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Clinical Pharmacology 1: Phase 1 Studies and Early Drug Development

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Objectives

- Outline the Phase 1 studies conducted to characterize the Clinical Pharmacology of a drug; describe important design elements of and the information gained from these studies.
- List the Clinical Pharmacology characteristics of an Ideal Drug
- Describe how the Clinical Pharmacology information from Phase 1 can help design Phase 2/3 trials
- Discuss the timing of Clinical Pharmacology studies during drug development, and provide examples of how the information generated could impact the overall clinical development plan and product labeling.
Phase 1 of Drug Development

Phase 1

- studies designed mainly to investigate the safety/tolerability (if possible, identify MTD), pharmacokinetics and pharmacodynamics of an investigational drug in humans
Clinical Pharmacology

- Study of the Pharmacokinetics (PK) and Pharmacodynamics (PD) of the drug in humans
  - PK: what the body does to the drug (Absorption, Distribution, Metabolism, Excretion)
  - PD: what the drug does to the body

- PK and PD profiles of the drug are influenced by physicochemical properties of the drug, product/formulation, administration route, patient’s intrinsic and extrinsic factors (e.g., organ dysfunction, diseases, concomitant medications, food)
The Ultimate Goal:
To determine the dose/dosing regimen that achieves target drug exposures in all relevant populations

- Maximum Cmax (for safety)
- Minimum AUC (for efficacy)
- Patients with hepatic impairment
- Genetic “rapid metabolizers”
How do we achieve the goal?

Clinical Pharmacology
- First-in-Human
- SAD and MAD PK Studies
- Healthy vs. Patient population
- ADME (Mass Balance)
- Specific Populations
  - Renal Impairment
  - Hepatic Impairment
  - Age, gender, etc.
  - Pediatrics
- Drug Interactions
- Population PK
- Biomarkers
- Pharmacogenomics
- Special Safety (e.g., TQTc study)

Exposure-response (PK/PD)
- Dose selection and optimization
- Efficacy vs. Safety
- Quantitative approaches
  - Clinical trial simulation
  - Disease models

Biopharmaceutics
- Bioavailability/Bioequivalence (BA/BE)
- Food Effect

In Vitro Studies
- Protein Binding
- Blood to Plasma Partitioning
- In vitro drug metabolism, transport and drug interactions

Bioanalytical Methods
- Assay Validation & Performance Reports

Biologics only
- Immunogenicity
- Comparability
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Single Dose/Multiple Dose Escalation Studies

- Typically the first-in-human study (or studies)
- Randomized, placebo-controlled, healthy volunteers (or patients, in certain cases)
- Starting dose determined by preclinical toxicology studies
- Information gained:
  - Safety/tolerability, identify maximum tolerated dose (MTD)
  - General PK characteristics, variability, linearity/proportionality
  - Steady-state parameters (accumulation, time-dependency)
  - Preliminary exploration of drug elimination (urine PK, metabolite identification)
ADME (i.e. Mass Balance) Study*

- Objective: To understand the full clearance mechanisms of the drug and its metabolites in humans
- Typically single dose, healthy males (n=4-6), at intended route of administration
- Radio-labeled ($^{14}$C) drug molecule
- Measure concentrations of parent and metabolite(s) and determine amt of radioactivity in plasma, urine, feces
- Information gained:
  - Primary mechanism(s) of elimination and excretion from the body
  - Proportion of parent drug converted to metabolite(s)

* Not usually done with high MW therapeutic proteins
BA/BE Studies

- **Objective:** To evaluate the rate (Cmax, Tmax) and extent (AUC) of absorption of drug from a test formulation (vs. reference formulation)
- **BA:** Typically, crossover, single dose (if linear PK) study in healthy subjects; measure blood/plasma conc. of parent drug and major active metabolites for $\geq 3$ t½
- **BE:** Crossover study in fasted healthy subjects given single doses of test & reference products administered at same molar doses; measure blood/plasma conc. of parent drug only
- “Pivotal” BE study required to bridge the to-be-marketed formulation (test) to that used in Phase 3 clinical trials (reference)
- **BE acceptance criteria:** 90% CI of test/reference Cmax & AUC ratios within 80-125%
- **Information gained:**
  - Relative BA, Absolute BA of drug from a formulation
  - BE (no significant difference in BA) of test vs. reference
**Food Effect Study**

- **Objective:** To evaluate the effect of food on rate and extent of drug absorption from a given formulation
- **Single dose, crossover, two-treatment (fed vs fasted), two-period, two-sequence study in healthy subjects (n ≥ 12 with data); use highest strength of drug product; fed: FDA high-fat high-calorie meal**
- **PK assessments similar to BA study**
- **No food-effect if 90% CI of fed/fasted Cmax and AUC ratios within 80-125%. The clinical significance of any observed food effect could be determined based on drug’s exposure-response profile.**
- **Information gained:**
  - effect of food on the BA of oral drugs
  - Labeling instructions on whether to administer drug on empty stomach or without regard to meals

* Not usually done with therapeutic proteins
## Renal Impairment Study Decision Tree

1. **Investigational Agent**
   - Chronic & Systemic; Likely use in renal impairment
   - Study recommended
     - Non-renal predominates
       - Reduced PK study (N vs ESRD pts not on dialysis)
         - Negative results
           - No dose adjustment
         - Positive results
           - Full PK
             - Negative results
               - No dose adjustment
             - Positive results
               - Dose adjustment
     - Renal CL predominates
       - Full PK
         - Negative results
           - No dose adjustment
         - Positive results
           - Dose adjustment
   - Single-use, Inhalation, Or unlikely use in renal Impairment, Mab
     - No study recommended

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1. **Metabolites (active/toxic) - same decision tree**
2. **Includes cytokines or cytokine modulators with MW <69 kDa**
3. **Option to do either full or reduced study or Pop PK Analysis of Ph 2/3 data**
4. **>50% increase in AUC; < for Narrow TI drugs**
Renal Impairment Study

Full Study Design

• Single dose (if linear & time independent PK), parallel groups, “healthy” males and females with varying degrees of renal function (≥6 per group)
• Calculate CrCl via Cockcroft-Gault; eGFR via MDRD
• Stratification (based on CrCl): Normal (≥90 mL/min), Mild (60-89 mL/min), Moderate (30-59 mL/min) and Severe Impairment (15-29 mL/min), ESRD (<15 mL/min) dialysis and non-dialysis
• Information gained:
  – Effect of renal impairment on drug clearance; dosage recommendations for various stages of renal impairment
  – Effect of hemodialysis (HD) on drug exposure; info on whether dialysis could be used as treatment for drug overdosage
Hepatic Impairment Study Decision Tree

Investigational Agent

Chronic, Systemic Drug, Use Likely in Hepatically impaired

- >20% of absorbed drug eliminated by liver (wide TI); <20% if Narrow TI drug; % eliminated by liver unknown

Study Recommended

- Full Study (Normal vs. Child-Pugh A, B, C)
- Population PK (if patients included in Ph 2/3 trials)

- Reduced Study (Normal vs. Child Pugh B)
  - Positive Results for Child-Pugh B: Dose Reduction; Use with caution in Child-Pugh-C
  - Negative Results for Child-Pugh B: No dosage Adjustment for Child-Pugh A & B

Single-Use, Inhalational
<20% absorbed drug eliminated by liver (wide TI drug); eliminated entirely by kidneys

No Study Recommended

Label Accordingly
Hepatic Impairment Study

- Study Designs:
  1. Full Study: Single dose (if linear & time-independent PK), parallel groups, males & females with varying degrees of hepatic impairment (≥6 per group)
     - Normal Hepatic Function (matched for age, gender & BW to subjects with hepatic impairment)
     - Child-Pugh Class A (Mild)
     - Child-Pugh Class B (Moderate)
     - Child-Pugh Class C (Severe)
  2. Reduced Study: Normal vs. Child-Pugh B (Moderate) (≥8 per group)
  3. Pop-PK approach

- If drug is metabolized by enzyme with genetic polymorphisms (e.g. CYP2C19, CYP2D6), genotype status of subjects should be assessed and considered during PK data analysis.

- Information gained:
  - Effect of hepatic impairment on PK of parent drug and metabolites
  - Dosage recommendations for various stages of hepatic impairment
Drug Interaction Studies
Decision Tree for CYP450

In vitro metabolism studies
CYPs 1A2, 2B6, 2C8, 2C9, 2C19, 2D6, and 3A

NME is not a substrate, or is a substrate, but pathway is minor
- Label accordingly

NME is a substrate and contribution to elimination is major or is unclear
- Conduct in vivo studies with most potent inhibitor(s) & inducer(s)

Significant Interaction?
- Yes
  - Study other inhibitor(s) or inducer(s) based on likely clinical use
  - Dosage Adjustment Needed?
    - Yes
    - No

- No
  - No further studies needed
  - Label accordingly

NME is an inducer or inhibitor or no in vitro data
- Conduct in vivo studies with most sensitive substrate(s)

Presence of Interaction?
- Yes
  - Study with other substrates based on likely co-administration
  - Dosage Adjustment Needed?
    - Yes
    - No

- No
  - No further studies needed
  - Label accordingly

NME not an inducer or an inhibitor (at clinically relevant conc.)
- Label accordingly
Drug Interaction Studies

- Objective: To evaluate potential of investigational drug as an inhibitor/inducer (I) and substrate (S) of certain metabolizing enzymes/transporters
- Preferably crossover design (parallel - if long t½ drug); healthy subjects (or patients for safety considerations or if desirable to evaluate PD endpoints)
- The choice of doses/dosing intervals/dosage forms of substrate and inhibitor/inducer, routes & timing of co-administration, number of doses should maximize possibility of finding an interaction and mimic the clinical setting, with due consideration for safety of study population.
- Degree of effect (inhibition/induction) is typically classified by change in the substrate AUC:
  - e.g., Drug causes ≥ 5-fold increase in midazolam AUC → “potent” inhibitor of CYP3A4
- Exposure-response information on the drug is important in assessing the clinical significance of the change in AUC of substrate by inhibitor/inducer.
Thorough QT Study (TQT)

- In vivo safety study required for all systemically available NMEs (regardless of in vitro or non-clinical findings)
- Objective: To identify drugs that prolong QT (95% CI upper bound ≥ 10 ms) that need a more thorough ECG monitoring in pivotal trials; TQT study conducted prior to Phase 3 trials
- Usually, single dose study in healthy subjects; evaluate therapeutic and “supratherapeutic” doses of drug versus positive control (e.g., moxifloxacin)
- ICH Guidelines, E14: The Clinical Evaluation of QT/QTc Interval Prolongation and Proarrhythmic Potential for Non-Antiarrhythmic Drugs
  - Recommendations for design, conduct, analysis, and interpretation of clinical studies
Desirable Clinical Pharmacology
Properties of a Drug

• ABSORPTION:
  – High absolute bioavailability with low variability
  – Exhibits linear PK over therapeutic dose range, i.e. dose-proportional increases in Cmax, AUC
    • Single-dose study design sufficient: BA, PK in renal impairment, hepatic impairment & DDI
  – AUC, Cmax not significantly affected by concomitant food, pH-altering medications, grapefruit, alcohol, etc.
  – BCS Class I (high solubility + high permeability)
    • can qualify for biowaiver of future additional BA/BE studies
Desirable Clinical Pharmacology Properties of a Drug

**DISTRIBUTION:**
- Reaches the target site(s) of action immediately and at effective/nontoxic concentrations; doesn’t accumulate in non-target organs
  - Local (targeted) application advantageous over systemic administration
- Not significantly (>80 to >95%) bound to plasma proteins; extent of PB not concentration- and time-dependent
  - only free or unbound drug is active
  - less prone to DDI with highly-protein drugs (e.g., warfarin)
  - may require that plasma samples be assayed for the free drug (e.g., in PK studies in renal and hepatic impairment)
Desirable Clinical Pharmacology Properties of a Drug

• METABOLISM/EXCRETION:
  – Not extensively metabolized or not exclusively metabolized by a CYP450 enzyme
    • CL less likely to be affected by hepatic impairment and/or concomitant administration of other drugs that affect one or more metabolizing enzymes
  – Not metabolized by polymorphic enzymes (e.g., CYPs 2D6, 2C19, 2C9, NAT2)
    • does not require genotyping in PK and other clinical studies
  – CL not highly variable depending on ‘covariates’ as age, race, gender, disease/comorbidities
  – CL not time-dependent (e.g., metabolic auto-induction, diurnal variation)
    • may require longer duration of studies for PK profiling
Desirable Clinical Pharmacology Properties of a Drug

- OTHERS:
  - Not a Narrow Therapeutic Index Drug
    - slight changes in drug exposure less likely to impact efficacy/safety
    - less likely to require therapeutic drug monitoring in clinical trials and clinical practice to minimize toxicities and lack of efficacy
  - Does not prolong the QT interval
    - less likely to have TdP risk
  - Not a significant inhibitor or inducer of CYP3A, P-gp, etc.
    - less likely to have DDI with concomitantly administered drugs
  - Does not trigger formation of neutralizing anti-drug antibodies or organ-damaging immune complexes (immunogenicity)
PK Parameters and Design of Phase 2/3 Trials

Parent Drug and Active Metabolites:

- $T_{\text{max}}$
  - represent the most appropriate time(s) to perform safety assessments (e.g., vital signs, ECG, other immediate PD effects)

- $t_{\text{1/2}}$
  - considered when determining dosage interval
  - related to time to steady state ($t_{ss}$) after dose initiation or dose adjustment; considered in evaluating need for a loading dose
  - influences the duration of monitoring after dosing and follow-up after withdrawal of therapy
  - determines adequate washout period between treatments (in crossover studies)

- $C_{\text{max}}, C_{\text{min}}, AUC$
  - important for dose selection (viewed relative to MEC and MTC)
    eg. PK/PD parameters predicting efficacy of anti-infectives
PK and Drug Effect

- **Cmax**: Peak drug concentration
- **AUC**: Area Under the Curve
- **Tmax**: Time to reach maximum concentration
- **Cmin**: Minimum drug concentration
- **MEC**: Minimum Effective Concentration
- **MTC**: Maximum Tolerable Concentration
- **Duration of action**: Period over which the drug is effective
- **Intensity**: Magnitude of the drug effect
- **Therapeutic Window**: Range of drug concentrations that are effective without causing toxicity

(onset of effect) - **Tmax** (Peak effect) - **Time**
PK and Drug Effect EXAMPLE:
Anti-Infectives/Antivirals

PK/PD parameters predictive of antimicrobial efficacy:
1. Cmax/MIC
2. AUC/MIC
3. Time above MIC

PK/PD parameter predictive of antiviral efficacy:
1. Cmin/IC_{50}
Timing of Early and Clinical Pharmacology Studies

**Pre-Clinical**
- Assay Dev’t & Validation including stability
- Blood/Plasma ratio; Protein Binding
- In vitro metabolism/transport: substrate/inhibition/induction

**Clinical**
- Phase 1
  - SAD/MAD PK*
  - Food-effect
- Phase 2
  - PK & PD in patients
  - Exposure-Response Analyses
- Phase 3
  - “Pivotal” Bioequivalence
- NDA
  - In vivo DDI studies
  - PGx: CYP genotyping
  - PGx: Biomarkers of Response
  - Mass Balance
  - PK in Renal Impairment
  - PK in Hepatic Impairment
  - TQT
  - PK in Peds, Geriatrics, Pregnancy/Lactating
  - PK in Hepatic Impairment
  - TQT

**Phase 4**
Phase 1 Studies: Impact on Labeling

FULL PRESCRIBING INFORMATION:

1 INDICATIONS AND USAGE
2 DOSAGE AND ADMINISTRATION
3 DOSAGE FORMS AND STRENGTHS
4 CONTRAINDICATIONS
5 WARNINGS AND PRECAUTIONS
6 ADVERSE REACTIONS
7 DRUG INTERACTIONS
8 USE IN SPECIFIC POPULATIONS
   8.1 Pregnancy
   8.2 Labor and Delivery
   8.3 Nursing Mothers
   8.4 Pediatric Use
   8.5 Geriatric Use
9 DRUG ABUSE AND DEPENDENCE
   9.1 Controlled Substance
   9.2 Abuse
   9.3 Dependence
10 OVERDOSAGE
11 DESCRIPTION
12 CLINICAL PHARMACOLOGY
   12.1 Mechanism of Action
   12.2 Pharmacodynamics
   12.3 Pharmacokinetics
13 NONCLINICAL TOXICOLOGY
   13.1 Carcinogenesis, Mutagenesis, Impairment of Fertility
   13.2 Animal Toxicology and/or Pharmacology
14 CLINICAL STUDIES
15 REFERENCES
16 HOW SUPPLIED/STORAGE AND HANDLING
17 PATIENT COUNSELING INFORMATION
Clinical Pharmacology Guidance Documents

- Clinical Lactation Studies (2005*)
- Clinical Pharmacogenomics (2011*)
- General Considerations for Pediatric Pharmacokinetic Studies for Drugs and Biological Products (1998*)
- In Vivo Drug Metabolism/Drug Interaction Studies (1999)
- Pharmacokinetics in Patients with Impaired Hepatic Function (2003)
- Pharmacokinetics in Patients with Impaired Renal Function (2010*, 1998)
- Pharmacokinetics in Pregnancy (2004*)
- Population Pharmacokinetics (1999)

* Draft
Biopharmaceutics Guidance Documents

- Bioanalytical Method Validation (2001)
- Bioavailability and Bioequivalence Studies for Nasal Aerosols and Nasal Sprays for Local Action (2003*)
- Bioavailability and Bioequivalence Studies for Orally Administered Drug Products (2003)
- Statistical Approaches to Establishing Bioequivalence (2001)
- Waiver of In Vivo Bioavailability and Bioequivalence Studies for Immediate-Release Solid Oral Dosage Forms Based on a Biopharmaceutics Classification System (2000)

* Draft
EXAMPLES
SAD PK Study Results (Example)
Food Effect Example:
REYATAZ® (atazanavir) oral capsules

- Administration of a single dose of atazanavir (800 mg) with a light meal increased Cmax by 57% and AUC by 70%; a high-fat meal increased AUC by 35% with no change in Cmax. The % CVs of AUC and Cmax decreased by approximately one-half compared to the fasting state.

- Clinical trials were conducted under fed conditions.

- Label directs administration with a meal or snack.
Renal Impairment Example: DORIBAX® (doripenem) powder for IV use

- In a radiolabeled ADME study, approximately 93% of the dose was excreted in the urine by 12 hours. Less than 1% of the total radioactivity was recovered in feces after one week.
- Because doripenem is primarily eliminated by the kidneys, a Full PK study in patients with renal impairment was conducted.
- In Phase 2/3 trials, dosage was adjusted based on CrCL.
- The label recommends dosage reduction for patients with moderate or severe renal impairment… and hemodialysis as a treatment for overdosage.
Hepatic Impairment Example: ISENTRESS® (raltegravir) oral tablets

- *In vitro* metabolism studies using human liver microsomes indicated that raltegravir is not a substrate of CYP450 enzymes but is metabolized mainly by UGT1A1. A Mass Balance study showed that Raltegravir is eliminated primarily by glucuronidation in the liver. Renal clearance is a minor pathway of elimination.

- In the PK-Hepatic Impairment Study (Reduced Study Design), there were no clinically important pharmacokinetic differences between subjects with moderate hepatic impairment and healthy subjects.

- PopPK analysis of Phase 2/3 trial data further indicates that the PK of raltegravir in Child Pugh B were not different from patients with normal hepatic function.

- Labeling states: No dosage reduction for patients with moderate or mild hepatic impairment is recommended. The effect of severe hepatic impairment on the PK of the drug was not studied.