Clinical Studies (14)* in full Prescribing Information], including 11,284 patients exposed to ELIQUIS 5 mg twice daily and 602 patients exposed to ELIQUIS 2.5 mg twice daily. The duration of ELIQUIS exposure was  $\geq 12$  months for 9375 patients and  $\geq 24$  months for 3369 patients in the two studies. In ARISTOTLE, the mean duration of exposure was 89 weeks ( $>15,000$  patient-years). In AVERROES, the mean duration of exposure was approximately 59 weeks ( $>3000$  patient-years).

The most common reason for treatment discontinuation in both studies was for bleeding-related adverse reactions; in ARISTOTLE this occurred in 1.7% and 2.5% of patients treated with ELIQUIS and warfarin, respectively, and in AVERROES, in 1.5% and 1.3% on ELIQUIS and aspirin, respectively.

### Bleeding in Patients with Nonvalvular Atrial Fibrillation in ARISTOTLE and AVERROES

Tables 1 and 2 show the number of patients experiencing major bleeding during the treatment period and the bleeding rate (percentage of subjects with at least one bleeding event per 100 patient-years) in ARISTOTLE and AVERROES.

**Table 1: Bleeding Events in Patients with Nonvalvular Atrial Fibrillation in ARISTOTLE\***

	ELIQUIS N=9088 n (per 100 pt-year)	Warfarin N=9052 n (per 100 pt-year)	Hazard Ratio (95% CI)	P-value
Major†	327 (2.13)	462 (3.09)	0.69 (0.60, 0.80)	<0.0001
Intracranial (ICH)‡	52 (0.33)	125 (0.82)	0.41 (0.30, 0.57)	-
Hemorrhagic stroke§	38 (0.24)	74 (0.49)	0.51 (0.34, 0.75)	-
Other ICH	15 (0.10)	51 (0.34)	0.29 (0.16, 0.51)	-
Gastrointestinal (GI)¶	128 (0.83)	141 (0.93)	0.89 (0.70, 1.14)	-
Fatal**	10 (0.06)	37 (0.24)	0.27 (0.13, 0.53)	-
Intracranial	4 (0.03)	30 (0.20)	0.13 (0.05, 0.37)	-
Non-intracranial	6 (0.04)	7 (0.05)	0.84 (0.28, 2.15)	-

\* Bleeding events within each subcategory were counted once per subject, but subjects may have contributed events to multiple endpoints. Bleeding events were counted during treatment or within 2 days of stopping study treatment (on-treatment period).

† Defined as clinically overt bleeding accompanied by one or more of the following: a decrease in hemoglobin of  $\geq 2$  g/dL, a transfusion of 2 or more units of packed red blood cells, bleeding at a critical site: intracranial, intraspinal, intraocular, pericardial, intra-articular, intramuscular with compartment syndrome, retroperitoneal or with fatal outcome.

‡ Intracranial bleed includes intracerebral, intraventricular, subdural, and subarachnoid bleeding. Any type of hemorrhagic stroke was adjudicated and counted as an intracranial major bleed.

§ On-treatment analysis based on the safety population, compared to ITT analysis presented in Section 14.

¶ GI bleed includes upper GI, lower GI, and rectal bleeding.

\*\* Fatal bleeding is an adjudicated death with the primary cause of death as intracranial bleeding or non-intracranial bleeding during the on-treatment period.

In ARISTOTLE, the results for major bleeding were generally consistent across most major subgroups including age, weight, CHADS<sub>2</sub> score (a scale from 0 to 6 used to estimate risk of stroke, with higher scores predicting greater risk), prior warfarin use, geographic region, and aspirin use at randomization (Figure 1). Subjects treated with apixaban with diabetes bled more (3.0% per year) than did subjects without diabetes (1.9% per year).

Adverse reactions occurring in ≥1% of patients undergoing hip or knee replacement surgery in the 1 Phase II study and the 3 Phase III studies are listed in Table 4.

**Table 4: Adverse Reactions Occurring in ≥1% of Patients in Either Group Undergoing Hip or Knee Replacement Surgery**

	ELIQUIS (apixaban), n (%) 2.5 mg po bid N=5924	Enoxaparin, n (%) 40 mg sc qd or 30 mg sc q12h N=5904
Nausea	153 (2.6)	159 (2.7)
Anemia (including postoperative and hemorrhagic anemia, and respective laboratory parameters)	153 (2.6)	178 (3.0)
Contusion	83 (1.4)	115 (1.9)
Hemorrhage (including hematoma, and vaginal and urethral hemorrhage)	67 (1.1)	81 (1.4)
Postprocedural hemorrhage (including postprocedural hematoma, wound hemorrhage, vessel puncture site hematoma and catheter site hemorrhage)	54 (0.9)	60 (1.0)
Transaminases increased (including alanine aminotransferase increased and alanine aminotransferase abnormal)	50 (0.8)	71 (1.2)
Aspartate aminotransferase increased	47 (0.8)	69 (1.2)
Gamma-glutamyltransferase increased	38 (0.6)	65 (1.1)

Less common adverse reactions in apixaban-treated patients undergoing hip or knee replacement surgery occurring at a frequency of ≥0.1% to <1%:

*Blood and lymphatic system disorders:* thrombocytopenia (including platelet count decreases)

*Vascular disorders:* hypotension (including procedural hypotension)

*Respiratory, thoracic, and mediastinal disorders:* epistaxis

*Gastrointestinal disorders:* gastrointestinal hemorrhage (including hematemesis and melena), hematochezia

*Hepatobiliary disorders:* liver function test abnormal, blood alkaline phosphatase increased, blood bilirubin increased

*Renal and urinary disorders:* hematuria (including respective laboratory parameters)

*Injury, poisoning, and procedural complications:* wound secretion, incision-site hemorrhage (including incision-site hematoma), operative hemorrhage

Less common adverse reactions in apixaban-treated patients undergoing hip or knee replacement surgery occurring at a frequency of <0.1%:

Gingival bleeding, hemoptysis, hypersensitivity, muscle hemorrhage, ocular hemorrhage (including conjunctival hemorrhage), rectal hemorrhage

*Treatment of DVT and PE and Reduction in the Risk of Recurrence of DVT or PE*

The safety of ELIQUIS has been evaluated in the AMPLIFY and AMPLIFY-EXT studies, including 2676 patients exposed to ELIQUIS 10 mg twice daily, 3359 patients exposed to ELIQUIS 5 mg twice daily, and 840 patients exposed to ELIQUIS 2.5 mg twice daily.

Common adverse reactions (≥1%) were gingival bleeding, epistaxis, contusion, hematuria, rectal hemorrhage, hematoma, menorrhagia, and hemoptysis.

AMPLIFY Study

The mean duration of exposure to ELIQUIS was 154 days and to enoxaparin/warfarin was 152 days in the AMPLIFY study. Adverse reactions related to bleeding occurred in 417 (15.6%) ELIQUIS-treated patients compared to 661 (24.6%) enoxaparin/warfarin-treated patients. The discontinuation rate due to bleeding events was 0.7% in the ELIQUIS-treated patients compared to 1.7% in enoxaparin/warfarin-treated patients in the AMPLIFY study.

In the AMPLIFY study, ELIQUIS was statistically superior to enoxaparin/warfarin in the primary safety endpoint of major bleeding (relative risk 0.31, 95% CI [0.17, 0.55], P-value <0.0001).

Bleeding results from the AMPLIFY study are summarized in Table 5.

**Table 5: Bleeding Results in the AMPLIFY Study**

	ELIQUIS N=2676 n (%)	Enoxaparin/Warfarin N=2689 n (%)	Relative Risk (95% CI)
Major	15 (0.6)	49 (1.8)	0.31 (0.17, 0.55) p<0.0001
CRNM*	103 (3.9)	215 (8.0)	
Major + CRNM	115 (4.3)	261 (9.7)	
Minor	313 (11.7)	505 (18.8)	
All	402 (15.0)	676 (25.1)	

\* CRNM = clinically relevant nonmajor bleeding.

Events associated with each endpoint were counted once per subject, but subjects may have contributed events to multiple endpoints.

Adverse reactions occurring in ≥1% of patients in the AMPLIFY study are listed in Table 6.

**Table 6: Adverse Reactions Occurring in ≥1% of Patients Treated for DVT and PE in the AMPLIFY Study**

	ELIQUIS N=2676 n (%)	Enoxaparin/Warfarin N=2689 n (%)
Epistaxis	77 (2.9)	146 (5.4)
Contusion	49 (1.8)	97 (3.6)
Hematuria	46 (1.7)	102 (3.8)
Menorrhagia	38 (1.4)	30 (1.1)
Hematoma	35 (1.3)	76 (2.8)
Hemoptysis	32 (1.2)	31 (1.2)
Rectal hemorrhage	26 (1.0)	39 (1.5)
Gingival bleeding	26 (1.0)	50 (1.9)

AMPLIFY-EXT Study

The mean duration of exposure to ELIQUIS was approximately 330 days and to placebo was 312 days in the AMPLIFY-EXT study. Adverse reactions related to bleeding occurred in 219 (13.3%) ELIQUIS-treated patients compared to 72 (8.7%) placebo-treated patients. The discontinuation rate due to bleeding events was approximately 1% in the ELIQUIS-treated patients compared to 0.4% in those patients in the placebo group in the AMPLIFY-EXT study.

Bleeding results from the AMPLIFY-EXT study are summarized in Table 7.

**Table 7: Bleeding Results in the AMPLIFY-EXT Study**

	ELIQUIS (apixaban) 2.5 mg bid N=840 n (%)	ELIQUIS 5 mg bid N=811 n (%)	Placebo N=826 n (%)
Major	2 (0.2)	1 (0.1)	4 (0.5)
CRNM*	25 (3.0)	34 (4.2)	19 (2.3)
Major + CRNM	27 (3.2)	35 (4.3)	22 (2.7)
Minor	75 (8.9)	98 (12.1)	58 (7.0)
All	94 (11.2)	121 (14.9)	74 (9.0)

\* CRNM = clinically relevant nonmajor bleeding.

Events associated with each endpoint were counted once per subject, but subjects may have contributed events to multiple endpoints.

Adverse reactions occurring in ≥1% of patients in the AMPLIFY-EXT study are listed in Table 8.

**Table 8: Adverse Reactions Occurring in ≥1% of Patients Undergoing Extended Treatment for DVT and PE in the AMPLIFY-EXT Study**

	ELIQUIS 2.5 mg bid N=840 n (%)	ELIQUIS 5 mg bid N=811 n (%)	Placebo N=826 n (%)
Epistaxis	13 (1.5)	29 (3.6)	9 (1.1)
Hematuria	12 (1.4)	17 (2.1)	9 (1.1)
Hematoma	13 (1.5)	16 (2.0)	10 (1.2)
Contusion	18 (2.1)	18 (2.2)	18 (2.2)
Gingival bleeding	12 (1.4)	9 (1.1)	3 (0.4)

Other Adverse Reactions

Less common adverse reactions in ELIQUIS-treated patients in the AMPLIFY or AMPLIFY-EXT studies occurring at a frequency of ≥0.1% to <1%:

*Blood and lymphatic system disorders:* hemorrhagic anemia

*Gastrointestinal disorders:* hematochezia, hemorrhoidal hemorrhage, gastrointestinal hemorrhage, hematemesis, melena, anal hemorrhage

*Injury, poisoning, and procedural complications:* wound hemorrhage, postprocedural hemorrhage, traumatic hematoma, periorbital hematoma

*Musculoskeletal and connective tissue disorders:* muscle hemorrhage

*Reproductive system and breast disorders:* vaginal hemorrhage, metrorrhagia, menometrorrhagia, genital hemorrhage

*Vascular disorders:* hemorrhage

*Skin and subcutaneous tissue disorders:* ecchymosis, skin hemorrhage, petechiae

*Eye disorders:* conjunctival hemorrhage, retinal hemorrhage, eye hemorrhage

*Investigations:* blood urine present, occult blood positive, occult blood, red blood cells urine positive

*General disorders and administration-site conditions:* injection-site hematoma, vessel puncture-site hematoma

## DRUG INTERACTIONS

Apixaban is a substrate of both CYP3A4 and P-gp. Inhibitors of CYP3A4 and P-gp increase exposure to apixaban and increase the risk of bleeding. Inducers of CYP3A4 and P-gp decrease exposure to apixaban and increase the risk of stroke and other thromboembolic events.

### Strong Dual Inhibitors of CYP3A4 and P-gp

For patients receiving ELIQUIS 5 mg or 10 mg twice daily, the dose of ELIQUIS should be decreased by 50% when it is coadministered with drugs that are strong dual inhibitors of CYP3A4 and P-gp (e.g., ketoconazole, itraconazole, ritonavir, or clarithromycin) [see *Dosage and Administration (2.5)* and *Clinical Pharmacology (12.3)* in full Prescribing Information].

For patients receiving ELIQUIS at a dose of 2.5 mg twice daily, avoid coadministration with strong dual inhibitors of CYP3A4 and P-gp [see *Dosage and Administration (2.5)* and *Clinical Pharmacology (12.3)* in full Prescribing Information].

### Strong Dual Inducers of CYP3A4 and P-gp

Avoid concomitant use of ELIQUIS with strong dual inducers of CYP3A4 and P-gp (e.g., rifampin, carbamazepine, phenytoin, St. John's wort) because such drugs will decrease exposure to apixaban [see *Clinical Pharmacology (12.3)* in full Prescribing Information].

### Anticoagulants and Antiplatelet Agents

Coadministration of antiplatelet agents, fibrinolytics, heparin, aspirin, and chronic NSAID use increases the risk of bleeding.

APPRAISE-2, a placebo-controlled clinical trial of apixaban in high-risk, post-acute coronary syndrome patients treated with aspirin or the combination of aspirin and clopidogrel, was terminated early due to a higher rate of bleeding with apixaban compared to placebo. The rate of ISTH major bleeding was 2.8% per year with apixaban versus 0.6% per year with placebo in patients receiving single antiplatelet therapy and was 5.9% per year with apixaban versus 2.5% per year with placebo in those receiving dual antiplatelet therapy.

In ARISTOTLE, concomitant use of aspirin increased the bleeding risk on ELIQUIS from 1.8% per year to 3.4% per year and concomitant use of aspirin and warfarin increased the bleeding risk from 2.7% per year to 4.6% per year. In this clinical trial, there was limited (2.3%) use of dual antiplatelet therapy with ELIQUIS.

## USE IN SPECIFIC POPULATIONS

### Pregnancy

#### Pregnancy Category B

There are no adequate and well-controlled studies of ELIQUIS in pregnant women. Treatment is likely to increase the risk of hemorrhage during pregnancy and delivery. ELIQUIS should be used during pregnancy only if the potential benefit outweighs the potential risk to the mother and fetus.

Treatment of pregnant rats, rabbits, and mice after implantation until the end of gestation resulted in fetal exposure to apixaban, but was not associated with increased risk for fetal malformations or toxicity. No maternal or fetal deaths were attributed to bleeding. Increased incidence of maternal bleeding was observed in mice, rats, and rabbits at maternal exposures that were 19, 4, and 1 times, respectively, the human exposure of unbound drug, based on area under plasma-concentration time curve (AUC) comparisons at the maximum recommended human dose (MRHD) of 10 mg (5 mg twice daily).

### Labor and Delivery

Safety and effectiveness of ELIQUIS during labor and delivery have not been studied in clinical trials. Consider the risks of bleeding and of stroke in using ELIQUIS in this setting [see *Warnings and Precautions*].

Treatment of pregnant rats from implantation (gestation Day 7) to weaning (lactation Day 21) with apixaban at a dose of 1000 mg/kg (about 5 times the human exposure based on unbound apixaban) did not result in death of offspring or death of mother rats during labor in association with uterine bleeding. However, increased incidence of maternal bleeding, primarily during gestation, occurred at apixaban doses of ≥25 mg/kg, a dose corresponding to ≥1.3 times the human exposure.

### Nursing Mothers

It is unknown whether apixaban or its metabolites are excreted in human milk. Rats excrete apixaban in milk (12% of the maternal dose).

Women should be instructed either to discontinue breastfeeding or to discontinue ELIQUIS (apixaban) therapy, taking into account the importance of the drug to the mother.

### Pediatric Use

Safety and effectiveness in pediatric patients have not been established.

### Geriatric Use

Of the total subjects in the ARISTOTLE and AVERROES clinical studies, >69% were 65 and older, and >31% were 75 and older. In the ADVANCE-1, ADVANCE-2, and ADVANCE-3 clinical studies, 50% of subjects were 65 and older, while 16% were 75 and older. In the AMPLIFY and AMPLIFY-EXT clinical studies, >32% of subjects were 65 and older and >13% were 75 and older. No clinically significant differences in safety or effectiveness were observed when comparing subjects in different age groups.

### Renal Impairment

No dose adjustment is recommended for patients with renal impairment alone, including those with end-stage renal disease (ESRD) maintained on hemodialysis, except nonvalvular atrial fibrillation patients who meet the criteria for dosage adjustment [see *Dosage and Administration (2.1)* in full Prescribing Information]. Patients with ESRD (CrCl <15 mL/min) receiving or not receiving hemodialysis were not studied in clinical efficacy and safety studies with ELIQUIS; therefore, the dosing recommendations are based on pharmacokinetic and pharmacodynamic (anti-Factor Xa activity) data in subjects with ESRD maintained on dialysis [see *Clinical Pharmacology (12.3)* in full Prescribing Information].

### Hepatic Impairment

No dose adjustment is required in patients with mild hepatic impairment (Child-Pugh class A). Because patients with moderate hepatic impairment (Child-Pugh class B) may have intrinsic coagulation abnormalities and there is limited clinical experience with ELIQUIS in these patients, dosing recommendations cannot be provided [see *Clinical Pharmacology (12.2)* in full Prescribing Information]. ELIQUIS is not recommended in patients with severe hepatic impairment (Child-Pugh class C) [see *Clinical Pharmacology (12.2)* in full Prescribing Information].

## OVERDOSAGE

There is no antidote to ELIQUIS. Overdose of ELIQUIS increases the risk of bleeding [see *Warnings and Precautions*].

In controlled clinical trials, orally administered apixaban in healthy subjects at doses up to 50 mg daily for 3 to 7 days (25 mg twice daily for 7 days or 50 mg once daily for 3 days) had no clinically relevant adverse effects.

In healthy subjects, administration of activated charcoal 2 and 6 hours after ingestion of a 20-mg dose of apixaban reduced mean apixaban AUC by 50% and 27%, respectively. Thus, administration of activated charcoal may be useful in the management of apixaban overdose or accidental ingestion.

## PATIENT COUNSELING INFORMATION

See FDA-approved patient labeling (*Medication Guide*).

Advise patients of the following:

- They should not discontinue ELIQUIS without talking to their physician first.
- They should be informed that it might take longer than usual for bleeding to stop, and they may bruise or bleed more easily when treated with ELIQUIS. Advise patients about how to recognize bleeding or symptoms of hypovolemia and of the urgent need to report any unusual bleeding to their physician.
- They should tell their physicians and dentists they are taking ELIQUIS, and/or any other product known to affect bleeding (including nonprescription products, such as aspirin or NSAIDs), before any surgery or medical or dental procedure is scheduled and before any new drug is taken.
- If the patient is having neuraxial anesthesia or spinal puncture, inform the patient to watch for signs and symptoms of spinal or epidural hematomas, such as numbness or weakness of the legs, or bowel or bladder dysfunction [see *Warnings and Precautions*]. If any of these symptoms occur, the patient should contact his or her physician immediately.
- They should tell their physicians if they are pregnant or plan to become pregnant or are breastfeeding or intend to breastfeed during treatment with ELIQUIS [see *Use in Specific Populations*].
- If a dose is missed, the dose should be taken as soon as possible on the same day and twice-daily administration should be resumed. The dose should not be doubled to make up for a missed dose.

Marketed by:  
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and  
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# Aspergillosis guidelines endorse galactomannan

BY M. ALEXANDER OTTO  
Frontline Medical News

New aspergillosis guidelines from the Infectious Diseases Society of America recommend serum and bronchoalveolar lavage galactomannan as a marker for the diagnosis of invasive *Aspergillus* in adult and pediatric patients who have hematologic malignancies or have undergone hematopoietic stem cell transplants.

Serial monitoring of serum galactomannan (GM) is also useful to monitor disease progression, therapeutic response, and prognosis in hematologic malignancy and hematopoietic stem cell transplant (HSCT) patients who have elevated baseline GM (Clin Infect Dis. 2016 Jun 29. doi: 10.1093/cid/ciw326).

Although not very specific for infection, serum beta-D-glucan assays also are recommended for diagnosing invasive *Aspergillus* in these high-risk patients.

The advice illustrates the Society's emphasis on early diagnosis in its new guidelines, which supplant the group's 2008 guidance. There are almost 100 recommendations covering the management of invasive, allergic,

and chronic *Aspergillus* infections in all their manifestations.

"Aspergillosis mortality rates have decreased significantly in recent years, but there is still significant mortality from the infection, and we have a ways to go. We felt that early diagnosis was key, which is why it's such an important part of these guidelines," lead author Thomas Patterson, MD, chief of the division of infectious diseases at the University of Texas Health Science Center, San Antonio, said in an interview.

"We know a lot more since 2008 about the benefits of using biomarkers like GM in bronchoalveolar lavage samples, which could be highly useful for diagnosis. However, biomarkers have not been as well validated for biologic response and are not recommended" in most cases for monitoring how well patients are doing. Also, "biomarkers are not as useful in solid organ transplants; we discuss that" in the guidelines, Dr. Patterson said.

Although there has been a lot of work on polymerase chain reaction (PCR) testing of blood samples for diagnosis, the evidence isn't strong enough yet to establish overall clin-

ical benefit. There is emerging evidence for the diagnostic use of PCR in conjunction with radiologic findings, the guideline writers concluded.

For treatment, voriconazole remains the go-to drug, but the guidelines make room for more recently



**We felt that early diagnosis was key, which is why it's such an important part of these guidelines.**

DR. PATTERSON

approved therapies. "We now have isavuconazole, which may be better tolerated," but it's recommended only as an alternative to voriconazole because evidence comes mostly from a single clinical trial, he said.

Posaconazole extended-release tablets are strongly recommended as prophylaxis based on high-quality evidence from studies in neutropenic patients. Posaconazole extended-release tablets result in significantly higher antifungal blood levels than those seen with voriconazole, and "it

certainly has been useful in some patients"; however, posaconazole is not approved for primary therapy in the United States, Dr. Patterson said.

A large clinical trial that tested voriconazole plus an echinocandin against voriconazole alone found that in patients diagnosed using serum galactomannan – especially those with hematologic malignancies – outcomes were better with the combination. "The panel felt combinations could be considered in some patients" but didn't recommend them for routine use because [again,] there's not strong evidence," he said.

For now, it seems that higher-risk patients might be the ones who benefit most from combination therapy. "We also discussed allergic and saprophytic diseases. We know that some patients with allergic bronchopulmonary aspergillosis will respond to antifungal therapy, and perhaps reduce their need for steroids, so that's now part of the suggestions, as well," he said.

The IDSA funded the work. Dr. Patterson has been an adviser to numerous drug companies.

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# Blood *Aspergillus* RNA may mark invasive disease

BY M. ALEXANDER OTTO  
Frontline Medical News

**E**levated *Aspergillus* RNA blood levels after 4-6 weeks of antifungal treatment predict poor response at week 12 in patients with proven or probable invasive aspergillosis, according to results of a small observational study of 41 evaluable patients.

The study attempted to address the need for reliable biomarkers of early invasive aspergillosis treatment response. Standard clinical and radiological criteria are somewhat subjective, and serial biopsies and bronchoalveolar lavage are often impractical, reported Yanan Zhao, PhD, of the New Jersey Medical School–Rutgers Bio-

**NASBA has been used before to diagnose invasive aspergillosis, but using it to monitor treatment “is still in its infancy.”**

medical and Health Sciences, Newark, and her associates.

Study participants' blood was checked for serum galactomannan (GM), 1, 3-beta-D-glucan (BG), and *Aspergillus* RNA within 24 hours of starting antifungal therapy, then twice per week during the first 2 weeks, then once during weeks 4, 6, and 12, the investigators reported (Med Mycol. 2016 Jun 22. pii: myw043).

Ribosomal *Aspergillus* RNA – like GM and BG, a marker of fungal load – was measured by nucleic acid sequence-based amplification (NASBA), a robust isothermal amplification technique more sensitive than polymerase chain reaction due largely “to increased starting target numbers (RNA versus DNA) and more robust amplification.” NASBA has been used before to diagnose invasive aspergillosis, but using it to monitor treatment “is still in its infancy,” the authors noted.

Eleven of 14 patients who did not respond to treatment at 12 weeks (79%) had *Aspergillus* RNA in their blood after 4 weeks of treatment, and 12 (86%) were positive at 6 weeks.

Among patients who did respond at 12 weeks, 11 of 27 (41%) had RNA in their blood at 4 weeks, and 14 (52%) at 6 weeks. The findings were statistically significant.

There was no correlation between *Aspergillus* RNA and serum GM levels in terms of outcomes, but the ki-

netics of circulating *Aspergillus* RNA correlated with BG in some patients, with an excellent match in three.

Serum GM responds fairly soon if treatment is working. *Aspergillus* RNA, however, responds more

slowly, like BG. “This may explain ... the correlation between *Aspergillus* RNA and BG ... Therefore, the combination of *Aspergillus* RNA and BG might be useful to assess therapeutic response, particularly in GM negative

cases,” the investigators said.

This work was funded by Merck. Four investigators are current or former employees of Merck.

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OFEV is indicated for the treatment of idiopathic pulmonary fibrosis (IPF).

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- OFEV is not recommended in patients with moderate (Child Pugh B) or severe (Child Pugh C) hepatic impairment. Patients with mild hepatic impairment (Child Pugh A) can be treated with a reduced dosage (100 mg twice daily). Consider treatment interruption or discontinuation for management of adverse reactions.

Please see additional Important Safety Information and brief summary for OFEV on the following pages.

FVC, forced vital capacity.

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TREAT NOW. SLOW PROGRESSION.

# ICU-based therapy fails to shorten hospital stay

BY HEIDI SPLETE  
Frontline Medical News

**S**tandardized rehabilitation therapy did not reduce hospital length of stay in patients with

acute respiratory failure, based on data from a randomized trial of 300 adults published online in JAMA.

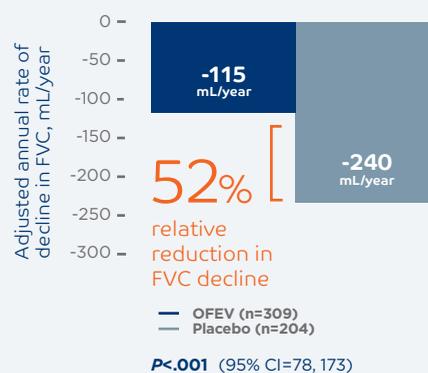
Hospital length of stay averaged 10 days for patients in the standardized rehabilitation therapy group (SRT)

and 10 days in the control group that received usual ICU care, wrote Peter E. Morris, MD, of the University of Kentucky, Lexington, and his colleagues (JAMA. 2016 Jun;315:2694-702. doi: 10.1001/jama.2016.7201).

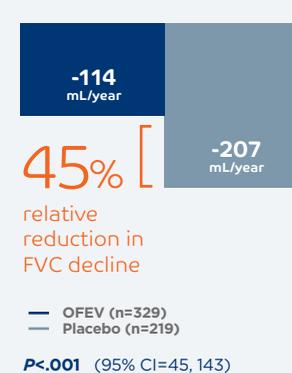
The patients were followed for 6 months; 84 patients in the SRT group and 81 in the usual care group completed the study. Patients in the SRT group received daily therapy including passive range of motion, physical

## OFEV has demonstrated reproducible reductions in the annual rate of FVC decline in 3 clinical trials<sup>3\*</sup>

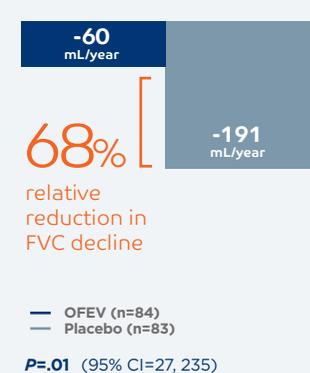
### INPULSIS®-1 (Study 2)<sup>3,4</sup>



### INPULSIS®-2 (Study 3)<sup>3,4</sup>



### TOMORROW (Study 1)<sup>3,5</sup>



CI, confidence interval.

\*The annual rate of decline in FVC (mL/year) was analyzed using a random coefficient regression model.<sup>3,4</sup>

## IMPORTANT SAFETY INFORMATION WARNINGS AND PRECAUTIONS (CONT'D)

### Elevated Liver Enzymes

- OFEV (nintedanib) was associated with elevations of liver enzymes (ALT, AST, ALKP, and GGT) and bilirubin. Liver enzyme increases were reversible with dose modification or interruption and not associated with clinical signs or symptoms of liver injury. The majority (94%) of patients with ALT and/or AST elevations had elevations <5 times ULN. The majority (95%) of patients with bilirubin elevations had elevations <2 times ULN.
- Conduct liver function tests prior to treatment, monthly for 3 months, and every 3 months thereafter, and as clinically indicated. Monitor for adverse reactions and consider dosage modifications, interruption, or discontinuation as necessary for liver enzyme elevations.

### Gastrointestinal Disorders

#### Diarrhea

- Diarrhea was the most frequent gastrointestinal event reported in 62% versus 18% of patients treated with OFEV and placebo, respectively. Events were primarily mild to moderate intensity and occurred within the first 3 months. Diarrhea led to permanent dose reduction in 11% and discontinuation in 5% of OFEV patients versus 0 and <1% in placebo patients, respectively.
- Dosage modifications or treatment interruptions may be necessary in patients with diarrhea. Treat diarrhea at first signs with adequate hydration and antidiarrheal medication (e.g., loperamide), and consider treatment interruption if diarrhea continues. OFEV treatment may be resumed at the full dosage (150 mg twice daily), or at the reduced dosage (100 mg twice daily), which subsequently may be increased to the full dosage. If severe diarrhea persists, discontinue treatment.

#### Nausea and Vomiting

- Nausea was reported in 24% versus 7% and vomiting was reported in 12% versus 3% of patients treated with OFEV and placebo, respectively. Events were primarily of mild to moderate intensity. Nausea and vomiting led to discontinuation of OFEV in 2% and 1% of patients, respectively.
- If nausea or vomiting persists despite appropriate supportive care including anti-emetic therapy, consider dose reduction or treatment interruption. OFEV treatment may be resumed at full dosage or at reduced dosage, which subsequently may be increased to full dosage. If severe nausea or vomiting does not resolve, discontinue treatment.

**Embryofetal Toxicity:** OFEV can cause fetal harm when administered to a pregnant woman and patients should be advised of the potential risk to a fetus. Women should be advised to avoid becoming pregnant while receiving OFEV and to use effective contraception during treatment and at least 3 months after the last dose of OFEV. Verify pregnancy status prior to starting OFEV.



ONE CAPSULE,  
TWICE DAILY WITH FOOD<sup>3</sup>

Not shown at actual size

therapy, and progressive-resistance exercises. The usual care group received weekday physical therapy as determined by the clinical team.

The researchers also assessed secondary outcomes related to physical function and quality of life, including ventilator days, Short Physical Performance Battery (SPPB) score,

handgrip, Mini-Mental State Examination, and Functional Performance Inventory (FPI).

Overall, there was no difference in duration of ventilation or ICU care, and scores of handgrip strength and mental health also were similar at 6 months' follow up. However, the SF-36 physical function scores were

significantly higher in the SRT group (difference, 12.2; 95% confidence interval, 3.8-20.7;  $P = .001$ ), and the FPI scores and SPPB scores were higher, compared with the usual care group at 6 months.

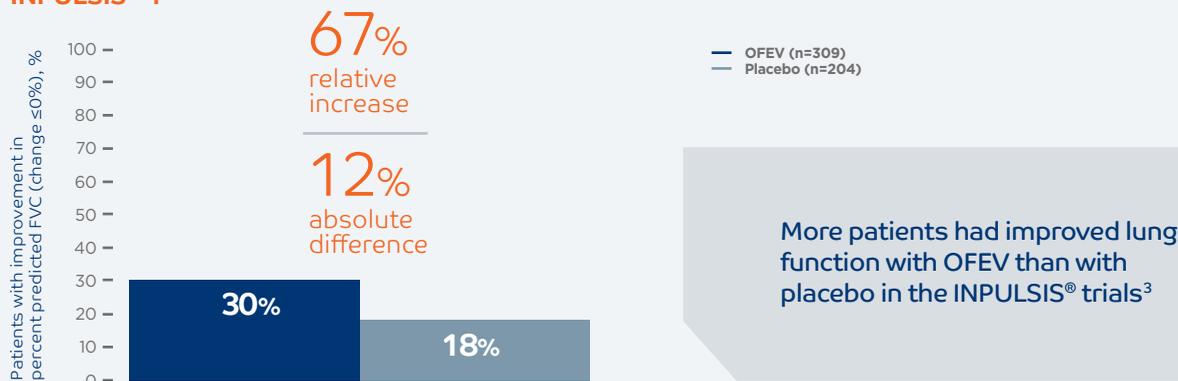
"In view of the SPPB, SF-36 PFS, and FPI data at 6 months, the SRT group demonstrated a potential signal

of improvement compared with the usual care group that was not evident at hospital discharge," they wrote.

The study was supported by the National Institutes of Health, National Institute of Nursing Research, and the National Heart, Lung, and Blood Institute. Dr. Morris had no financial conflicts.

### 3 out of every 10 patients on OFEV showed an improvement ( $\leq 0\%$ decline) in lung function in the INPULSIS® trials<sup>3</sup>

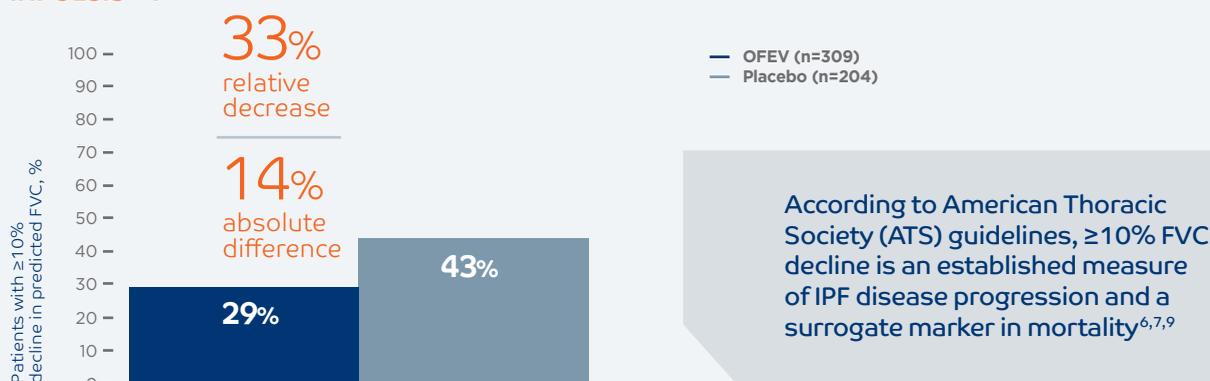
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- Similar results were observed in INPULSIS®-2<sup>3</sup>
- Lung function improvement is defined as a  $\leq 0\%$  decline in predicted FVC at 52 weeks, meaning patients' predicted FVC increased from baseline<sup>3</sup>

### LESS THAN ONE-THIRD OF PATIENTS ON OFEV HAD A MEANINGFUL DECLINE IN LUNG FUNCTION IN THE INPULSIS® TRIALS<sup>3,6-8</sup>

#### INPULSIS®-1<sup>3,6-8</sup>



- Similar results were observed in INPULSIS®-2<sup>3</sup>
- A meaningful decline is defined as patients with an absolute decline of  $\geq 10$  percentage points in predicted FVC at 52 weeks<sup>3,6-8</sup>

In INPULSIS® trials, there was not a statistically significant difference in all-cause mortality for OFEV compared with placebo.<sup>3</sup>

### IMPORTANT SAFETY INFORMATION WARNINGS AND PRECAUTIONS (CONT'D)

**Arterial Thromboembolic Events:** Arterial thromboembolic events were reported in 2.5% of OFEV and 0.8% of placebo patients, respectively. Myocardial infarction was the most common arterial thromboembolic event, occurring in 1.5% of OFEV and 0.4% of placebo patients. Use caution when treating patients at higher cardiovascular risk including known coronary artery disease. Consider treatment interruption in patients who develop signs or symptoms of acute myocardial ischemia.

Please see additional Important Safety Information and brief summary for OFEV on the following pages.



# Staffing, work environment drive VAP risk in the ICU

BY SUSAN LONDON  
Frontline Medical News

SAN FRANCISCO – The work environment for nurses and the physician staffing model in the intensive care

unit influence patients' likelihood of acquiring ventilator-associated pneumonia (VAP), based on a cohort study of 25 ICUs.

Overall, each 1-point increase in the score for the nurse work environ-

ment – indicating that nurses had a greater sense of playing an important role in patient care – was unexpectedly associated with a roughly sixfold higher rate of VAP among the ICU's patients, according to data report-

ed in a session and press briefing at an international conference of the American Thoracic Society. However, additional analyses showed that the rate of VAP was higher in closed units where a board-certified critical

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ALT, alanine aminotransferase; AST, aspartate aminotransferase.

### IMPORTANT SAFETY INFORMATION WARNINGS AND PRECAUTIONS (CONT'D)

**Risk of Bleeding:** OFEV may increase the risk of bleeding. Bleeding events were reported in 10% of OFEV versus 7% of placebo patients. Use OFEV in patients with known risk of bleeding only if the anticipated benefit outweighs the potential risk.

**Gastrointestinal Perforation:** OFEV may increase the risk of gastrointestinal perforation. Gastrointestinal perforation was reported in 0.3% of OFEV versus in 0% placebo patients. Use caution when treating patients who have had recent abdominal surgery. Discontinue therapy with OFEV in patients who develop gastrointestinal perforation. Only use OFEV in patients with known risk of gastrointestinal perforation if the anticipated benefit outweighs the potential risk.

### ADVERSE REACTIONS

- Adverse reactions reported in ≥5% of OFEV patients included diarrhea, nausea, abdominal pain, liver enzyme elevation, vomiting, decreased appetite, weight decreased, headache, and hypertension.
- The most frequent serious adverse reactions reported in OFEV patients were bronchitis and myocardial infarction. The most common adverse events leading to death in OFEV patients versus placebo were pneumonia (0.7% vs. 0.6%), lung neoplasm malignant (0.3% vs. 0%), and myocardial infarction (0.3% vs. 0.2%). In the predefined category of major adverse cardiovascular events (MACE) including MI, fatal events were reported in 0.6% of OFEV versus 1.8% in placebo patients.

### DRUG INTERACTIONS

- **P-glycoprotein (P-gp) and CYP3A4 Inhibitors and Inducers:** Coadministration with oral doses of a P-gp and CYP3A4 inhibitor, ketoconazole, increased exposure to nintedanib by 60%. Concomitant use of potent P-gp and CYP3A4 inhibitors (e.g., erythromycin) with OFEV may increase exposure to nintedanib. In such cases, patients should be monitored closely for tolerability of OFEV. Management of adverse reactions may require interruption, dose reduction, or discontinuation of therapy with OFEV. Coadministration with oral doses of a P-gp and CYP3A4 inducer, rifampicin, decreased exposure to nintedanib by 50%. Concomitant use of P-gp and CYP3A4 inducers (e.g., carbamazepine, phenytoin, and St. John's wort) with OFEV should be avoided as these drugs may decrease exposure to nintedanib.
- **Anticoagulants:** Nintedanib may increase the risk of bleeding. Monitor patients on full anticoagulation therapy closely for bleeding and adjust anticoagulation treatment as necessary.

### USE IN SPECIFIC POPULATIONS

- **Nursing Mothers:** Because of the potential for serious adverse reactions in nursing infants from OFEV, advise women that breastfeeding is not recommended during treatment.
- **Reproductive Potential:** OFEV may reduce fertility in females of reproductive potential.
- **Smokers:** Smoking was associated with decreased exposure to OFEV, which may affect the efficacy of OFEV. Encourage patients to stop smoking prior to and during treatment.

Please see accompanying brief summary of Prescribing Information, including Patient Information.

OFPROFISIFEB16

**References:** 1. Intercontinental Marketing Services (IMS) Health. Data on file. Ridgefield, CT: Boehringer Ingelheim Pharmaceuticals, Inc. Accessed April 12, 2016. 2. Japan Drug NETWORK (JD-NET). Data on file. Ridgefield, CT: Boehringer Ingelheim Pharmaceuticals, Inc. Accessed April 12, 2016. 3. OFEV® (nintedanib) Prescribing Information. Ridgefield, CT: Boehringer Ingelheim Pharmaceuticals, Inc; 2016. 4. Richeldi L et al; for the INPULSIS Trial Investigators. *N Engl J Med.* 2014;370(22):2071-2082. 5. Richeldi L et al. *N Engl J Med.* 2011;365(12):1079-1087. 6. Raghu G et al; on behalf of the ATS, ERS, JRS, and ALAT Committee on Idiopathic Pulmonary Fibrosis. *Am J Respir Crit Care Med.* 2011;183(6):788-824. 7. Richeldi L et al. *Thorax.* 2012;67(5):407-411. 8. du Bois RM et al. *Am J Respir Crit Care Med.* 2011;184(12):1382-1389. 9. Schmidt SL et al. *Chest.* 2014;145(3):579-585.



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care physician (intensivist) managed and led care rather than an open unit where care is shared.

“We think that the organization of the ICU is actually influencing nursing practice, which is a really novel finding,” commented first author Deena Kelly Costa, PhD, RN, of the University of Michigan School

of Nursing in Ann Arbor. “In closed ICUs, when you have a board-certified physician and an ICU team managing and leading care, even if the work environment is better, nurses may not feel as empowered to standardize their care or practice.”

“ICU nurses are the ones who are primarily responsible for VAP preven-

tive practices: they keep the head of the bed higher than 45 degrees, they conduct oral care, they conduct (patient) surveillance. ICU physicians are involved with writing the orders and ventilator setting management. So how these providers work together could influence the risk for patients developing VAP,” Dr. Costa said.

“We need to be thinking a little bit more critically about not only the care that’s happening at the bedside... but also at an organizational level. How are these providers organized, and can we work together to improve patient outcomes?”

“I’m not suggesting that we get  
*Continued on following page*

## OFEV® (nintedanib) capsules, for oral use

### BRIEF SUMMARY OF PRESCRIBING INFORMATION

Please see package insert for full Prescribing Information, including Patient Information

**INDICATIONS AND USAGE:** OFEV is indicated for the treatment of idiopathic pulmonary fibrosis (IPF).

**DOSAGE AND ADMINISTRATION: Testing Prior to OFEV Administration:** Conduct liver function tests and a pregnancy test prior to initiating treatment with OFEV [see *Warnings and Precautions*]. **Recommended Dosage:** The recommended dosage of OFEV is 150 mg twice daily administered approximately 12 hours apart. OFEV capsules should be taken with food and swallowed whole with liquid. OFEV capsules should not be chewed or crushed because of a bitter taste. The effect of chewing or crushing of the capsule on the pharmacokinetics of nintedanib is not known. If a dose of OFEV is missed, the next dose should be taken at the next scheduled time. Advise the patient to not make up for a missed dose. Do not exceed the recommended maximum daily dosage of 300 mg. In patients with mild hepatic impairment (Child Pugh A), the recommended dosage of OFEV is 100 mg twice daily administered approximately 12 hours apart taken with food. **Dosage Modification due to Adverse Reactions:** In addition to symptomatic treatment, if applicable, the management of adverse reactions of OFEV may require dose reduction or temporary interruption until the specific adverse reaction resolves to levels that allow continuation of therapy. OFEV treatment may be resumed at the full dosage (150 mg twice daily), or at the reduced dosage (100 mg twice daily), which subsequently may be increased to the full dosage. If a patient does not tolerate 100 mg twice daily, discontinue treatment with OFEV [see *Warnings and Precautions and Adverse Reactions*]. Dose modifications or interruptions may be necessary for liver enzyme elevations. For aspartate aminotransferase (AST) or alanine aminotransferase (ALT) >3 times to <5 times the upper limit of normal (ULN) without signs of severe liver damage, interrupt treatment or reduce OFEV to 100 mg twice daily. Once liver enzymes have returned to baseline values, treatment with OFEV may be reintroduced at a reduced dosage (100 mg twice daily), which subsequently may be increased to the full dosage (150 mg twice daily) [see *Warnings and Precautions and Adverse Reactions*]. Discontinue OFEV for AST or ALT elevations >5 times ULN or >3 times ULN with signs or symptoms of severe liver damage. In patients with mild hepatic impairment (Child Pugh A), consider treatment interruption, or discontinuation for management of adverse reactions.

**CONTRAINDICATIONS:** None

**WARNINGS AND PRECAUTIONS: Hepatic Impairment:** Treatment with OFEV is not recommended in patients with moderate (Child Pugh B) or severe (Child Pugh C) hepatic impairment [see *Use in Specific Populations*]. Patients with mild hepatic impairment (Child Pugh A) can be treated with a reduced dose of OFEV [see *Dosage and Administration*]. **Elevated Liver Enzymes:** In clinical trials, administration of OFEV was associated with elevations of liver enzymes (ALT, AST, ALKP, GGT). Liver enzyme increases were reversible with dose modification or interruption and not associated with clinical signs or symptoms of liver injury. The majority (94%) of patients with ALT and/or AST elevations had elevations <5 times ULN. Administration of OFEV was also associated with elevations of bilirubin. The majority (95%) of patients with bilirubin elevations had elevations <2 times ULN [see *Use in Specific Populations*]. Conduct liver function tests (ALT, AST, and bilirubin) prior to treatment with OFEV, monthly for 3 months, and every 3 months thereafter, and as clinically indicated. Dosage modifications or interruption may be necessary for liver enzyme elevations. **Gastrointestinal Disorders: Diarrhea:** Diarrhea was the most frequent gastrointestinal event reported in 62% versus 18% of patients treated with OFEV and placebo, respectively [see *Adverse Reactions*]. In most patients, the event was of mild to moderate intensity and occurred within the first 3 months of treatment. Diarrhea led to permanent dose reduction in 11% of patients treated with OFEV compared to 0 placebo-treated patients. Diarrhea led to discontinuation of OFEV in 5% of the patients compared to <1% of placebo-treated patients. Dosage modifi-

cations or treatment interruptions may be necessary in patients with adverse reactions of diarrhea. Treat diarrhea at first signs with adequate hydration and antidiarrheal medication (e.g., loperamide), and consider treatment interruption if diarrhea continues. OFEV treatment may be resumed at the full dosage (150 mg twice daily), or at the reduced dosage (100 mg twice daily), which subsequently may be increased to the full dosage. If severe diarrhea persists despite symptomatic treatment, discontinue treatment with OFEV. **Nausea and Vomiting:** Nausea was reported in 24% versus 7% and vomiting was reported in 12% versus 3% of patients treated with OFEV and placebo, respectively [see *Adverse Reactions*]. In most patients, these events were of mild to moderate intensity. Nausea led to discontinuation of OFEV in 2% of patients. Vomiting led to discontinuation of OFEV in 1% of the patients. For nausea or vomiting that persists despite appropriate supportive care including anti-emetic therapy, dose reduction or treatment interruption may be required. OFEV treatment may be resumed at the full dosage (150 mg twice daily), or at the reduced dosage (100 mg twice daily), which subsequently may be increased to the full dosage. If severe nausea or vomiting does not resolve, discontinue treatment with OFEV. **Embryo-Fetal Toxicity:** Based on findings from animal studies and its mechanism of action, OFEV can cause fetal harm when administered to a pregnant woman. Nintedanib caused embryo-fetal deaths and structural abnormalities in rats and rabbits when administered during organogenesis at less than (rats) and approximately 5 times (rabbits) the maximum recommended human dose (MRHD) in adults. Advise pregnant women of the potential risk to a fetus. Advise females of reproductive potential to avoid becoming pregnant while receiving treatment with OFEV and to use effective contraception during treatment and at least 3 months after the last dose of OFEV. Verify pregnancy status prior to treatment with OFEV [see *Use in Specific Populations*]. **Arterial Thromboembolic Events:** Arterial thromboembolic events have been reported in patients taking OFEV. In clinical trials, arterial thromboembolic events were reported in 2.5% of patients treated with OFEV and 0.8% of placebo-treated patients. Myocardial infarction was the most common adverse reaction under arterial thromboembolic events, occurring in 1.5% of OFEV-treated patients compared to 0.4% of placebo-treated patients. Use caution when treating patients at higher cardiovascular risk including known coronary artery disease. Consider treatment interruption in patients who develop signs or symptoms of acute myocardial ischemia. **Risk of Bleeding:** Based on the mechanism of action (VEGFR inhibition), OFEV may increase the risk of bleeding. In clinical trials, bleeding events were reported in 10% of patients treated with OFEV and in 7% of patients treated with placebo. Use OFEV in patients with known risk of bleeding only if the anticipated benefit outweighs the potential risk. **Gastrointestinal Perforation:** Based on the mechanism of action, OFEV may increase the risk of gastrointestinal perforation. In clinical trials, gastrointestinal perforation was reported in 0.3% of patients treated with OFEV, compared to 0 cases in the placebo-treated patients. Use caution when treating patients who have had recent abdominal surgery. Discontinue therapy with OFEV in patients who develop gastrointestinal perforation. Only use OFEV in patients with known risk of gastrointestinal perforation if the anticipated benefit outweighs the potential risk.

**ADVERSE REACTIONS:** The following adverse reactions are discussed in greater detail in other sections of the labeling: Liver Enzyme and Bilirubin Elevations [see *Warnings and Precautions*]; Gastrointestinal Disorders [see *Warnings and Precautions*]; Embryo-Fetal Toxicity [see *Warnings and Precautions*]; Arterial Thromboembolic Events [see *Warnings and Precautions*]; Risk of Bleeding [see *Warnings and Precautions*]; Gastrointestinal Perforation [see *Warnings and Precautions*]. **Clinical Trials Experience:** Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice. The safety of OFEV was evaluated in over 1000 IPF patients with over 200 patients exposed to OFEV for more than 2 years in clinical trials. OFEV was studied in three randomized, double-blind, placebo-controlled, 52-week trials.

In the phase 2 (Study 1) and phase 3 (Studies 2 and 3) trials, 723 patients with IPF received OFEV 150 mg twice daily and 508 patients received placebo. The median duration of exposure was 10 months for patients treated with OFEV and 11 months for patients treated with placebo. Subjects ranged in age from 42 to 89 years (median age of 67 years). Most patients were male (79%) and Caucasian (60%). The most frequent serious adverse reactions reported in patients treated with OFEV, more than placebo, were bronchitis (1.2% vs. 0.8%) and myocardial infarction (1.5% vs. 0.4%). The most common adverse events leading to death in patients treated with OFEV, more than placebo, were pneumonia (0.7% vs. 0.6%), lung neoplasm malignant (0.3% vs. 0%), and myocardial infarction (0.3% vs. 0.2%). In the pre-defined category of major adverse cardiovascular events (MACE) including MI, fatal events were reported in 0.6% of OFEV-treated patients and 1.8% of placebo-treated patients. Adverse reactions leading to permanent dose reductions were reported in 16% of OFEV-treated patients and 1% of placebo-treated patients. The most frequent adverse reaction that led to permanent dose reduction in the patients treated with OFEV was diarrhea (11%). Adverse reactions leading to discontinuation were reported in 21% of OFEV-treated patients and 15% of placebo-treated patients. The most frequent adverse reactions that led to discontinuation in OFEV-treated patients were diarrhea (5%), nausea (2%), and decreased appetite (2%). The most common adverse reactions with an incidence of ≥5% and more frequent in the OFEV than placebo treatment group are listed in Table 1.

**Table 1 Adverse Reactions Occurring in ≥5% of OFEV-treated Patients and More Commonly Than Placebo in Studies 1, 2, and 3**

Adverse Reaction	OFEV, 150 mg n=723	Placebo n=508
<b>Gastrointestinal disorders</b>		
Diarrhea	62%	18%
Nausea	24%	7%
Abdominal pain <sup>a</sup>	15%	6%
Vomiting	12%	3%
<b>Hepatobiliary disorders</b>		
Liver enzyme elevation <sup>b</sup>	14%	3%
<b>Metabolism and nutrition disorders</b>		
Decreased appetite	11%	5%
<b>Nervous system disorders</b>		
Headache	8%	5%
<b>Investigations</b>		
Weight decreased	10%	3%
<b>Vascular disorders</b>		
Hypertension <sup>c</sup>	5%	4%

<sup>a</sup> Includes abdominal pain, abdominal pain upper, abdominal pain lower, gastrointestinal pain and abdominal tenderness.

<sup>b</sup> Includes gamma-glutamyltransferase increased, hepatic enzyme increased, alanine aminotransferase increased, aspartate aminotransferase increased, hepatic function abnormal, liver function test abnormal, transaminase increased, blood alkaline phosphatase-increased, alanine aminotransferase abnormal, aspartate aminotransferase abnormal, and gamma-glutamyltransferase abnormal.

<sup>c</sup> Includes hypertension, blood pressure increased, hypertensive crisis, and hypertensive cardiomyopathy.

In addition, hypothyroidism was reported in patients treated with OFEV, more than placebo (1.1% vs. 0.6%).

**DRUG INTERACTIONS: P-glycoprotein (P-gp) and CYP3A4 Inhibitors and Inducers:** Nintedanib is a substrate of P-gp and, to a minor extent, CYP3A4. Coadministration with oral doses of a P-gp and CYP3A4 inhibitor, ketoconazole, increased exposure to nintedanib by 60%. Concomitant use of P-gp and CYP3A4 inhibitors (e.g., erythromycin) with OFEV may increase exposure to nintedanib. In such cases, patients should be monitored closely for tolerability of OFEV. Management of adverse reactions may require interruption, dose reduction, or discontinuation of therapy with OFEV. Coadministration with oral doses of a P-gp and CYP3A4 inducer, rifampicin, decreased exposure to nintedanib by 50%. Concomitant

Continued from previous page

rid of all closed ICUs because I don't think that's the solution," Dr. Costa maintained. "I think from an administrative perspective, we need to be considering what's the organization of these clinicians and this unit, and [in a context-specific manner], how

can we improve it for better patient outcomes? That may be both working on improving the work environment and making the nurses feel more empowered, or it could be considering other staffing models."

Some data have already linked a more favorable nurse work environment and the presence of a

board-certified critical care physician independently with better patient outcomes in the ICU. But studies of their joint impact are lacking.

The investigators performed a secondary, unit-level analysis of nurse survey data collected during 2005 and 2006 in ICUs in southern Michigan.

In all, 462 nurses working in 25

ICUs completed the Practice Environment Scale of the Nursing Work Index, on which averaged summary scores range between 1 (unfavorable) and 4 (favorable). The scale captures environmental factors such as the adequacy of resources for nurses, support from their managers, and their level of involvement in hospital policy decisions.

The rate of VAP in the same period was assessed using data from more than 1,000 patients in each ICU.

**In open ICUs, as the score rose, the rate of VAP fell (from about 16% to 5%), whereas in closed ICUs, as the score rose, so did the rate of VAP (from about 3% to 14%).**

The summary nurse work environment score averaged 2.69 points in the 21 ICUs that had a closed physician staffing model and 2.62 points in the 4 ICUs that had an open physician staffing model. The respective rates of VAP were 7.5% and 2.5%.

In adjusted analysis among all 25 ICUs, each 1-point increase in an ICU's Practice Environment Scale score was associated with a sharply higher rate of VAP on the unit (adjusted incidence rate ratio, 5.76;  $P = .02$ ).

However, there was a strong interaction between the score and physician staffing model ( $P$  less than .001). In open ICUs, as the score rose, the rate of VAP fell (from about 16% to 5%), whereas in closed ICUs, as the score rose, so did the rate of VAP (from about 3% to 14%).

Dr. Costa had no relevant conflicts of interest. The parent survey was funded by the Blue Cross Blue Shield Foundation of Michigan.

use of P-gp and CYP3A4 inducers (e.g., carbamazepine, phenytoin, and St. John's wort) with OFEV should be avoided as these drugs may decrease exposure to nintedanib. **Anticoagulants:** Nintedanib is a VEGFR inhibitor, and may increase the risk of bleeding. Monitor patients on full anticoagulation therapy closely for bleeding and adjust anticoagulation treatment as necessary [see Warnings and Precautions].

**USE IN SPECIFIC POPULATIONS: Pregnancy: Risk Summary:** Based on findings from animal studies and its mechanism of action, OFEV can cause fetal harm when administered to a pregnant woman. There are no data on the use of OFEV during pregnancy. In animal studies of pregnant rats and rabbits treated during organogenesis, nintedanib caused embryo-fetal deaths and structural abnormalities at less than (rats) and approximately 5 times (rabbits) the maximum recommended human dose [see Data]. Advise pregnant women of the potential risk to a fetus. The estimated background risk of major birth defects and miscarriage for the indicated population is unknown. In the U.S. general population, the estimated background risk of major birth defects is 2% to 4% and miscarriage in clinically recognized pregnancies is 15% to 20%. **Data: Animal Data:** In animal reproduction toxicity studies, nintedanib caused embryo-fetal deaths and structural abnormalities in rats and rabbits at less than and approximately 5 times the maximum recommended human dose (MRHD) in adults (on a plasma AUC basis at maternal oral doses of 2.5 and 15 mg/kg/day in rats and rabbits, respectively). Malformations included abnormalities in the vasculature, urogenital, and skeletal systems. Vasculature anomalies included missing or additional major blood vessels. Skeletal anomalies included abnormalities in the thoracic, lumbar, and caudal vertebrae (e.g., hemivertebra, missing, or asymmetrically ossified), ribs (bifid or fused), and sternbrae (fused, split, or unilaterally ossified). In some fetuses, organs in the urogenital system were missing. In rabbits, a significant change in sex ratio was observed in fetuses (female:male ratio of approximately 71%:29%) at approximately 15 times the MRHD in adults (on an AUC basis at a maternal oral dose of 60 mg/kg/day). Nintedanib decreased post-natal viability of rat pups during the first 4 post-natal days when dams were exposed to less than the MRHD (on an AUC basis at a maternal oral dose of 10 mg/kg/day). **Lactation: Risk Summary:** There is no information on the presence of nintedanib in human milk, the effects on the breast-fed infant or the effects on milk production. Nintedanib and/or its metabolites are present in the milk of lactating rats [see Data]. Because of the potential for serious adverse reactions in nursing infants from OFEV, advise women that breastfeeding is not recommended during treatment with OFEV. **Data:** Milk and plasma of lactating rats have similar concentrations of nintedanib and its metabolites. **Females and Males of Reproductive Potential:** Based on findings from animal studies and its mechanism of action, OFEV can cause fetal harm when administered to a pregnant woman and

may reduce fertility in females of reproductive potential [see Use in Specific Populations]. Counsel patients on pregnancy prevention and planning. **Pregnancy Testing:** Verify the pregnancy status of females of reproductive potential prior to treatment with OFEV [see Dosage and Administration, Warnings and Precautions and Use in Specific Populations]. **Contraception:** Advise females of reproductive potential to avoid becoming pregnant while receiving treatment with OFEV. Advise females of reproductive potential to use effective contraception during treatment, and for at least 3 months after taking the last dose of OFEV. **Infertility:** Based on animal data, OFEV may reduce fertility in females of reproductive potential. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of subjects in phase 2 and 3 clinical studies of OFEV, 60.8% were 65 and over, while 16.3% were 75 and over. In phase 3 studies, no overall differences in effectiveness were observed between subjects who were 65 and over and younger subjects; no overall differences in safety were observed between subjects who were 65 and over or 75 and over and younger subjects, but greater sensitivity of some older individuals cannot be ruled out. **Hepatic Impairment:** Nintedanib is predominantly eliminated via biliary/fecal excretion (>90%). In a PK study performed in patients with hepatic impairment (Child Pugh A, Child Pugh B), exposure to nintedanib was increased. In patients with mild hepatic impairment (Child Pugh A), the recommended dosage of OFEV is 100 mg twice daily [see Dosage and Administration]. Monitor for adverse reactions and consider treatment interruption, or discontinuation for management of adverse reactions in these patients [see Dosage and Administration]. Treatment of patients with moderate (Child Pugh B) and severe (Child Pugh C) hepatic impairment with OFEV is not recommended [see Warnings and Precautions]. **Renal Impairment:** Based on a single-dose study, less than 1% of the total dose of nintedanib is excreted via the kidney. Adjustment of the starting dose in patients with mild to moderate renal impairment is not required. The safety, efficacy, and pharmacokinetics of nintedanib have not been studied in patients with severe renal impairment (<30 mL/min CrCl) and end-stage renal disease. **Smokers:** Smoking was associated with decreased exposure to OFEV, which may alter the efficacy profile of OFEV. Encourage patients to stop smoking prior to treatment with OFEV and to avoid smoking when using OFEV.

**OVERDOSAGE:** In the trials, one patient was inadvertently exposed to a dose of 600 mg daily for a total of 21 days. A non-serious adverse event (nasopharyngitis) occurred and resolved during the period of incorrect dosing, with no onset of other reported events. Overdose was also reported in two patients in oncology studies who were exposed to a maximum of 600 mg twice daily for up to 8 days. Adverse events reported were consistent with the existing safety profile of OFEV. Both patients recovered. In case of overdose, interrupt treatment and initiate general supportive measures as appropriate.

**PATIENT COUNSELING INFORMATION:** Advise the patient to read the FDA-approved patient labeling (Patient Information). **Liver Enzyme and Bilirubin Elevations:** Advise patients that they will need to undergo liver function testing periodically. Advise patients to immediately report any symptoms of a liver problem (e.g., skin or the whites of eyes turn yellow, urine turns dark or brown (tea colored), pain on the right side of stomach, bleed or bruise more easily than normal, lethargy) [see Warnings and Precautions]. **Gastrointestinal Disorders:** Inform patients that gastrointestinal disorders such as diarrhea, nausea, and vomiting were the most commonly reported gastrointestinal events occurring in patients who received OFEV. Advise patients that their healthcare provider may recommend hydration, antidiarrheal medications (e.g., loperamide), or anti-emetic medications to treat these side effects. Temporary dosage reductions or discontinuations may be required. Instruct patients to contact their healthcare provider at the first signs of diarrhea or for any severe or persistent diarrhea, nausea, or vomiting [see Warnings and Precautions and Adverse Reactions]. **Embryo-Fetal Toxicity:** Counsel patients on pregnancy prevention and planning. Advise females of reproductive potential of the potential risk to a fetus and to avoid becoming pregnant while receiving treatment with OFEV. Advise females of reproductive potential to use effective contraception during treatment, and for at least 3 months after taking the last dose of OFEV. Advise female patients to notify their doctor if they become pregnant during therapy with OFEV [see Warnings and Precautions and Use in Specific Populations]. **Arterial Thromboembolic Events:** Advise patients about the signs and symptoms of acute myocardial ischemia and other arterial thromboembolic events and the urgency to seek immediate medical care for these conditions [see Warnings and Precautions]. **Risk of Bleeding:** Bleeding events have been reported. Advise patients to report unusual bleeding [see Warnings and Precautions]. **Gastrointestinal Perforation:** Serious gastrointestinal perforation events have been reported. Advise patients to report signs and symptoms of gastrointestinal perforation [see Warnings and Precautions]. **Lactation:** Advise patients that breastfeeding is not recommended while taking OFEV [see Use in Specific Populations]. **Smokers:** Encourage patients to stop smoking prior to treatment with OFEV and to avoid smoking when using with OFEV. **Administration:** Instruct patients to swallow OFEV capsules whole with liquid and not to chew or crush the capsules due to the bitter taste. Advise patients to not make up for a missed dose [see Dosage and Administration].

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# This Month in *CHEST*: Editor's Picks

BY RICHARD S. IRWIN, MD, MASTER FCCP  
EDITOR IN CHIEF, CHEST

**COMMENTARY**

**Establishing Pulmonary and Critical Care Medicine in China: 2016 Report on Implementation and Government Recognition: Joint Statement of the Chinese Association of Chest Physicians and the American College of Chest Physicians.** *By Dr. Renli Qiao et al, on behalf of the China-CHEST PCCM Program Steering Committee.*

**CONTEMPORARY REVIEWS IN SLEEP MEDICINE**

**Cancer and OSA: Current Evidence From Human Studies.**  
*By Dr. M. A. Martinez-Garcia et al.*

**ORIGINAL RESEARCH**

**Association Between Occupational Exposures and Sarcoidosis: An Analysis From Death Certificates in the United States, 1988-1999.**  
*By Dr. H. Liu et al.*

**Nonlinear Imputation of PaO<sub>2</sub>/Fio<sub>2</sub> From Spo<sub>2</sub>/Fio<sub>2</sub> Among Patients**

**With Acute Respiratory Distress Syndrome.**

*By Dr. S. M. Brown et al.*

**Blood Eosinophils and Outcomes in Severe Hospitalized Exacerbations of COPD.** *By Dr. M. Bafadhel et al.*

**A Randomized Controlled Trial of a Novel Sheath Cryoprobe for Bronchoscopic Lung Biopsy in a Porcine Model.** *By Dr. L. B. Yarmus et al.*



# Catching up with our Past Presidents

*Where are they now? What have they been up to? CHEST's Past Presidents each forged the way for the many successes of the American College of Chest Physicians (CHEST), leading to enhanced patient care around the globe. Their outstanding leadership and vision are evidenced today in many of CHEST's current initiatives, and now it is time to check in with these past leaders to give us a look at what's new.*

**Alex G. Little, MD, FCCP  
President 1990-1991**

Being President of the American College of Chest Physicians was a remarkable and exhilarating experience beginning with my inauguration in 1990. Although I had been active with the College for several years, the responsibility of the presidency entailed a much closer relationship with the organization, the excellent staff, the physician leaders, the greater membership, and notably, Dr. Al Soffer. As the Executive Director, Al was my go to advisor and guide for questions and advice. He and his wife Izzy became good personal friends and



**Dr. Little and wife Louise in Vienna 2015.**

that relationship is one of the major benefits of my presidency (although it never resulted in him showing any mercy on the tennis courts).

For me, as a surgeon, one of the appealing aspects of the College, and in particular, its annual meeting, was its interdisciplinary nature with pulmonologists, surgeons, and cardiologists interacting in a way that more

*Continued on following page*

**AVAILABLE NOW**

**New Coding Resource**

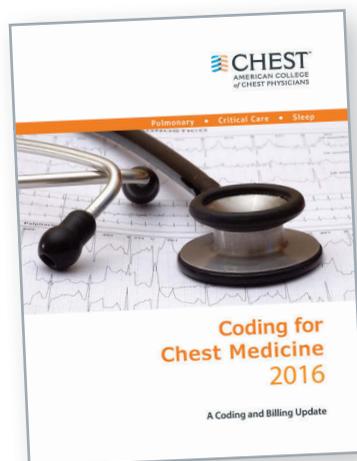
**An updated edition of Coding for Chest Medicine**

**CHEST Logo Products**

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Be sure to have the latest fashions and accessories featuring the CHEST logo! Treat yourself, colleagues, family, friends, and staff to our line of lab coats, jackets, scrubs, and more.

> Purchase at: [chestcollection.com](http://chestcollection.com)



**New in the 2016 edition:**

- Complex Chronic Care Services
- Examples With ICD-10-CM coding
- Advance Care Planning Services
- EBUS Services
- ECMO Services
- Clarification for **94640** inhalation treatments

*Coding for Chest Medicine 2016* is an ideal resource for physicians, nonphysician providers, practice administrators/managers, office managers, and business managers, and this edition will contain important updates for pulmonologists, pediatricians, and interventional bronchoscopists.



# Updated patient education guides available

The CHEST Foundation continues to look for new ways to expand our patient education offerings. With the collaboration of the CHEST Foundation's Patient Education Work Group, the Allergy

& Asthma NetWork, and CHEST's NetWorks, we have completely revamped Living Well With COPD and Living Well With Asthma (previously titled Controlling Your Asthma). At less than 30 pages each,

the guides are more user-friendly, featuring multiple diagrams to supplement instructions, take-away glossaries, easy-to-read infographics, and new FAQs.

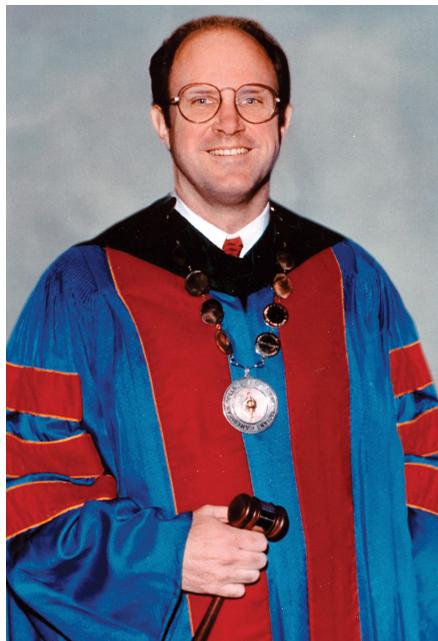
The guides are available to order

in packs of 25 in the CHEST store. Packs are \$50 for members and \$62.50 for nonmembers. The new guides are available for viewing online at [chestnet.org/asthmainfo](http://chestnet.org/asthmainfo) and [chestnet.org/copdinfo](http://chestnet.org/copdinfo).

*Continued from previous page*

narrowly focused specialty societies rarely provide. Learning alternative perspectives and hearing from other disciplines is always interesting and occasionally critically important for progress toward maximal patient care.

During my tenure, there were several noteworthy events. The College continued to exhibit robust growth



Alex G. Little, MD, FCCP  
Convocation 1990

in membership, strengthening its role in supporting chest physicians. We opened the new (amazingly, now the old) headquarters building in Northbrook, signaling a commitment to remain state of the art and joined the challenge of providing continuing medical education for our members.

I retired from clinical practice and as Chair of Surgery at Wright State in 2010 when my wife Louise and I settled in Tucson. I am involved with teaching and mentoring general and cardiothoracic residents at the University of Arizona and also keep active with ongoing clinical research projects. With my leisure time, I play tennis, read books I should have gotten to in earlier years, look for a publisher for a book I have written on the evolution of thoracic surgery (for the general reader), and admire my wife's expertise in making glass beads and jewelry.

## DELAY PAH PROGRESSION TO...

# STAY AHEAD



### INDICATION

UPTRAVI is indicated for the treatment of pulmonary arterial hypertension (PAH, WHO Group I) to delay disease progression and reduce the risk of hospitalization for PAH.

Effectiveness was established in a long-term study in PAH patients with WHO Functional Class II-III symptoms.

Patients had idiopathic and heritable PAH (58%), PAH associated with connective tissue disease (29%), and PAH associated with congenital heart disease with repaired shunts (10%).

### IMPORTANT SAFETY INFORMATION

#### WARNINGS AND PRECAUTIONS

##### Pulmonary Veno-Occlusive Disease (PVOD)

Should signs of pulmonary edema occur, consider the possibility of associated PVOD. If confirmed, discontinue UPTRAVI.

Please see additional Important Safety Information on adjacent page.

ADD | **Uptravi**  
selexipag  
tablets | 200/600 mcg

# LA cuisine, clinical education at CHEST 2016

Los Angeles is famous for its eclectic mix of palate-pleasing dining options. Chic cafes; international flavors; vegan eateries; and local, coastal cuisine are all readily available. When CHEST 2016 travels

to Los Angeles in October, we know you'll satisfy your taste buds and your educational needs.

With so many options, here are some recommendations from our favorite Los Angeles locals – CHEST

members – to plan your menu:

• **LA Prime**, 35th floor of the Westin Bonaventure Hotel (6-minute drive): Famous for prime beef steaks, seafood, and panoramic city views. Located at 404 S. Figueroa St, Los Angeles, CA 90071

• **Water Grill** (6-minute drive): This restaurant is sustainably minded and provides delicately prepared seafood in an elegant space. Located at 544 S. Grand Ave, Los Angeles, CA 90071

*Continued on following page*

## UPTRAVI® (selexipag) – The Only Oral PAH Therapy Targeting the Prostacyclin Pathway Proven to Delay Disease Progression<sup>1</sup>

RESULTS FROM GRIPHON, THE LARGEST OUTCOMES TRIAL  
EVER CONDUCTED IN PAH (N=1156)

GRIPHON was a multicenter, long-term, double-blind, placebo-controlled, parallel-group, event-driven phase 3 study in 1156 patients (UPTRAVI: n=574; placebo: n=582) with symptomatic PAH (nearly all WHO FC II-III at baseline). The median treatment duration for the UPTRAVI group was 1.4 years.

### 40% RISK REDUCTION IN DISEASE PROGRESSION IN PATIENTS TREATED WITH UPTRAVI ( $p < 0.0001$ )

- Reductions in PAH-related hospitalization and other disease progression events\* drove the overall reduction

#### PRIMARY ENDPOINT EVENTS UP TO THE END OF TREATMENT:

A primary endpoint event was experienced by 27.0% of UPTRAVI-treated patients vs 41.6% of placebo-treated patients.

Disease progression primary endpoint comprised the following components as first events (up to end of treatment; UPTRAVI vs placebo): hospitalization for PAH (13.6% vs 18.7%), other disease progression events (6.6% vs 17.2%)\* death (4.9% vs 3.1%), initiation of parenteral prostanoid or chronic oxygen therapy (1.7% vs 2.2%), and PAH worsening resulting in need for lung transplantation or balloon atrial septostomy (0.2% vs 0.3%).

#### IMPORTANT SAFETY INFORMATION

##### ADVERSE REACTIONS

Adverse reactions occurring more frequently ( $\geq 3\%$ ) on UPTRAVI compared to placebo are headache (65% vs 32%), diarrhea (42% vs 18%), jaw pain (26% vs 6%), nausea (33% vs 18%), myalgia (16% vs 6%), vomiting (18% vs 9%), pain in extremity (17% vs 8%), flushing (12% vs 5%), arthralgia (11% vs 8%), anemia (8% vs 5%), decreased appetite (6% vs 3%), and rash (11% vs 8%).

These adverse reactions are more frequent during the dose titration phase.

Hyperthyroidism was observed in 1% (n=8) of patients on UPTRAVI and in none of the patients on placebo.

##### DRUG INTERACTIONS

###### Strong CYP2C8 inhibitors

Concomitant administration with strong inhibitors of CYP2C8 (eg, gemfibrozil) may result in a significant increase in exposure to selexipag and its active metabolite. Avoid concomitant use.

##### DOSAGE AND ADMINISTRATION

###### Recommended Dosage

Recommended starting dose is 200 mcg twice daily. Tolerability may be improved when taken with food. Increase by 200 mcg twice daily, usually at weekly intervals, to the highest tolerated dose up to 1600 mcg twice daily. If dose is not tolerated, reduce to the previous tolerated dose.

###### Patients with Hepatic Impairment

For patients with moderate hepatic impairment (Child-Pugh class B), the starting dose is 200 mcg once daily. Increase by 200 mcg once daily at weekly intervals, as tolerated. Avoid use of UPTRAVI in patients with severe hepatic impairment (Child-Pugh class C).

###### Dosage Strengths

UPTRAVI tablet strengths: 200, 400, 600, 800, 1000, 1200, 1400, and 1600 mcg

**Please see Brief Summary of Prescribing Information on the following page.**

\*Other disease progression defined as a 15% decrease from baseline in 6MWD plus worsening of Functional Class or need for additional PAH-specific therapy.

6MWD=6-minute walk distance; WHO=World Health Organization.

Reference: 1. UPTRAVI® (selexipag) full Prescribing Information. Actelion Pharmaceuticals US, Inc. December 2015.

Visit [www.UPTRAVI.com](http://www.UPTRAVI.com) to learn more and download the Patient Enrollment Form



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Continued from previous page

- **Pacific Dining Car** (7-minute drive): Dine on steak in a railway dining car atmosphere at this iconic restaurant open 24 hours a day every day of the year. Located at 1310 W. 6th St, Los Angeles, CA 90017
- **Sticky Rice** (7-minute drive): Inside

Grand Central Market, enjoy Thai “comfort food” with an emphasis on organic, free-range, and locally sourced seasonal ingredients. Located at 317 S. Broadway, Los Angeles, CA 90013

- **Mexicali Taco & Co** (9-minute drive): Enjoy mouthwatering Baja style Mexican food, reasonable prices,

and a casual dining experience. Located at 702 N. Figueroa St, Los Angeles, CA 90012

- **Crossroads Kitchen** (22-minute drive): Courtesy of Oprah’s former chef Tal Ronnen, this upscale eatery provides an elegant backdrop for refined vegan dishes. Located at 8284 Melrose Ave, Los Angeles, CA 90046

- **The Sky Room in Long Beach** (33-minute drive): This hotel bar/ eatery offers New American fare and city views, plus music and dancing on weekends. Located at 40 S. Locust Ave, Long Beach, CA 90802

Looking for a quick bite? Here are some options within walking distance to the convention center:

- **Yardhouse** (5-minute walk): Find the craft beer you’re looking for and select from a diverse menu. Located at 800 W. Olympic Blvd, Los Angeles, CA 90015
- **Tom’s Urban** (1-minute walk): Enjoy a sprawling gastropub featuring an all-day American menu, large draft beers, and sports on big screens. Located at 1011 S. Figueroa St, Los Angeles, CA 90015
- **TASTE Food Hall FIGat7th** (4-minute walk): Walk to Figueroa and 7th, and you’ll find a food court complete with unique flavor profiles. Located at 735 S. Figueroa St, Los Angeles, CA 90017

Los Angeles is sure to satisfy your inner foodie. From October 22 to 26, CHEST 2016 will also offer you postgraduate courses, simulation and interactive learning, interdisciplinary programs, problem-based learning sessions, keynotes and honor lectures, and more.

CHEST 2016 delivers the latest information in pulmonary, critical care, and sleep medicine, ensuring you make the best decisions with your patients.

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## CHEST Clinical Trials Registry

A new clinical trial is now available in the CHEST Clinical Trials Registry.

SENSCIS™ (Safety and Efficacy of Nintedanib in Systemic Sclerosis) is a double-blind, randomized, placebo-controlled trial evaluating the efficacy and safety of oral nintedanib treatment for at least 52 weeks in patients with systemic sclerosis-associated interstitial lung disease (SSc-ILD).

The CHEST Clinical Trials Registry is a free service that connects physicians to information about clinical trials in respiratory disease, conducted by participating pharmaceutical companies.

To learn more about the registry and how to participate in the SENSCIS™ clinical trial, please visit [www.chestnet.org/Guidelines-and-Resources/Clinical-Trials/Clinical-Trials-Registry](http://www.chestnet.org/Guidelines-and-Resources/Clinical-Trials/Clinical-Trials-Registry).



### Rx Only

#### BRIEF SUMMARY

The following is a brief summary of the full Prescribing Information for UPTRAVI® (selexipag). Please review the full Prescribing Information prior to prescribing UPTRAVI.

#### INDICATIONS AND USAGE

##### Pulmonary Arterial Hypertension

UPTRAVI is indicated for the treatment of pulmonary arterial hypertension (PAH, WHO Group I) to delay disease progression and reduce the risk of hospitalization for PAH. Effectiveness was established in a long-term study in PAH patients with WHO Functional Class II-III symptoms.

Patients had idiopathic and heritable PAH (58%), PAH associated with connective tissue disease (29%), and PAH associated with congenital heart disease with repaired shunts (10%).

#### DOSAGE FORMS AND STRENGTHS

UPTRAVI tablet strengths: 200, 400, 600, 800, 1000, 1200, 1400, and 1600 mcg

#### CONTRAINDICATIONS

None.

#### WARNINGS AND PRECAUTIONS

##### Pulmonary Veno-Occlusive Disease (PVOD)

Should signs of pulmonary edema occur, consider the possibility of associated PVOD. If confirmed, discontinue UPTRAVI.

#### ADVERSE REACTIONS

##### Clinical Trial Experience

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

The safety of UPTRAVI has been evaluated in a long-term, placebo-controlled study enrolling 1156 patients with symptomatic PAH (GRIPHON study). The exposure to UPTRAVI in this trial was up to 4.2 years with median duration of exposure of 1.4 years.

The following list presents adverse reactions more frequent on UPTRAVI (N=575) than on placebo (N=577) by ≥3%: headache 65% vs 32%, diarrhea 42% vs 18%, jaw pain 26% vs 6%, nausea 33% vs 18%, myalgia 16% vs 6%, vomiting 18% vs 9%, pain in extremity 17% vs 8%, flushing 12% vs 5%, arthralgia 11% vs 8%, anemia 8% vs 5%, decreased appetite 6% vs 3%, and rash 11% vs 8%.

These adverse reactions are more frequent during the dose titration phase.

Hyperthyroidism was observed in 1% (n=8) of patients on UPTRAVI and in none of the patients on placebo.

##### Laboratory Test Abnormalities

##### Hemoglobin

In a Phase 3 placebo-controlled study in patients with PAH, mean absolute changes in hemoglobin at regular visits compared to baseline ranged from -0.34 to -0.02 g/dL in the selexipag group compared to -0.05 to 0.25 g/dL in the placebo group. A decrease in hemoglobin concentration to below 10 g/dL was reported in 8.6% of patients treated with selexipag and 5.0% of placebo-treated patients.

##### Thyroid function tests

In a Phase 3 placebo-controlled study in patients with PAH, a reduction (up to -0.3 MU/L from a baseline median of 2.5 MU/L) in median thyroid-stimulating hormone (TSH) was observed at most visits in the selexipag group. In the placebo group, little change in median values was apparent. There were no mean changes in triiodothyronine or thyroxine in either group.

#### DRUG INTERACTIONS

##### Strong CYP2C8 Inhibitors

Concomitant administration with strong inhibitors of CYP2C8 may result in a significant increase in exposure to selexipag and its active metabolite. Avoid concomitant administration of UPTRAVI with strong inhibitors of CYP2C8 (e.g., gemfibrozil) [see Clinical Pharmacology (Pharmacokinetics)].

#### USE IN SPECIFIC POPULATIONS

##### Pregnancy

##### Risk Summary

There are no adequate and well-controlled studies with UPTRAVI in pregnant women. Animal reproduction studies performed with selexipag showed no clinically relevant effects on embryofetal development and survival. A slight reduction in maternal as well as in fetal body weight was observed when pregnant rats were administered selexipag during organogenesis at a dose producing an exposure approximately 47 times that in humans at the maximum recommended human dose. No adverse developmental outcomes were observed with oral administration of selexipag to pregnant rabbits during organogenesis at exposures up to 50 times the human exposure at the maximum recommended human dose.

The estimated background risk of major birth defects and miscarriage for the indicated population is unknown. In the U.S. general population, the estimated background risk of major birth defects and miscarriage in clinically recognized pregnancies is 2-4% and 15-20%, respectively.

##### Data

##### Animal Data

Pregnant rats were treated with selexipag using oral doses of 2, 6, and 20 mg/kg/day (up to 47 times the exposure at the maximum recommended human dose of 1600 mcg twice daily on an area under the curve [AUC] basis) during the period of organogenesis (gestation days 7 to 17). Selexipag did not cause adverse developmental effects to the fetus in this study. A slight reduction in fetal body weight was observed in parallel with a slight reduction in maternal body weight at the high dose.

Pregnant rabbits were treated with selexipag using oral doses of 3, 10, and 30 mg/kg (up to 50 times the exposure to the active metabolite at the maximum recommended human dose of 1600 mcg twice daily on an AUC basis) during the period of organogenesis (gestation days 6 to 18). Selexipag did not cause adverse developmental effects to the fetus in this study.

##### Lactation

It is not known if UPTRAVI is present in human milk. Selexipag or its metabolites were present in the milk of rats. Because many drugs are present in the human milk and because of the potential for serious adverse reactions in nursing infants, discontinue nursing or discontinue UPTRAVI.

##### Pediatric Use

Safety and effectiveness in pediatric patients have not been established.

### UPTRAVI® (selexipag)

#### Geriatric Use

Of the 1368 subjects in clinical studies of UPTRAVI 248 subjects were 65 years of age and older, while 19 were 75 and older. No overall differences were observed between these subjects and younger subjects, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity cannot be ruled out.

#### Patients with Hepatic Impairment

No adjustment to the dosing regimen is needed in patients with mild hepatic impairment (Child-Pugh class A).

A once-daily regimen is recommended in patients with moderate hepatic impairment (Child-Pugh class B) due to the increased exposure to selexipag and its active metabolite. There is no experience with UPTRAVI in patients with severe hepatic impairment (Child-Pugh class C). Avoid use of UPTRAVI in patients with severe hepatic impairment [see Clinical Pharmacology (Pharmacokinetics)].

#### Patients with Renal Impairment

No adjustment to the dosing regimen is needed in patients with estimated glomerular filtration rate >15 mL/min/1.73 m<sup>2</sup>.

There is no clinical experience with UPTRAVI in patients undergoing dialysis or in patients with glomerular filtration rates <15 mL/min/1.73 m<sup>2</sup> [see Clinical Pharmacology (Pharmacokinetics)].

#### OVERDOSAGE

Isolated cases of overdose up to 3200 mcg were reported. Mild, transient nausea was the only reported consequence. In the event of overdose, supportive measures must be taken as required. Dialysis is unlikely to be effective because selexipag and its active metabolite are highly protein-bound.

#### CLINICAL PHARMACOLOGY

##### Pharmacokinetics

##### Specific Populations:

No clinically relevant effects of sex, race, age, or body weight on the pharmacokinetics of selexipag and its active metabolite have been observed in healthy subjects or PAH patients.

##### Age:

The pharmacokinetic variables (C<sub>max</sub> and AUC) were similar in adult and elderly subjects up to 75 years of age. There was no effect of age on the pharmacokinetics of selexipag and the active metabolite in PAH patients.

##### Hepatic Impairment:

In subjects with mild (Child-Pugh class A) or moderate (Child-Pugh class B) hepatic impairment, exposure to selexipag was 2- and 4-fold that seen in healthy subjects. Exposure to the active metabolite of selexipag remained almost unchanged in subjects with mild hepatic impairment and was doubled in subjects with moderate hepatic impairment. [see Use in Specific Populations].

Based on pharmacokinetic modeling of data from a study in subjects with hepatic impairment, the exposure to the active metabolite at steady state in subjects with moderate hepatic impairment (Child-Pugh class B) after a once daily regimen is expected to be similar to that in healthy subjects receiving a twice daily regimen. The exposure to selexipag at steady state in these patients during a once daily regimen is predicted to be approximately 2-fold that seen in healthy subjects receiving a twice-daily regimen.

##### Renal Impairment:

A 40-70% increase in exposure (maximum plasma concentration and area under the plasma concentration-time curve) to selexipag and its active metabolite was observed in subjects with severe renal impairment (estimated glomerular filtration rate ≥ 15 mL/min/1.73 m<sup>2</sup> and < 30 mL/min/1.73 m<sup>2</sup>) [see Use in Specific Populations].

##### Drug Interaction Studies:

##### In vitro studies

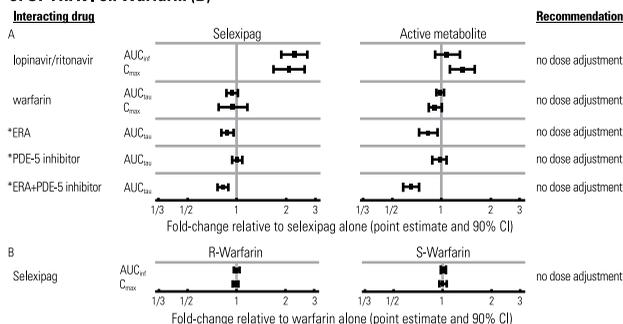
Selexipag is hydrolyzed to its active metabolite by hepatic carboxylesterase 1. Selexipag and its active metabolite both undergo oxidative metabolism by CYP2C8 and CYP3A4. The glucuronidation of the active metabolite is catalyzed by UGT1A3 and UGT2B7. Selexipag and its active metabolite are substrates of OATP1B1 and OATP1B3. Selexipag is a substrate of P-gp, and the active metabolite is a substrate of the transporter of breast cancer resistance protein (BCRP).

Selexipag and its active metabolite do not inhibit or induce hepatic cytochrome P450 enzymes at clinically relevant concentrations. Selexipag and its active metabolite do not inhibit hepatic or renal transport proteins.

The effect of strong inhibitors of CYP2C8 (such as gemfibrozil) on the exposure to selexipag or its active metabolite has not been studied. Concomitant administration with strong inhibitors of CYP2C8 may result in a significant increase in exposure to selexipag and its active metabolite [see Drug Interactions].

The results on in vivo drug interaction studies are presented in Figure 1.

**Figure 1 Effect of Other Drugs on UPTRAVI and its Active Metabolite (A) and Effect of UPTRAVI on Warfarin (B)**



\*ERA and PDE-5 inhibitor data from GRIPHON.

**Manufactured for:** Actelion Pharmaceuticals US, Inc. 5000 Shoreline Court, Ste. 200, South San Francisco, CA 94080, USA ACT20151221b

**Reference:** 1. UPTRAVI full Prescribing Information.

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# NETWORKS: Disaster preparedness, New MACRA acronyms, ECS in transplantation, Electronic cigarettes

## Disaster Response

### Lessons from Orlando

The recent nightclub shootings in Orlando have forced me and my colleagues at our Level I Trauma Center to reexamine the way we do

### Evolution of trauma care has “followed the money” but not necessarily the need.

business. Our typical approach to injury involves resource-intensive therapy with a gang of clinicians, while anticipating no more than one or two patients at a time. While this model is excellent for training, we would struggle with the scale of casualties seen in Orlando.

Several observations may be made internally and have been made in the press. Triage should take place prior to the emergency department so that patients are appropriately prioritized to high-intensity support. Fundamental high-impact interven-

tions requiring simple application, such as tourniquets, should be part of the training for all medical and nonmedical first responders. Perhaps most importantly, we need to reexamine the concept that health care is provided by competing geographic and economic entities. Evolution of trauma care has “followed the money” but not necessarily the need. An approach viewing trauma care as a right and acute response as a community resource may be necessary.

In 2008, the Republican Party held its convention in St. Paul, Minn. Reports indicated that 20,000-50,000 individuals were expected to enter the city, including protesters and anarchist groups. We prepared together for events ranging from vehicular crashes to biologic agents or explosive events (Dries et al. *J Trauma*. 2012; 73[6]:1614). Since then, however, there has been little community-wide planning.

Orlando reminds us that we dare not leave these plans on the shelf.

David Dries, MD, FCCP  
Steering Committee Member

## Practice Operations

### MACRA, QPP, MIPS, APM: Know these acronyms

In October 2015, Congress passed the Medicare Access and CHIP Re-authorization Act of 2015 (MACRA).



DR. BASSILY-MARCUS

A bipartisan legislation, it replaces the flawed Sustainable Growth Rate (SGR) formula that would have forced a 21% cut in Medicare payments to clinicians. MACRA established Quality Payment Program (QPP) that has two paths that link quality to payments: the Merit-Based Incentive Payment System (MIPS) or Advanced Alternative Payment Models (APMs).

MIPS streamlines three currently independent programs – (Physician Quality Reporting Program [PQRS], Value-Based Payment Modifier [VM], and Medicare Elec-

tronic Health Records Incentive Program) – into a single program in which eligible professions (EPs) will be measured on quality (50%), resource use/cost (10%), clinical practice improvement activities (15%), and advancing care information (25%).

The resulting composite performance score (CPS, scale 0-100) is used to determine and apply a +/- or neutral payment adjustment based on a performance threshold. Payment adjustments will begin in 2019 (based on 2017 performance period).

Most physicians will be subject to MIPS, which does not apply to hospitals or facilities.

APMs are new approaches to paying for medical care incentivizing quality and value. As defined by MACRA, APMs include CMS Innovation Center models, the Medicare Shared Savings program, and certain demonstration programs.

To qualify for payments, the APMs must also use certified EHR technol-

Continued on page 32

“The hands-on experience provides you with the ability to provide improved care.”

— Dominic J. Roca, MD, FCCP  
Norwalk, CT • Critical Care Echocardiography

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September 9-11 • December 2-4

Discover key elements of critical care ultrasonography in this intensive 3-day course. Practice image acquisition with human models using high quality ultrasound machines.

### Critical Care Ultrasonography: Integration Into Clinical Practice

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Study whole body ultrasonography for diagnosis and management of the critical ill patient in a hands-on learning environment using human models and state-of-the-art simulators. Expert faculty will provide comprehensive training in protocol-driven image acquisition, case-based image interpretation, and ultrasound-guided procedures.

#### Who Should Attend?

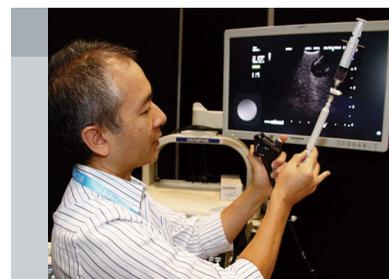
Frontline intensivists; pulmonary/critical care specialists and fellows; hospitalists; emergency medicine/critical care, anesthesia/critical care, and surgical/critical care fellows; physicians; nurse practitioners; and physician assistants are encouraged to attend.

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Earn 5.5 CME credits and MOC points remotely, while reviewing the latest release of the evidence-based *CHEST Guideline and Expert Panel Report: Technical Aspects of Endobronchial Ultrasound-Guided Transbronchial Needle Aspiration (EBUS-TBNA)*.



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# SWITCH TO **CLICK**

*kids*

The only FDA-approved, multi-dose rescue inhaler that requires

 **No hand-breath coordination during inhalation!**<sup>1,2</sup>

**Indications** ProAir RespiClick® (albuterol sulfate) Inhalation Powder is indicated in patients 4 years of age and older for the treatment or prevention of bronchospasm with reversible obstructive airway disease and for the prevention of exercise-induced bronchospasm.

### Important Safety Information

- ProAir RespiClick® (albuterol sulfate) Inhalation Powder is contraindicated in patients with hypersensitivity to albuterol or patients with a severe hypersensitivity to milk proteins. Rare cases of hypersensitivity reactions, including urticaria, angioedema, and rash have been reported after the use of albuterol sulfate. There have been reports of anaphylactic reactions in patients using inhalation therapies containing lactose
- ProAir RespiClick® can produce paradoxical bronchospasm that may be life-threatening. Discontinue ProAir RespiClick® and institute alternative therapy if paradoxical bronchospasm occurs
- Need for more doses of ProAir RespiClick® than usual may be a marker of acute or chronic deterioration of asthma and requires reevaluation of treatment
- ProAir RespiClick® alone may not be adequate to control asthma in many patients. Early consideration should be given to adding anti-inflammatory agents, e.g., corticosteroids
- ProAir RespiClick®, like other beta-adrenergic agonists, can produce clinically significant cardiovascular effects in some patients, as measured by heart rate, blood pressure, and/or symptoms. If such effects occur, the drug may need to be discontinued
- ProAir RespiClick®, as with all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders (especially coronary insufficiency, cardiac arrhythmias, and hypertension), convulsive disorders, hyperthyroidism, and diabetes
- Fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs in patients with asthma. Do not exceed the recommended dose

**References:** 1. ProAir RespiClick Prescribing Information. Horsham, PA: Teva Respiratory, LLC; April 2016. 2. ProAir RespiClick Patient Information Leaflet. Horsham, PA: Teva Respiratory, LLC; April 2016.



Respiratory

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now  
approved  
for kids!

Prescribe ProAir RespiClick® (albuterol sulfate) Inhalation Powder for your new and existing patients **ages 4 and up**

▶ **No spacers required!**

ProAir RespiClick® was designed to be used without a spacer<sup>1</sup>

▶ **No washing, priming, or shaking needed!<sup>2</sup>**

## ProAir RespiClick®

(albuterol sulfate) Inhalation Powder

### Important Safety Information (continued)

- Immediate hypersensitivity reactions may occur. Discontinue ProAir RespiClick® immediately
- ProAir RespiClick® may produce significant hypokalemia in some patients, which has the potential to produce adverse cardiovascular effects. The decrease is usually transient, not requiring supplementation
- Potential drug interactions can occur with beta-blockers, diuretics, digoxin, or monoamine oxidase inhibitors, and tricyclic antidepressants
- In controlled studies of ProAir RespiClick® in patients 12 years of age and older, adverse events that occurred at an incidence rate of at least 1% and greater than placebo included back pain (2% vs 1%), pain (2% vs <1%), gastroenteritis viral (1% vs <1%), sinus headache (1% vs <1%), and urinary tract infection (1% vs <1%)
- In controlled studies of ProAir RespiClick® in patients 4 to 11 years of age, adverse events that occurred at an incidence rate of at least 2% and greater than placebo included nasopharyngitis (2% vs 1%), oropharyngeal pain (2% vs 1%), and vomiting (3% vs 1%)

Please see brief summary of full Prescribing Information on following pages.

For more information visit [ProAir.com](http://ProAir.com)

Continued from page 29

ogy, report on certain quality measures, and bear more than nominal financial risk.

Both MIPS and APMs are value-based payment models that incentivize providers on quality, outcomes, and cost containment.

Most physicians who see Medicare patients will be required to report either the MIPS or Advanced APM track starting in January 2017.

Editor's Note – See additional article on MACRA on page 8.

Adel Bassily-Marcus, MD, FCCP  
Vice-Chair

## Transplant

### Extracorporeal circulatory support in thoracic medicine and surgery – evolving technology and expanding role

There is growing interest in the use of extracorporeal support (ECS) beyond intraoperative and perioperative utility. This has been driven by

improvements in safety and efficacy resulting from corresponding technological advances and enhanced user ability. The paucity of donors, however, remains a significant limiting factor in lung transplantation (LT), and there is a growing number of recipients on the waiting list getting too sick for transplantation. ECS is

#### BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR ProAir RespiClick® (albuterol sulfate) Inhalation Powder SEE PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

##### 1 INDICATIONS AND USAGE

###### 1.1 Bronchospasm

PROAIR RESPICLICK (albuterol sulfate) inhalation powder is indicated for the treatment or prevention of bronchospasm in patients 4 years of age and older with reversible obstructive airway disease.

###### 1.2 Exercise-Induced Bronchospasm

PROAIR RESPICLICK is indicated for the prevention of exercise-induced bronchospasm in patients 4 years of age and older.

##### 4 CONTRAINDICATIONS

Use of PROAIR RESPICLICK is contraindicated in patients with a history of hypersensitivity to albuterol and/or severe hypersensitivity to milk proteins. Rare cases of hypersensitivity reactions, including urticaria, angioedema, and rash have been reported after the use of albuterol sulfate. There have been reports of anaphylactic reactions in patients using inhalation therapies containing lactose [see Warnings and Precautions (5.6)].

##### 5 WARNINGS AND PRECAUTIONS

###### 5.1 Paradoxical Bronchospasm

PROAIR RESPICLICK can produce paradoxical bronchospasm that may be life threatening. If paradoxical bronchospasm occurs, PROAIR RESPICLICK should be discontinued immediately and alternative therapy instituted.

###### 5.2 Deterioration of Asthma

Asthma may deteriorate acutely over a period of hours or chronically over several days or longer. If the patient needs more doses of PROAIR RESPICLICK, this may be a marker of destabilization of asthma and requires re-evaluation of the patient and treatment regimen, giving special consideration to the possible need for anti-inflammatory treatment, eg, corticosteroids.

###### 5.3 Use of Anti-Inflammatory Agents

The use of beta-adrenergic-agonist bronchodilators alone may not be adequate to control asthma in many patients. Early consideration should be given to adding anti-inflammatory agents, eg, corticosteroids, to the therapeutic regimen.

###### 5.4 Cardiovascular Effects

PROAIR RESPICLICK, like other beta-adrenergic agonists, can produce clinically significant cardiovascular effects in some patients as measured by pulse rate, blood pressure, and/or symptoms. Although such effects are uncommon after administration of PROAIR RESPICLICK at recommended doses, if they occur, the drug may need to be discontinued. In addition, beta-agonists have been reported to produce ECG changes, such as flattening of the T-wave, prolongation of the QTc interval, and ST segment depression. The clinical significance of these findings is unknown. Therefore, PROAIR RESPICLICK, like all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders, especially coronary insufficiency, cardiac arrhythmias, and hypertension.

###### 5.5 Do Not Exceed Recommended Dose

Fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs in patients with asthma. The exact cause of death is unknown, but cardiac arrest following an unexpected development of a severe acute asthmatic crisis and subsequent hypoxia is suspected.

###### 5.6 Immediate Hypersensitivity Reactions

Immediate hypersensitivity reactions may occur after administration of albuterol sulfate, as demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm, anaphylaxis, and oropharyngeal edema. PROAIR RESPICLICK contains small amounts of lactose, which may contain trace levels of milk proteins. Hypersensitivity reactions including anaphylaxis, angioedema, pruritus, and rash have been reported with the use of therapies containing lactose (lactose is an inactive ingredient in PROAIR RESPICLICK). The potential for hypersensitivity must be considered in the clinical evaluation of patients who experience immediate hypersensitivity reactions while receiving PROAIR RESPICLICK.

###### 5.7 Coexisting Conditions

PROAIR RESPICLICK, like all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders, especially coronary insufficiency, cardiac arrhythmias, and hypertension; in patients with convulsive disorders, hyperthyroidism, or diabetes mellitus; and in patients who are unusually responsive to sympathomimetic amines. Clinically significant changes in systolic and diastolic blood pressure have been seen in individual patients and could be expected to occur in some patients after use of any beta-adrenergic bronchodilator. Large doses of intravenous albuterol have been reported to aggravate preexisting diabetes mellitus and ketoacidosis.

###### 5.8 Hypokalemia

As with other beta-agonists, PROAIR RESPICLICK may produce significant hypokalemia in some patients, possibly through intracellular shunting, which has the potential to produce adverse cardiovascular effects. The decrease is usually transient, not requiring supplementation.

##### 6 ADVERSE REACTIONS

Use of PROAIR RESPICLICK may be associated with the following:

- Paradoxical bronchospasm [see Warnings and Precautions (5.1)]
- Cardiovascular Effects [see Warnings and Precautions (5.4)]
- Immediate hypersensitivity reactions [see Warnings and Precautions (5.6)]
- Hypokalemia [see Warnings and Precautions (5.8)]

#### ProAir RespiClick® (albuterol sulfate) Inhalation Powder

##### 6.1 Clinical Trials Experience

A total of 1289 subjects were treated with PROAIR RESPICLICK during the clinical development program. The most common adverse reactions ( $\geq 1\%$  and  $>$ placebo) were back pain, pain, gastroenteritis viral, sinus headache, and urinary tract infection. Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

Adults and Adolescents 12 years of Age and Older: The adverse reaction information presented in Table 1 below concerning PROAIR RESPICLICK is derived from the 12-week blinded treatment period of three studies which compared PROAIR RESPICLICK 180 mcg four times daily with a double-blinded matched placebo in 653 asthmatic patients 12 to 76 years of age.

**Table 1: Adverse Reactions Experienced by Greater Than or Equal to 1.0% of Adult and Adolescent Patients in the PROAIR RESPICLICK Group and Greater Than Placebo in three 12-Week Clinical Trials<sup>1</sup>**

Preferred Term	Number (%) of patients	
	PROAIR RESPICLICK 180 mcg QID N=321	Placebo N=333
Back pain	6 (2%)	4 (1%)
Pain	5 (2%)	2 (<1%)
Gastroenteritis viral	4 (1%)	3 (<1%)
Sinus headache	4 (1%)	3 (<1%)
Urinary tract infection	4 (1%)	3 (<1%)

1. This table includes all adverse events (whether considered by the investigator drug related or unrelated to drug) which occurred at an incidence rate of greater than or equal to 1.0% in the PROAIR RESPICLICK group and greater than placebo.

In a long-term study of 168 patients treated with PROAIR RESPICLICK for up to 52 weeks (including a 12-week double-blind period), the most commonly reported adverse events greater than or equal to 5% were upper respiratory infection, nasopharyngitis, sinusitis, bronchitis, cough, oropharyngeal pain, headache, and pyrexia.

In a small cumulative dose study, tremor, palpitations, and headache were the most frequently occurring ( $\geq 5\%$ ) adverse events.

Pediatric Patients 4 to 11 Years of Age: The adverse reaction information presented in Table 2 below concerning PROAIR RESPICLICK is derived from a 3-week pediatric clinical trial which compared PROAIR RESPICLICK 180 mcg albuterol 4 times daily with a double-blinded matched placebo in 185 asthmatic patients 4 to 11 years of age.

**Table 2: Adverse Reactions Experienced by Greater Than or Equal to 2.0% of Patients 4 to 11 Years of Age in the PROAIR RESPICLICK Group and Greater Than Placebo in the 3 Week Trial**

Preferred Term	Number (%) of patients	
	PROAIR RESPICLICK 180 mcg QID N=93	Placebo N=92
Nasopharyngitis	2 (2%)	1 (1%)
Oropharyngeal pain	2 (2%)	1 (1%)
Vomiting	3 (3%)	1 (1%)

##### 6.2 Postmarketing Experience

In addition to the adverse reactions reported from clinical trials with PROAIR RESPICLICK, the following adverse events have been reported during use of other inhaled albuterol sulfate products: Urticaria, angioedema, rash, bronchospasm, hoarseness, oropharyngeal edema, and arrhythmias (including atrial fibrillation, supraventricular tachycardia, extrasystoles), rare cases of aggravated bronchospasm, lack of efficacy, asthma exacerbation (potentially fatal), muscle cramps, and various oropharyngeal side-effects such as throat irritation, altered taste, glossitis, tongue ulceration, and gagging. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

In addition, albuterol, like other sympathomimetic agents, can cause adverse reactions such as: angina, hypertension or hypotension, palpitations, central nervous system stimulation, insomnia, headache, nervousness, tremor, muscle cramps, drying or irritation of the oropharynx, hypokalemia, hyperglycemia, and metabolic acidosis.

##### 7 DRUG INTERACTIONS

Other short-acting sympathomimetic bronchodilators should not be used concomitantly with PROAIR RESPICLICK. If additional adrenergic drugs are to be administered by any route, they should be used with caution to avoid deleterious cardiovascular effects.

now commonly used to bridge recipients to LT, and reported outcomes show great promise. Indeed, there is even a growing interest in combining ECS with the ex vivo reconditioning of lungs in a further attempt to broaden the donor pool.

This newly developing paradigm constitutes a confluence of contem-



DR. HAYANGA



DR. SHIGEMURA

porary technologies that should allow more marginal or previously unacceptable donor lungs to be procured and also for the use of cardiopulmonary support to bridge sicker recipients safely. As with most technologies, the prerequisite capital outlay, training, and logistical resources will be required to allow for the acquisition of skill and

safety. Furthermore, these trends will likely stimulate development of standards and guidelines to ensure a continuing quest for excellence.

The ongoing use of ECS in transplantation has a ripple effect that may prompt its use in other clinical scenarios, such as a rescue therapy in acute exacerbations of COPD, an alternative to mechanical ventilation following complex thoracic pulmonary or esophageal resections, and in cases of unexpected intraoperative cardiopulmonary collapse. One thing remains likely, however, ECS is here to stay.

Jeremiah Hayanga, MD  
Steering Committee Member  
Norihisa Shigemura, MD  
Steering Committee Member

## Women's Health

### Exposure of adolescents to electronic cigarettes: still a cause for alarm despite recent FDA ruling



DR. EFFEREN



DR. KAUR

Developed in 2003, electronic cigarettes (e-cigarettes) have been available in the United States since 2007. Between 2010 and 2013, adult use doubled. By 2013, the major tobacco companies had entered the market, and e-cigarettes were marketed widely (television, Internet, and print) as healthier alternatives to tobacco, useful for quitting smoking, and

a way to circumvent smoke-free laws by allowing smokers to “smoke

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### ProAir RespiClick® (albuterol sulfate) Inhalation Powder

#### 7.1 Beta-Blockers

Beta-adrenergic-receptor blocking agents not only block the pulmonary effect of beta-agonists, such as PROAIR RESPICLICK, but may produce severe bronchospasm in asthmatic patients. Therefore, patients with asthma should not normally be treated with beta-blockers. However, under certain circumstances, eg, as prophylaxis after myocardial infarction, there may be no acceptable alternatives to the use of beta-adrenergic-blocking agents in patients with asthma. In this setting, consider cardioselective beta-blockers, although they should be administered with caution.

#### 7.2 Diuretics

The ECG changes and/or hypokalemia which may result from the administration of non-potassium sparing diuretics (such as loop or thiazide diuretics) can be acutely worsened by beta-agonists, especially when the recommended dose of the beta-agonist is exceeded. Although the clinical significance of these effects is not known, caution is advised in the coadministration of beta-agonists with non-potassium sparing diuretics. Consider monitoring potassium levels.

#### 7.3 Digoxin

Mean decreases of 16% and 22% in serum digoxin levels were demonstrated after single dose intravenous and oral administration of albuterol, respectively, to normal volunteers who had received digoxin for 10 days. The clinical significance of these findings for patients with obstructive airway disease who are receiving albuterol and digoxin on a chronic basis is unclear. Nevertheless, it would be prudent to carefully evaluate the serum digoxin levels in patients who are currently receiving digoxin and PROAIR RESPICLICK.

#### 7.4 Monoamine Oxidase Inhibitors or Tricyclic Antidepressants

PROAIR RESPICLICK should be administered with extreme caution to patients being treated with monoamine oxidase inhibitors or tricyclic antidepressants, or within 2 weeks of discontinuation of such agents, because the action of albuterol on the cardiovascular system may be potentiated. Consider alternative therapy in patients taking MAO inhibitors or tricyclic antidepressants.

### 8 USE IN SPECIFIC POPULATIONS

#### 8.1 Pregnancy

##### Risk Summary

There are no randomized clinical studies of use of albuterol during pregnancy. Available data from published epidemiological studies and postmarketing case reports of pregnancy outcomes following inhaled albuterol use do not consistently demonstrate a risk of major birth defects or miscarriage. There are clinical considerations with use of albuterol in pregnant women [see *Clinical Considerations*]. In animal reproduction studies, when albuterol sulfate was administered subcutaneously to pregnant mice there was evidence of cleft palate at less than and up to 9 times the maximum recommended human daily inhalation dose (MRHDID) [see *Data*].

The estimated background risk of major birth defects and miscarriage for the indicated population(s) are unknown. In the U.S. general population, the estimated risk of major birth defects and miscarriage in clinically recognized pregnancies is 2 to 4% and 15 to 20%, respectively.

##### Clinical Considerations

##### Disease-Associated Maternal and/or Embryo/Fetal Risk

In women with poorly or moderately controlled asthma, there is an increased risk of preeclampsia in the mother and prematurity, low birth weight, and small for gestational age in the neonate. Pregnant women should be closely monitored and medication adjusted as necessary to maintain optimal control.

##### Labor or Delivery

Because of the potential for beta-agonist interference with uterine contractility, use of PROAIR RESPICLICK for relief of bronchospasm during labor should be restricted to those patients in whom the benefits clearly outweigh the risk. PROAIR RESPICLICK has not been approved for the management of pre-term labor. Serious adverse reactions, including pulmonary edema, have been reported during or following treatment of premature labor with beta<sub>2</sub>-agonists, including albuterol.

##### Data

##### Animal Data

In a mouse reproduction study, subcutaneously administered albuterol sulfate produced cleft palate formation in 5 of 111 (4.5%) fetuses at an exposure nine-tenths the maximum recommended human dose (MRHDID) for adults (on a mg/m<sup>2</sup> basis at a maternal dose of 0.25 mg/kg) and in 10 of 108 (9.3%) fetuses at approximately 9 times the MRHDID (on a mg/m<sup>2</sup> basis at a maternal dose of 2.5 mg/kg). Similar effects were not observed at approximately one-eleventh the MRHDID for adults (on a mg/m<sup>2</sup> basis at a maternal dose of 0.025 mg/kg). Cleft palate also occurred in 22 of 72 (30.5%) fetuses from females treated subcutaneously with isoproterenol (positive control).

In a rabbit reproduction study, orally administered albuterol sulfate induced cranioschisis in 7 of 19 fetuses (37%) at approximately 750 times the MRHDID (on a mg/m<sup>2</sup> basis at a maternal dose of 50 mg/kg).

In a rat reproduction study, an albuterol sulfate/HFA-134a formulation administered by inhalation did not produce any teratogenic effects at exposures approximately 80 times the MRHDID (on a mg/m<sup>2</sup> basis at a maternal dose of 10.5 mg/kg).

A study in which pregnant rats were dosed with radiolabeled albuterol sulfate demonstrated that drug-related material is transferred from the maternal circulation to the fetus.

### ProAir RespiClick® (albuterol sulfate) Inhalation Powder

#### 8.2 Lactation

##### Risk Summary

There are no available data on the presence of albuterol in human milk, the effects on the breastfed child, or the effects on milk production. However, plasma levels of albuterol after inhaled therapeutic doses are low in humans, and if present in breast milk, albuterol has a low oral bioavailability [see *Clinical Pharmacology* (12.3)].

The developmental and health benefits of breastfeeding should be considered along with the mother's clinical need for albuterol and any potential adverse effects on the breastfed child from albuterol or from the underlying maternal condition.

#### 8.4 Pediatric Use

The safety and effectiveness of PROAIR RESPICLICK for the treatment or prevention of bronchospasm in children 12 to 17 years of age and older with reversible obstructive airway disease is based on two 12-week clinical trials in 318 patients 12 years of age and older with asthma comparing doses of 180 mcg four times daily with placebo, one long-term safety study in children 12 years of age and older, and one single-dose crossover study comparing doses of 90 and 180 mcg with albuterol sulfate inhalation aerosol (ProAir® HFA) in 71 patients [see *Clinical Studies* (14.1)]. The safety and effectiveness of PROAIR RESPICLICK for treatment of exercise-induced bronchospasm in children 12 years of age and older is based on one single-dose crossover study in 38 patients age 16 and older with exercise-induced bronchospasm comparing doses of 180 mcg with placebo [see *Clinical Studies* (14.2)]. The safety profile for patients ages 12 to 17 was consistent with the overall safety profile seen in these studies.

The safety of PROAIR RESPICLICK in children 4 to 11 years of age is based on two single-dose, controlled, crossover studies: one with 61 patients comparing doses of 90 and 180 mcg with matched placebo and albuterol HFA MDI and one with 15 patients comparing a dose of 180 mcg with matched albuterol HFA MDI; and one 3-week clinical trial in 185 patients 4 to 11 years of age with asthma comparing a dose of 180 mcg four times daily with matched albuterol HFA MDI. The effectiveness of PROAIR RESPICLICK in children 4 to 11 years with exercise-induced bronchospasm is extrapolated from clinical trials in patients 12 years of age and older with asthma and exercise-induced bronchospasm, based on data from a single-dose study comparing the bronchodilatory effect of PROAIR RESPICLICK 90 mcg and 180 mcg with placebo in 61 patients with asthma, and data from a 3-week clinical trial in 185 asthmatic children 4 to 11 years of age comparing a dose of 180 mcg albuterol 4 times daily with placebo [see *Clinical Studies* (14.1)].

The safety and effectiveness of PROAIR RESPICLICK in pediatric patients below the age of 4 years have not been established.

#### 8.5 Geriatric Use

Clinical studies of PROAIR RESPICLICK did not include sufficient numbers of patients aged 65 and over to determine whether they respond differently from younger patients. Other reported clinical experience has not identified differences in responses between elderly and younger patients. In general, dose selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy [see *Warnings and Precautions* (5.4, 5.7)].

All beta<sub>2</sub>-adrenergic agonists, including albuterol, are known to be substantially excreted by the kidney, and the risk of toxic reactions may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function.

### 10 OVERDOSAGE

The expected symptoms with overdosage are those of excessive beta-adrenergic stimulation and/or occurrence or exaggeration of any of the symptoms listed under ADVERSE REACTIONS, eg, seizures, angina, hypertension or hypotension, tachycardia with rates up to 200 beats per minute, arrhythmias, nervousness, headache, tremor, dry mouth, palpitation, nausea, dizziness, fatigue, malaise, and insomnia.

Hypokalemia may also occur. As with all sympathomimetic medications, cardiac arrest and even death may be associated with abuse of PROAIR RESPICLICK.

Treatment consists of discontinuation of PROAIR RESPICLICK together with appropriate symptomatic therapy. The judicious use of a cardioselective beta-receptor blocker may be considered, bearing in mind that such medication can produce bronchospasm. There is insufficient evidence to determine if dialysis is beneficial for overdosage of PROAIR RESPICLICK.



Marketed by: Teva Respiratory, LLC, Horsham, PA 19044

Manufactured by: Teva Pharmaceutical Industries Ltd., Jerusalem, Israel

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PRS-40633 05/16

This brief summary is based on the ProAir RespiClick full prescribing information dated April 2016.

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Continued from page 33

anywhere” (Grana et al. *Circulation*. 2014;129[19]:1972).

For adolescents, e-cigarette use tripled between 2013 and 2014, from 4.5% (660,000) to 13.4% (2 million) for high school students and from 1.1% (120,000) to 3.9% (450,000) for middle school students (CDC Press Release.

### ENDS as a smoking cessation tool, a “safer” alternative to combustible tobacco, is much debated.

<http://www.cdc.gov/media/releases/2015/p0416-e-cigarette-use.html>.

Teenage experimentation, in conjunction with susceptibility to brain-modifying effects of nicotine, places this population at risk for life-long nicotine addiction. Teenagers who use e-cigarettes are more likely to become regular cigarette smokers than nonusers (Dutra et al. *JAMA Pediatr*. 2014;168[7]:610;Levanthal et al. *JAMA*. 2015;314[7]:700).

Local and state municipalities have enacted legislation, adding e-cigarettes and other electronic nicotine

delivery systems (ENDS) to existing tobacco regulations.

On May 5, 2016, a long-anticipated ruling from the FDA extended oversight to include all tobacco products, including e-cigarettes and hookahs, allowing the agency to address public health concerns, such as youth access.

However, a key provision of the new tobacco “deeming” rules was subsequently removed less than a month later – one that would have removed flavored e-cigarettes, cigars, hookahs, and other flavored tobacco products from the market in November pending review by the Food and Drug Administration (Boyles. *MedPage Today*. [medpagetoday.com/pulmonology/smoking/58274](http://medpagetoday.com/pulmonology/smoking/58274)).

ENDS as a smoking cessation tool, a “safer” alternative to combustible tobacco, is much debated (Green et al. *N Engl J Med*. 2016;374[14]:1301).

There is accumulating evidence of its in vivo and in vitro toxicity (Bhatnagar et al. *Circulation*. 2014;130[16]:1418; Gibbs et al. *Chest*. 2016;149[2]:552).

Studies have shown that the varied concentration and flavorings used are cytotoxic to human embryonic stem cells as well as mice neural stem cells (Bahl et al. *Reprod Toxicol*. 2012[4];34:529) and that exposure to propylene glycol and glycerin, main

base ingredients in e-liquids, can result in eye and respiratory irritation (Grana et al. *Circulation*. 2014;129[19]:1972).

Additionally, current evidence does not support e-cigarettes for smoking cessation (Grana et al. *Circulation*. 2014;129[19]:1972).

The accumulating evidence of adverse effects and the increased use in

adolescents underscores the need for stricter regulations by the FDA in order to prevent renormalization of the smoking behavior and to protect public health. The rollout of the FDA’s ruling will warrant ongoing evaluation.

Linda S. Efferen, MD, MBA  
Consultant

Amanpreet Kaur, MD  
Steering Committee Member

## MOC 10-year assessment

The American Board of Internal Medicine (ABIM) has responded to physicians’ and other stakeholders’ input regarding the Maintenance of Certification (MOC) 10-year assessment and will begin offering an alternate option in January 2018.

The new option will include shorter assessments taken more frequently that will be able to be completed from a physician’s office or home. These shorter assessments will identify knowledge gaps, so physicians can tailor their continuing education in order to stay current in knowledge and practice. Successful performance on the shorter assessments will allow physicians to opt out of the longer 10-year exam.

The program will be piloted for In-

ternal Medicine and select subspecialties and, based on feedback, will be extended to additional subspecialties at a later date.

Physicians whose certifications expire prior to the new assessment option becoming available will need to pass the current exam in order to maintain certification but then will not need to take another assessment for 10 years.

ABIM’s full announcement can be viewed at [abim.org/news/abim-announces-plans-to-offer-physicians-moc-assessment-options-in-january-2018.aspx](http://abim.org/news/abim-announces-plans-to-offer-physicians-moc-assessment-options-in-january-2018.aspx).

Any questions regarding this development should be directed to the ABIM by visiting [www.abim.org/contact](http://www.abim.org/contact).




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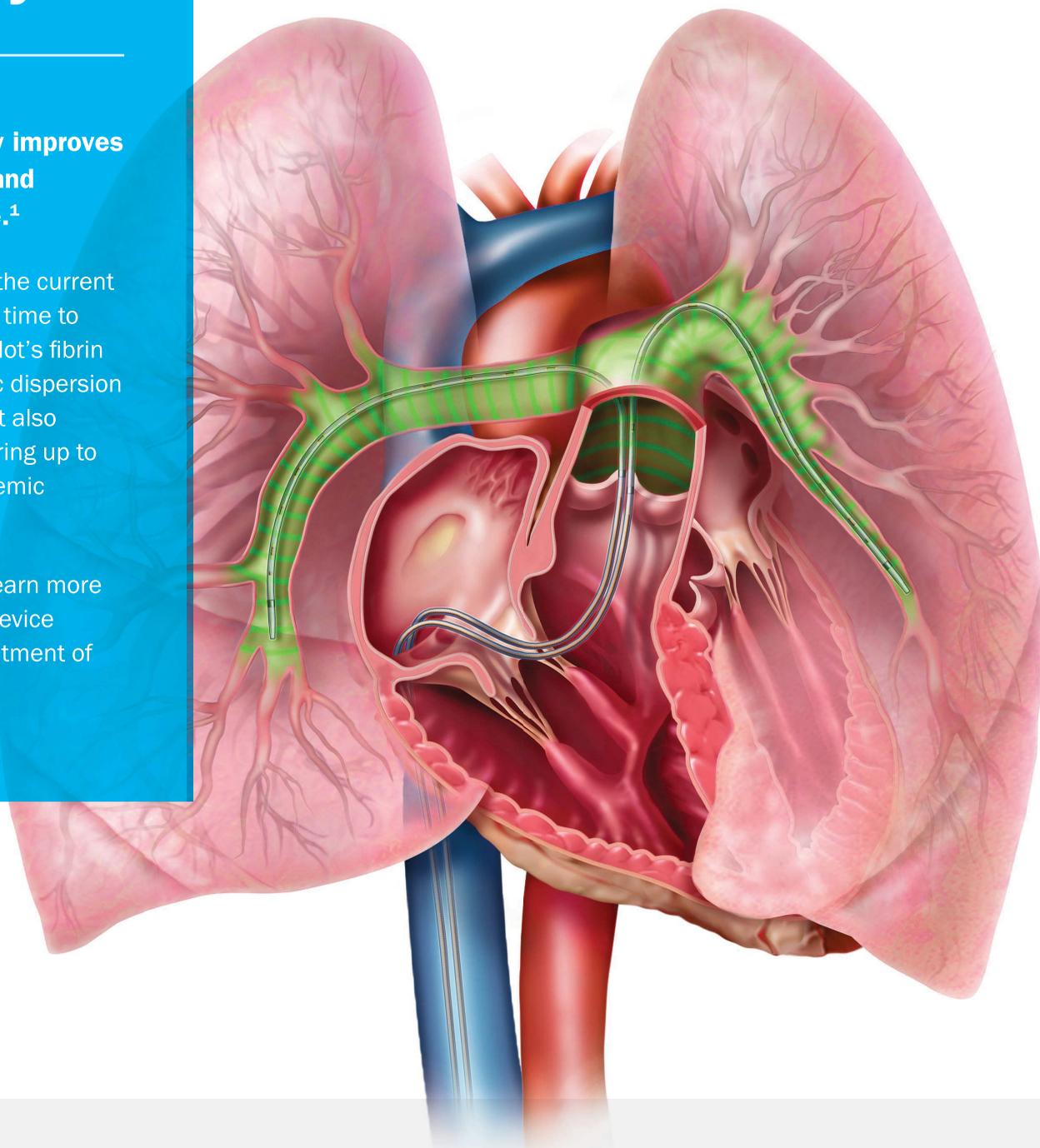
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<sup>2</sup> Braaten, J et al., *Thromb Haemost* 1997;78:1063-8; Francis, C et al. *Ultrasound in Medicine and Biology* 1995; 21(3):419-424; Soltani, A et al., *Physics in Medicine and Biology* 2008; 53:6837-6847

<sup>3</sup> Kucher, N., et al., *Circulation*, Vol. 129, No. 4, 2014, 479-486.

<sup>4</sup> Piazza, G., et al., *American College of Cardiology 63rd Annual Scientific Session, Wash D.C., March 30, 2014.*

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