

## Office of Research

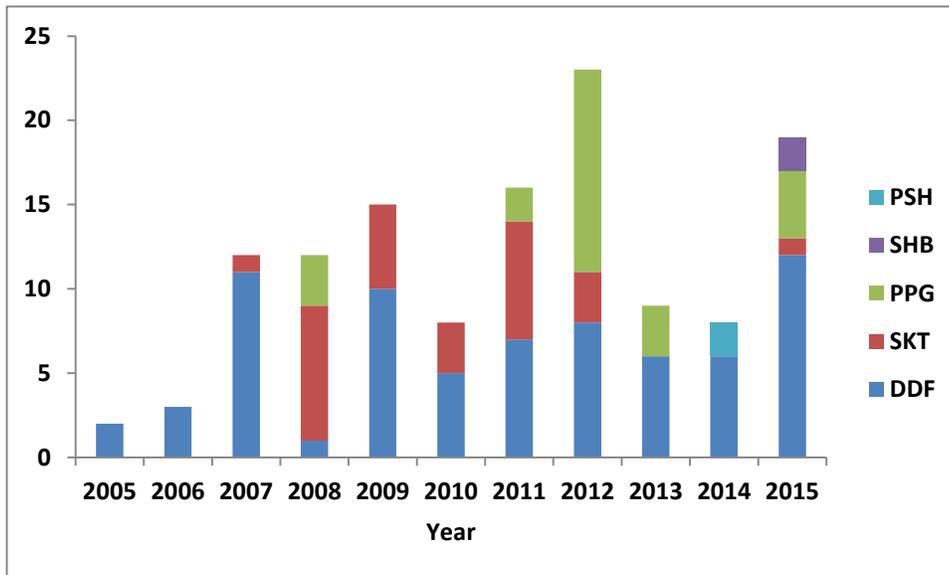
Strong research capabilities and an academic environment have been a priority for Max Healthcare. With an aim to promote scientific discovery, innovation and disease management – Clinical Directorate has established an Office of Research. The office has dedicated personnel to support clinicians who want to conduct research or clinical trials in terms of operational support, admin support and statistician facilities.

### Areas of research being pursued by Max

MHC has built a strong foundation in managing several sponsored clinical trials, collaborative research and Investigator Initiated trials/ studies in all major therapeutic areas such as Cardiology, Vascular Surgery, Nephrology, Radiology, IVF, Urology, Orthopedics, Oncology, Neurology, Endocrinology, Intensive care, Internal medicine, Pulmonology, Psychiatry & Clinical Psychology, Clinical Data Analytics, Pathology, Anaesthesia, Minimal Access Metabolic and Bariatric Surgery, Physiotherapy and Emergency medicine covering the areas of drugs, devices and post marketing surveillance studies.

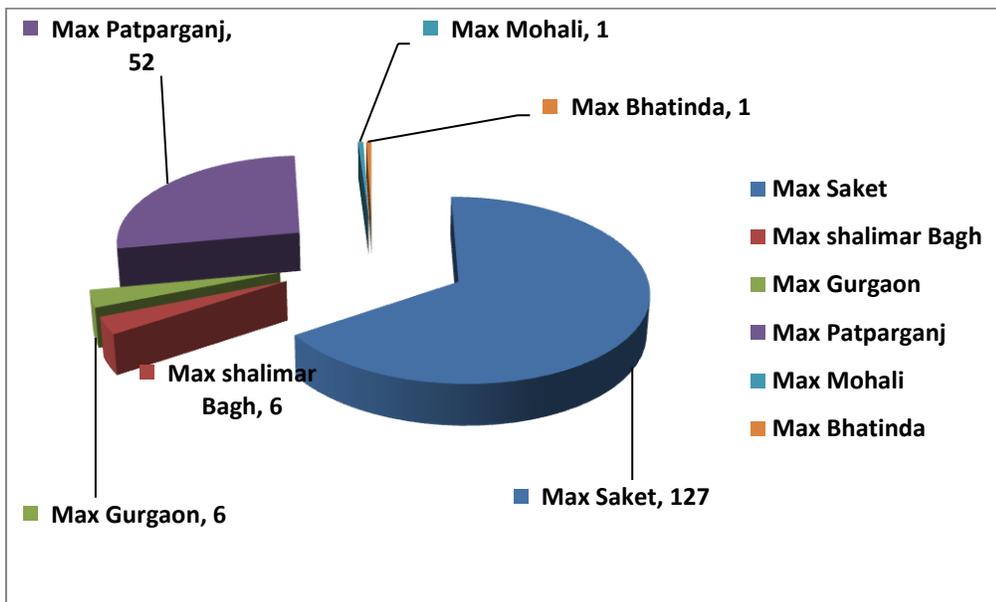
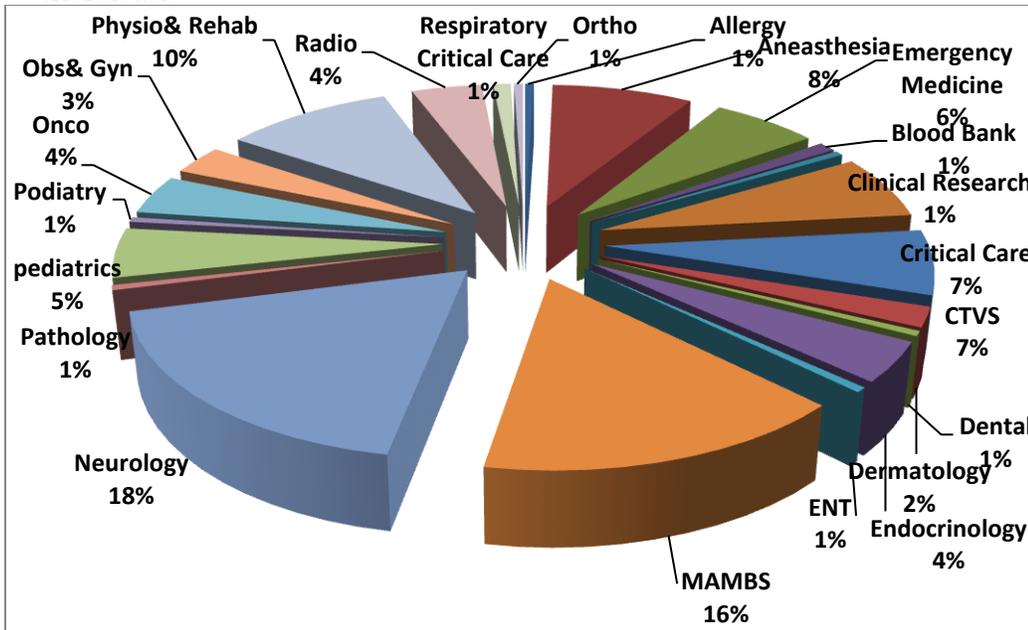
### Clinical Trials and Research Studies

Till date, **more than 127 sponsored clinical trials** have been initiated. 100 have been successfully closed and currently the company is engaged in 27 ongoing clinical trials. In 2015, through its various hospitals, **MHC has initiated 19 research studies** including intra mural research, investigator initiated, and collaborative studies with other research institutions.



### Publications

**In the last 5 years MHC clinicians have published 193 papers and posters.** In the year 2015 **38** publications have been done by researchers in MHC. (List of all the publications in last five years is attached in the appendix).



### Collaboration with Imperial College (UK)

The aim is to develop world-class research collaborations between MHC-DDF and Imperial College, which addresses major unmet clinical needs common to India and the UK, using cutting edge technology. Currently one project is ongoing in genetics i.e. **Max Genetic study**. DDF has successfully completed another study on genetics (Epi-Migrant study) under **FP7 programme by European Commission**. Through this collaboration one another study on prevention of type 2 diabetes among South Asians is going on in DDF under **“EU Framework Programme for Research and Innovation Horizon 2020”**.

## **Clinical Trials and Research Studies at Various Units**

### **Max Super Specialty Hospital, Saket, New Delhi**

Max Saket having set of the clinical research programme in year 2005 has a wealth of experience in managing number of clinical trials, basic researches, academic thesis, intramural and extramural research in all major therapeutic categories including Oncology, Cardiology, Endocrinology, Intensive care Anesthesia, Physiotherapy, Emergency Medicine, MAMBS & Internal medicine covering the areas of drugs, devices, post marketing surveillance and epidemiological studies.

DDF is participant site for one of the first kind of prevention of Type 2 Diabetes study; European Union funded family based intervention to improve healthy lifestyle amongst South Asians with central obesity and prediabetes. The findings of this study will provide objective evidence to enable local and national experts and policy makers to scale up intervention in a sustainable way, and to translate and embed the findings from our research into clinical practice and policy, and thereby help reverse the epidemic of T2D amongst South Asians.

### **Max Super Specialty Hospital, Gurgaon**

The first Clinical Trial has been initiated under the department of IVF. IVF center Gurgaon is one of participating site for a multicenter study for Luteal Support in In-Vitro Fertilization. Under this study 25 subjects will be randomized for IVF procedure at Max site and all cost related to IVF procedure will be borne by the sponsor.

### **Max Super Specialty Hospital, Shalimar Bagh, New Delhi**

Cardiology Department initiated its first clinical trial project in the year 2014. Currently, expanding the clinical research programme in specialties like Oncology and critical care, and looking into possible opportunities in the other therapeutics area.

### **Max Super Specialty Hospital, Patparganj, New Delhi**

The clinical research programme was established in 2008 at Max Patparganj with oncology studies and then after it extended to Cardiology, Nephrology and Pulmonology etc. Oncology department –Max Patparganj is currently conducting 4 clinical trials and 3 are in plan for initiation.

### **Max Super Specialty Hospital, Panchsheel, New Delhi**

Department of Endocrinology-Max Panchsheel has been involved in clinical research since 2014 and currently we are searching for more possibilities in other department as well.

### **Max Super Specialty Hospital, Mohali & Max Super Specialty Hospital, Vaishali, New Delhi**

Both Max centers have been selected for prevention of Type 2 Diabetes (iHealth T2D) study by sponsors for upcoming clinical trials.

The newer hospitals incorporated in the Max healthcare group have been running clinical trials in the area of cardiology, nephrology, anaesthesia, critical care and are also looking into opportunities for clinical research studies both sponsored and funded by national and international agencies. Clinical Directorate plans to augment support to ongoing research studies at the new units and also use MHC's experience in initiating new studies.

## Committees

In view, of compliance as per the national & international guidelines for conduct of any kind of clinical research programs, like investigator initiated studies, trials, clinical trials, registries and in para medical, medical & non medical post graduates programs the respective facilities running the projects are overseen by scientific committee and ethics committees as per regulations by Government of India. The ethics committees of each facility running clinical trials have been registered to DCGI and constituted by ICH-GCP, Indian GCP, ICMR & D&C Act. For newer areas like stem cell research we have also established institutional committee for stem cell research under the national guideline for stem cell research in India. The Office of Research is instrumental in instituting these committees, running their operations and organizing their meetings.

## Benefits derived as a result of R & D

- **Professional Development:** Physician remain at the cutting edge of specific area of therapeutic interest; meet other clinical trial investigators to exchange ideas and plan future collaboration; and gain comfort in working with drugs and processes not as per standard approach. Access to promising new approaches often not available outside the clinical trial setting.
- **Professional Recognition:** Clinical trial investigators are often recognized as thought leaders within the professional community and may have the opportunity to become authors / co-authors of articles for publication. Clinical trial investigators can potentially bring breakthrough products to the market that could impact the health of people around the world.
- **Other potential benefits:**
  - ✓ Close monitoring of patient by research team of doctors and other health professionals.
  - ✓ Reduction of burden of disease
  - ✓ Improved Healthcare Delivery systems
  - ✓ New technology and updated medical system

## Future Plan of action

MHC will continue to focus on Research & Development activities. Following are the major milestones planned:

- To provide medical writing support to researchers
- To conduct training programs on various research areas such as medical writing and statistics through collaborations with the academic institutions in clinical research and renowned pharmaceutical companies to enhance the research skills of researchers.
- The ethics committee's of Max hospital at Bhatinda & Dehradun is in process for DCGI registration.
- Re-Registration of ethics committee of Max Hospital Vaishali
- As of now for the Year 2016 -2017, a total of 7 global clinical trials are in the pipeline which would be started after the requisite regulatory approvals.
- Introduction of research protocol studies in the area of stem cells by next year.