

Leveraging Partners for a DTx Clinical Trial



Digital therapeutics deliver evidence-based therapeutic interventions to patients to prevent, manage, or treat a medical disorder or disease.

All DTx products must adhere to industry adopted core principles, including undergoing adequate and well-controlled clinical investigations that establish the product as safe and effective. Products must also conduct ongoing analysis to ensure continued safety and effectiveness.

To have success in these clinical investigations, a digital therapeutics company may benefit from establishing a strategic partnership with a health-system or hospital to support patient recruitment goals, system-wide integration of a new intervention, and the reporting and analysis of outcomes.

Partnerships to Demonstrate Outcomes

Propeller, a DTA member company, partnered with Dignity Health, one of the nation's leading health systems, to carry out a clinical trial that evaluated the ability of its digital therapeutic product to improve patient outcomes.

The environment provided by Dignity Health allowed for the direct implementation, testing, and evaluation of Propeller's DTx product in a real-world environment, including pediatrics and adults.

The clinical trial that resulted from this partnership demonstrated the Propeller's ability to be successfully incorporated into routine clinical practice, while simultaneously improving patient health outcomes and doing so in an ethical and safe way. Investigators from Dignity Health and Propeller have published results from the clinical trial in several academic journals.

Outcomes from this study include:

- Asthma-related emergency room visits decreased by 54 percent compared to the prior year.
- Combined asthma-related emergency room visits and hospitalizations decreased by 57 percent compared to the previous year.
- Digital therapeutics effectively changed the way clinicians practice medicine and enabled increased collaboration with patients in their care and treatment.
- Doctors were provided with objective data on patients' medication use and were better positioned to help patients manage their disease and keep them out of the hospital.

Why is this important?

Without having conducted a randomized control trial that compared Propeller's digital therapeutic product to the typical approaches in healthcare for asthma control and management, Propeller would not have fully understood the impact its product has on reducing emergency room visits or its affects on clinician practice. These findings complemented previously-completed studies that were conducted with the same product.

For more information about Propeller Health, visit www.dtxalliance.org/productpropeller

Case study provided on behalf of Propeller Health