



WHITE PAPER

DISRUPTING STUDY START-UP

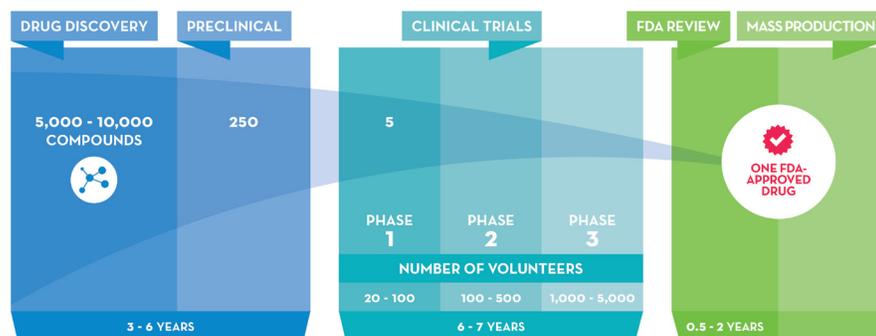
How Agile RTSM Software
Development Accelerates
the Clinical Trial Timeline

The Problem

In the midst of scientific breakthroughs, new therapies can still take up to 15 years to reach your medicine cabinet. This figure has not improved in the last 15–20 years. This is simply unacceptable. **We need to do better.**

FOR THOSE THAT DO MAKE IT THROUGH DEVELOPMENT, IT STILL TAKES UP TO 15 YEARS

THE STAGES OF DRUG DEVELOPMENT



Source: World Federation of Science Journalists

Why is that? We all know there are many challenges and bottlenecks in clinical trials from patient recruitment and retention, to lack of efficacy and safety, to reimbursement and affordability to the patient. What we really don't hear about as often is how the process of study start-up and delivering trials through enabling eClinical technology can by itself accelerate the clinical trial timeline.

According to a [June 2017 press release](#), the eClinical Solutions Market is estimated to reach \$7.61 Billion by 2020 at a CAGR of 12.4% in the forecast period (2017–2022), including CDMS, EDC, CTMS, eCOA, RTSM, eTMF, Safety, etc.

With the increase in dependence on eClinical solutions to support clinical trials, there is a direct impact on trial timelines based on the efficiency and quality of developing and implementing these systems. For example, for one clinical study a sponsor organization is reliant on upwards of six (in many cases more!) clinical systems (as referenced in the report above).

If each system had a few days delay because of UAT (user acceptance testing) findings including defects and quality issues, across six systems, the overall delays can be quite costly. More than 80% of clinical trials experience delays ranging on average from one to six months, costing companies upwards of \$35,000 per day per trial. Using that data from an [Applied Clinical Trials article](#), even a two-day delay across six clinical systems can cost companies upwards of \$420,000.

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Moving the Needle in Clinical Trials: A Case for Leveraging Agile Software Development in Clinical Trials

Agile software development is poised to enable a sea-change in the way clinical trial professionals currently leverage software to run their studies. This new wave of agile development in clinical trials can dramatically accelerate the study start-up process by disrupting the process for building systems, UAT, mid-stream adjustments and its direct impact on system quality.

This white paper offers insight into **“how.”**

What is Agile, Really?

Before we dive too far into “how”, it is important to understand what agile truly means and how this methodology came about.

According to Wikipedia, [the definition of agile software development](#) is a set of principles for software development under which requirements and solutions evolve through the collaborative effort of self-organizing [cross-functional teams](#). It advocates adaptive planning, evolutionary development, early delivery, and continuous improvement, and it encourages rapid and flexible response to change.

The concept of agile evolved from Just in Time (JIT) Manufacturing principles where your supply was released just in time for manufacturing thereby not wasting any product and still meeting production demands.

In 2001, this concept was adopted by a group of software/engineering pioneers to address the inefficiencies in the traditional waterfall approach. They subsequently published [The Agile Manifesto](#) outlining 12 principles of agile development. There are countless interpretations of these principles over the years and with that the creation of several agile methodologies including Scrum, Extreme Programming (XP), Crystal, Dynamic Systems Development Method (DSDM), Lean Development, etc. These are not meant to be followed verbatim, but more so offer guidelines to put the manifesto into practice.

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Applying Agile Development to Clinical Trials

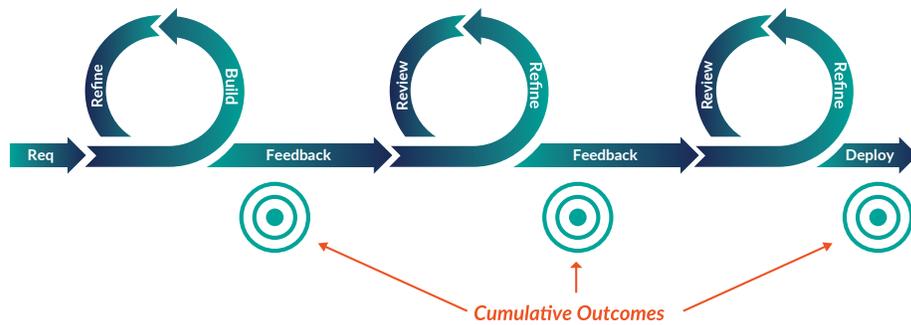
As the complexity of clinical trials increases, so does the need for flexibility to adapt to trial changes. The traditional method of developing clinical software, known as Waterfall, flows through several steps sequentially, without the opportunity for feedback or adjustments to be made during the process. Under this model, adjustments are only made at the conclusion of the entire cycle. This approach simply cannot adapt at the speed necessary to address changes and presents study teams with costly and lengthy change orders.

Agile is an iterative process, enabling early and continuous delivery of high-value software through incorporating consistent customer feedback into the development process. The key is to deliver the full system as fast as possible to the customer and capture customer feedback quickly to increase the speed of each iteration. As a result, changes become more frequent, smaller, less costly, easier.

Waterfall



Agile



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Increase Flexibility and Accelerate RTSM Adjustments – Enabled by 100% Configurability

According to [Tufts Center for the Study of Drug Development](#), “nearly half of all substantial amendments to clinical trials – most often undertaken to modify study volunteer demographics, eligibility criteria, and safety assessment activity – are deemed avoidable by sponsor organizations.”

Avoidable changes are typically minor in scope, however they have a major impact on trial timelines and cost.

For each amendment to a protocol, change orders may be required to adjust the RTSM functionality; protocol design changes impacting inclusion criteria, dosing and visit schedules are two common examples of protocol amendments that require a system change. Change orders historically can take weeks to be reflected in an RTSM system since they need to go through a similar waterfall approach of requirements, design, testing, development and validation; 2–3 weeks for simpler changes, up to 6 weeks for more complex. In addition to further delaying a study, change orders are costly to the customer.

Why is that? Let’s start by examining the difference between a configurable tool vs. a configurable product/system. Several current RTSM solutions utilize configurable tools.

The system is designed using this tool to adapt to the client’s needs which on the surface seems like a satisfactory solution. If we operated in an industry where what you needed on day one was exactly what you needed at day 10, 30, 90, etc., there would be no issue. However, in the pharmaceutical industry, clinical trials are anything but predictable, linear.

Limitations arise when these partially configurable systems need to be changed (from adding functionality to making small adjustments to the navigation) after they are built. If study design and sponsor needs doesn’t ‘fit’ into the pre-defined configurations, any changes needed are now customizations, versus configurations, which require custom coding, testing, etc., hence the waterfall approach mentioned above.

How does agile software development solve this problem? When the core product is developed using agile, the process for efficient implementation of small changes is optimized. As a result, it enables a fully configurable system that can adapt to current and evolving customer needs. For example, features currently not in the core product can be development based on the needs of clients in short, iterative, development sprints. It’s not custom coded for Client A, and only available for Client A. It is now part of the core product, available to all clients and configured by the RTSM provider for each.

In using agile development based on a modern development stack (similar to platforms used by Spotify, Facebook and Google), updates and enhancements are made frequently without disruption to the customer. Think about how many updates Facebook makes to their platform. Do you feel it as the end-consumer? That is the power of agile development. It enables the flexibility for quick responses to change requests and financial simplicity for customers. It enables clinical trial professionals to focus their efforts on millions of other tasks and not worry about that new feature that the RTSM doesn’t have or a report you forget to ask for.

Applying Agile Principles to RTSM Software Delivery

As discussed earlier in this paper, the principles of agile are based on software development methodologies. Core tenets behind the agile manifesto point to the importance of customer collaboration, interactions and response to change over processes, excessive documentation and following a plan. The next focus of this paper is to showcase how applying agile principles to the delivery of software can strengthen the vendor-customer relationship.

There is no doubt the pharmaceutical industry is heavily regulated. As a result, the industry can be risk-averse and have a tendency towards comprehensive, and typically duplicative, documentation to support those regulations. For a detailed view on how agile development enables higher quality systems, [please reference here](#).

With that in mind, over-documentation can lead to a culture of box-checking – having a list of things that must be done without a focus on what adds value, what adds to quality vs. what is unnecessary.

The other issue with box-checking is that the bio/pharmaceutical industry is constantly evolving. Clinical trial professionals must balance changing timelines, FPI dates and regulations. They receive new information, analyze and process that information, regroup their efforts and move forward – constantly. Simply following the original plan without adapting to new information ensures wasted resources.

This reality underscores why agile RTSM delivery is so critical. Agile RTSM delivery involves empowering the client services team to be problem solvers, not box-checkers. There is a goal in mind at the onset of a clinical trial, but inevitably as stated above there are changes. Client services teams need to adapt to the changes and still deliver on their commitments. For example, if a protocol changes the client services team advises the customer on how to RTSM systems must change to support it – they feel ownership and are accountable for the solution. The management of the change itself sets the tone of the vendor-customer relationship which builds trust through transparency and collaboration.

By delivering projects faster and more often, the lines of communication between vendor and sponsor, data transparency and overall system quality are strengthened. The customer continuously provides input to refine the system to better serve their business and leverage it as a competitive advantage. Conversely, the vendor continuously provides feedback during the build process in real-time thereby closing the iterative loops.

The power of agile is optimized when you combine agile software with a client services team that is empowered to solve unexpected issues. They become an extension of the sponsor's trial team.

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Conclusion

RTSM software developed with an agile methodology and built on a modern technology stack dramatically accelerates the study start-up process and mid-stream adjustments. Customers are able to see and interact with the system before approving specifications and changes can be made quickly, without impacting study progress.

Agile software development is not to be confused with simply being flexible in customer interactions. Systems developed using agile enable the application of its core principles to other areas beyond system development including transparency, speed and enhanced quality.

The use of agile software in clinical trials enables customers to streamline internal processes and spend time on other high-value activities critical to the success of their studies. For more information, please visit www.4gclinical.com.

Still have questions?
Contact us today to start a conversation.

Bringing crucial medicines to those who need them, *faster*.



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