

MANAGING DOACs IN REAL LIFE

SOPHIE TESTA

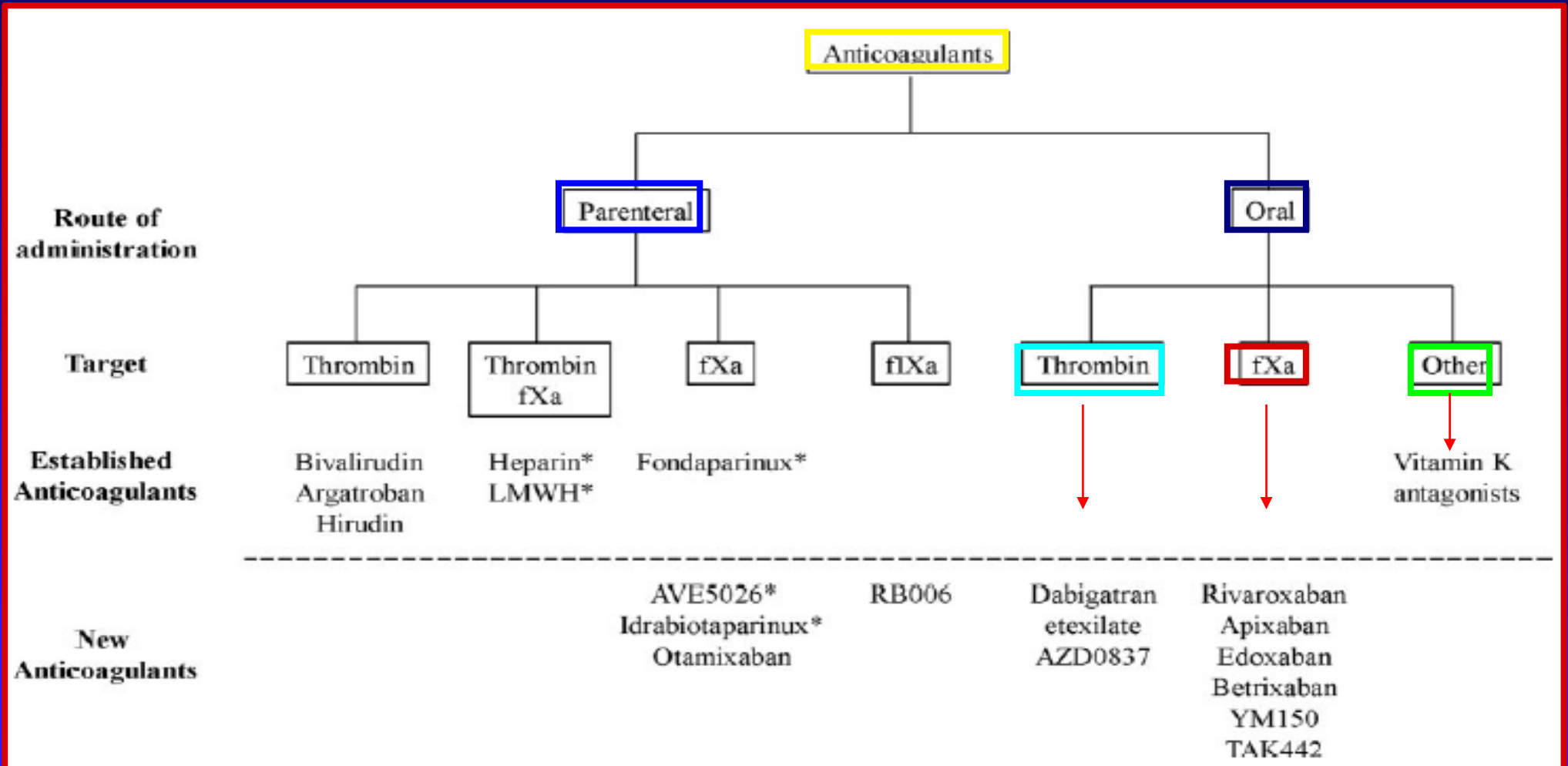
Haemostasis and Thrombosis Center

Istituti Ospitalieri Cremona, Italy

ITEMS

- The “ State of the Art” in summary
- Guidelines recommendations
- Which useful evidence from pharmacological and clinical studies ?
- The role of the lab beyond liver and renal function testing
- What are we doing in the “real world”?

ANTICOAGULANT DRUGS



PHARMACOKINETIC PARAMETERS

Table II. Pharmacokinetics of warfarin and the new oral anticoagulants

Characteristics	Warfarin	Dabigatran	Apixaban	Rivaroxaban	Betrixaban	Edoxaban
Molecular weight (Da)	308	628	460	436	452	548
Bioavailability (%)	98	6–7	66	63–79	40–80 ^a	50 ^a
t _{max} (h)	72–120	2–3	1–3	2–4	NR	2–3
t _{1/2} (h)	20–60	7–17	8–15	7–13	5 ^a	9–11
Protein binding (%)	99	35	87	95	NR	54
Food effect	Yes	Delayed absorption	No	Delayed absorption	No	No
Dosing regimen	od	bid	bid	od	od	od
Metabolism/elimination	100% liver	80% renal 20% liver	27% renal	70% renal 30% liver	<5% renal >95% liver	35% renal 65% liver
Substrate CYP	2C9, 3A4	No	3A4	3A4, 2J2	No	3A4
Substrate P-gp	No	Yes	Yes	Yes	No	Yes
Food interaction	Yes	No	No	No	No	NR
Monitoring required	INR	No	No	No	No	No
Target	II, VII, IX, X, P-S, P-C	II	Xa	Xa	Xa	Xa
a 33% unchanged and 33% inactive metabolite.						
b In animals.						
	AVK	αIIa	αXa			

DOACs POSOLOGY

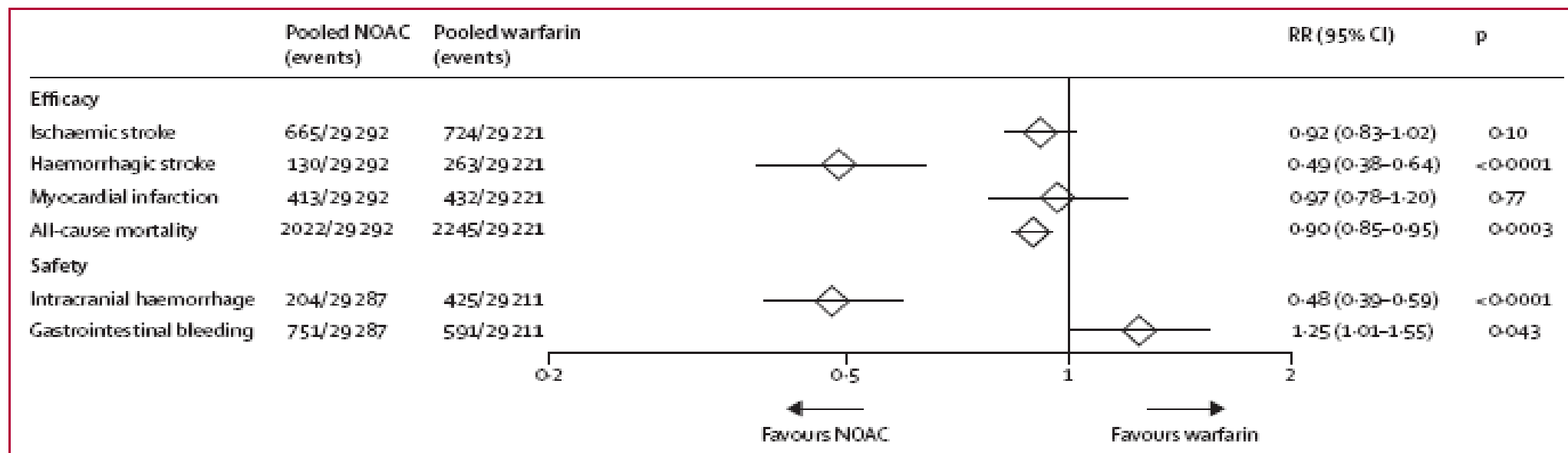
DOSING ADJUSTEMENT IS BASED ON PHARMACOKINETIC S CONSIDERATIONS

Table 4. Dosing adjustments based on pharmacokinetic considerations

	Dabigatran (mg BID)	Rivaroxaban (mg OD)	Apixaban (mg BID)
Renal impairment			
Mild (CrCl 51-80 mL/min)	150	20	5
Moderate (CrCl 30-50 mL/min)	110	15	5
Severe (CrCl < 30 mL/min)	n.r.	15	2.5
Hepatic impairment			
Mild (Child-Pugh A)	150	20	5
Moderate (Child-Pugh B)	150	n.r.	5
Severe (Child-Pugh C)	n.r.	n.r.	n.r.
Hepatic dysfunction	n.r.	n.r.	n.r.
Demographic variables			
Ethnicity, Asian	150	15	5
Age, older than 75-80 y	110	20	2.5
Weight, < 50 kg	150	20	2.5
Drug-drug interactions			
P-gp inhibitor	110	15	2.5
CYP3A4 inhibitor	150	15	2.5
P-gp/CYP3A4 inducer	n.r.*	n.r.	n.r.

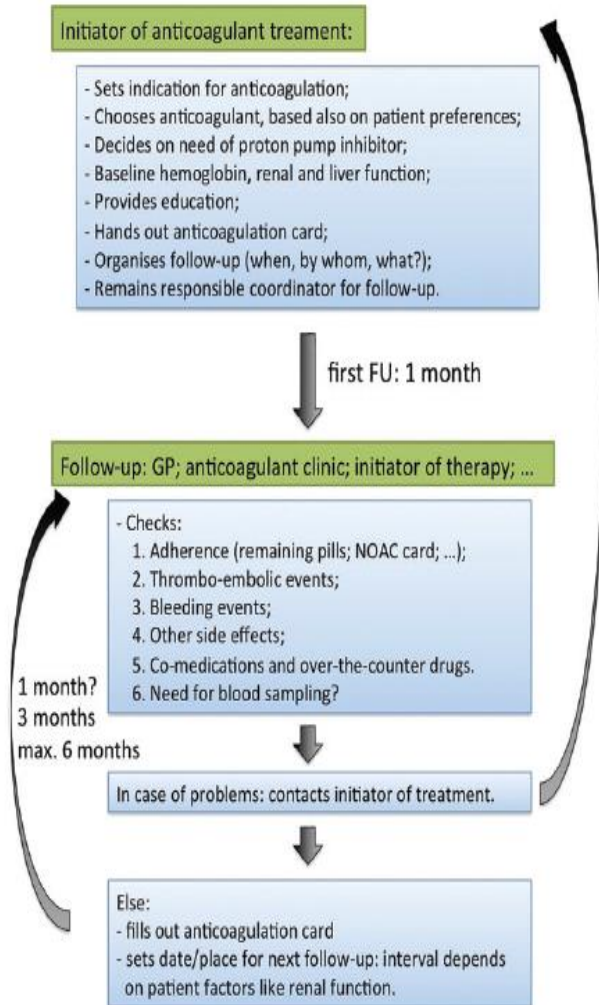
Comparison of the efficacy and safety of new oral anticoagulants with warfarin in patients with atrial fibrillation: a meta-analysis of randomised trials

EFFICACY AND SAFETY



Bleeding and Thromboembolic complications: ~ 1-3% pt/y

MANAGEMENT: THE GUIDELINES



DIRECT ORAL ANTICOAGULANT (DOAC) FOLLOW-UP CHECKLIST	
Patient name:	Date: _____
Age:	DOAC: _____
	Dose: _____
	Dosing Time(s): _____
	Weight: _____
	CHADS ₂ : _____
HEALTH STATUS SINCE LAST ASSESSMENT	
Any new relevant medical problems, ED visits/hospitalizations?	<input type="checkbox"/> Y <input type="checkbox"/> N
Any embolic events (stroke / TIA / systemic embolism)?	<input type="checkbox"/> Y <input type="checkbox"/> N
A ADHERENCE WITH DOAC THERAPY	Issues? <input type="checkbox"/> Y <input type="checkbox"/> N
1 or more missed doses in an average week? If yes, number of missed doses: _____	
Any issues with taking the DOAC properly? (i.e. rivaroxaban with food/don't open or chew dabigatran/etc.)	
B BLEEDING RISK ASSESSMENT NB: a YES to any of the following requires individualized assessment and does not imply that DOAC should be discontinued	Issues? <input type="checkbox"/> Y <input type="checkbox"/> N
Any signs / symptoms of GI bleeding? Any other bleeding?	
Any drop in hemoglobin or new anemia? Latest hemoglobin: _____	
ETOH overuse?	
Uncontrolled hypertension (SBP >160 mmHg)? Hypotension with syncope/falls?	
C CREATININE CLEARANCE	Issues? <input type="checkbox"/> Y <input type="checkbox"/> N
Latest creatinine: _____	
Latest eGFR (or calculated creatinine clearance if eGFR <50ml/min): _____	
http://thrombosiscanada.ca/?page_id=502&calc=cockcroft	
Any recent dehydrating illness or medications added/changed? (i.e. diuretics)	
D DRUG INTERACTIONS	Issues? <input type="checkbox"/> Y <input type="checkbox"/> N
ASA / other antiplatelets? NSAID?	
Other drug interactions? (Review med list / OTCs; see Table)	
E EXAMINATION	Issues? <input type="checkbox"/> Y <input type="checkbox"/> N
Blood Pressure: <input type="checkbox"/> Within Target <input type="checkbox"/> High <input type="checkbox"/> Low Actual BP (Opt.): ____/____	
Does patient need referral for gait assessment/walking aids for falls prevention?	
F FINAL ASSESSMENT & RECOMMENDATIONS	
Overall patient appears stable from the anticoagulant standpoint; benefits of continued anticoagulant therapy outweigh risks; Recommend continue current anticoagulant therapy. <input type="checkbox"/> Y <input type="checkbox"/> N	
Dose verified and is appropriate for patient's age/weight/renal function/health status http://thrombosiscanada.ca/?page_id=502&calc=antithromboticAlgorithm <input type="checkbox"/> Y <input type="checkbox"/> N	
Any changes to current therapy needed? <input type="checkbox"/> Y <input type="checkbox"/> N	
Provide details: _____	
PATIENT EDUCATION & COUNSELING I have counselled about the following: <input type="checkbox"/> Y <input type="checkbox"/> N	
The rationale for continued DOAC therapy	
The potential for minor, major or life-threatening bleeding	
Dosing instructions, adherence, risks of non-adherence, handling missed doses	
Avoiding OTC ASA & NSAIDs & minimizing ETOH to reduce bleeding risks	
Next F/U Date: _____	
Next Bloodwork: _____	
Initials: _____	

**OTHER INFORMATIONS FROM
PHARMACOLOGICAL AND CLINICAL
STUDIES?**

(I)

1. Pharmacological studies have shown that DOAC have **predictable anticoagulant response** in “standard” clinical condition
2. Clinical trials have been successfully conducted at fixed-dose regimen, without laboratory controls

(II)

As a consequence, DOAC have been introduced in clinical practice :

- 1) at fixed daily dose
- 2) *without lab controls (no coagulation testing recommended)*
- 3) *Without specific antidotes*



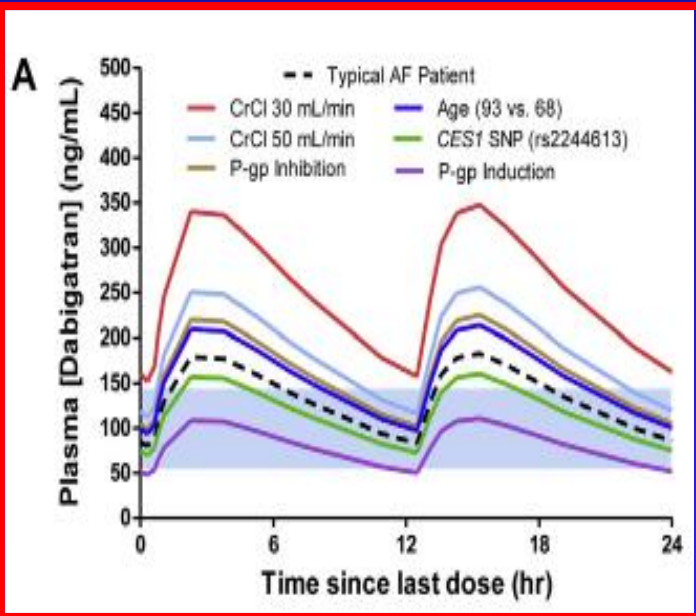
1. Different perception about DOAC patient's health care necessities
2. In Italy: regulatory health authorities defined rules for DOAC reimbursement, often interpreted as a “sort of clinical guideline”

BUT...

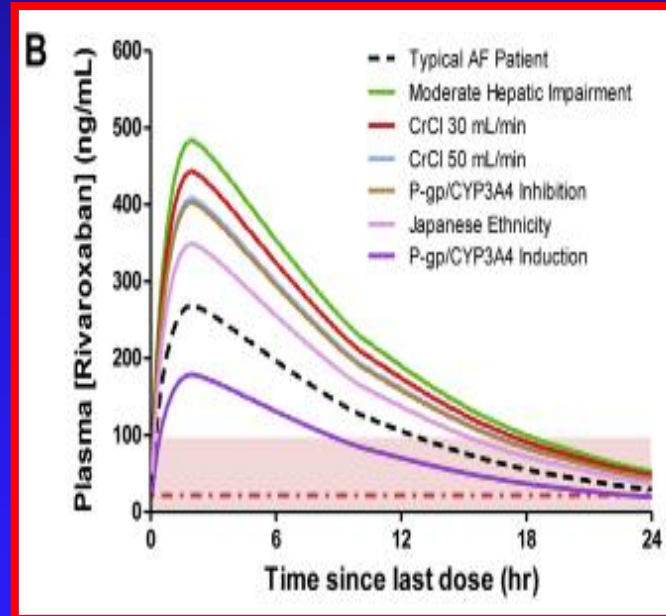
- High inter/intra individual variability has been demonstrated
- Pharmacological modifications have been showed in relation to: drug interaction, liver and renal function, age , weight.

VARIABILITY

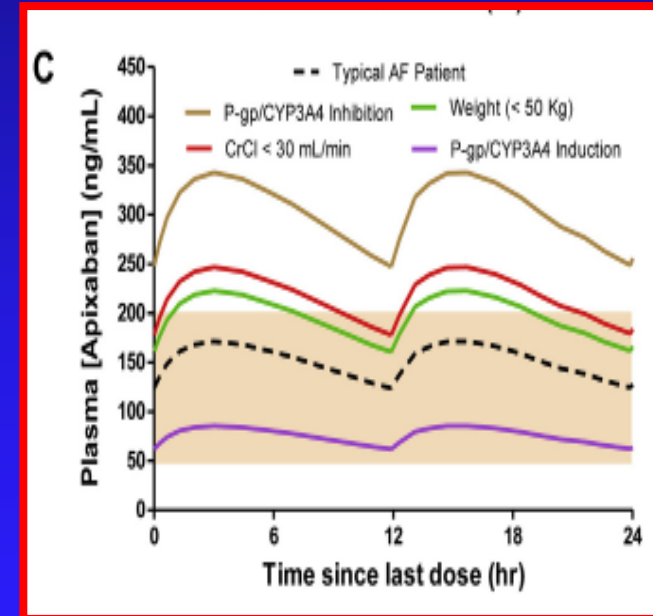
Drug interactions, renal and liver function, age, weight, genetic polymorphisms...



Dabigatran



Rivaroxaban



Apixaban

SOME CONSIDERATIONS

- Clinical significance of concomitant use of multiple moderate interference drugs in the same patient - particularly in the elderly in whom polypharmacy is common - remains to be established
- The full spectrum of these interactions remains to be addressed in the real-world population
- Until then, dose lowering adjustments in conjunction with anticoagulation monitoring should be used to ensure efficacy and safety

DOACs INTER-INDIVIDUAL VARIABILITY

Population	CV%
Healthy and young volunteers	~ 20
Phase III randomized clinical studied	~ 40
“Real world” patients	~ up to 75

Plasma levels of direct oral anticoagulants in real life patients with atrial fibrillation: Results observed in four anticoagulation clinics



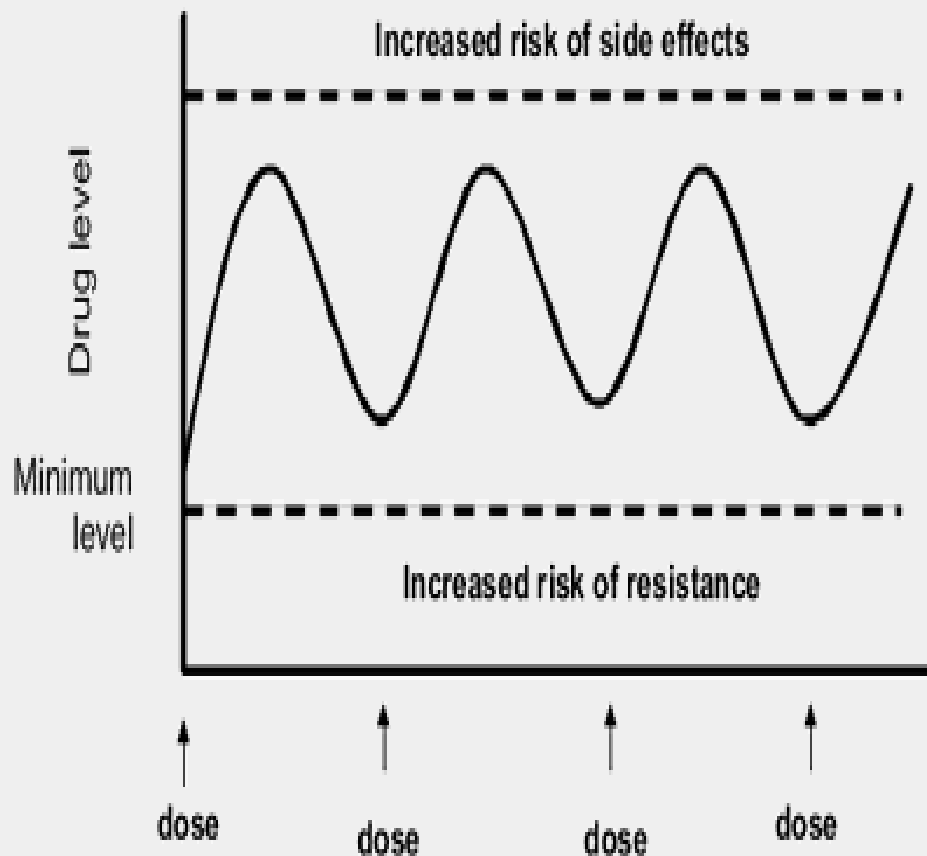
Sophie Testa ^{a,*}, Armando Tripodi ^b, Cristina Legnani ^c, Vittorio Pengo ^d, Rosanna Abbate ^e, Claudia Dellanoce ^a, Paolo Carraro ^f, Luisa Salomone ^c, Rita Paniccia ^e, Oriana Paoletti ^a, Daniela Poli ^f, Gualtiero Palareti ^g, for the START-Laboratory Register

Drug	Trough (ng/ml) mean (min-max)	Peak (ng/ml) media (min-max)
Dabigatran 110 mgx2/die	93 (14-386)	190 (31-651)
Dabigatran 150mgx2/die	91 (16-494)	210 (43-538)
Rivaroxaban 15mg/die	27 (0-88)	208 (77-393)
Rivaroxaban 20mg/die	41 (5-119)	235 (61-449)
Apixaban 2,5mgx2/die	79 (26-248)	192 (55-300)
Apixaban 5 mgx2/die	113 (42-283)	200 (102-416)

EUROPEAN MEDICINE AGENCY AND “REAL WORLD”

Drug	Trough (ng/ml) mean (min-max)	Peak (ng/ml) mean (min-max)
Dabigatran 110 mgx2/die	93 (14-386) NA	190 (31-651) NA
Dabigatran 150mgx2/die	91 (16-494) 91 (61-143)	210 (43-538) 175 (117-275)
Rivaroxaban 15mg/die	27 (0-88) NA	208 (77-393) NA
Rivaroxaban 20mg/die	41 (5-119) 32 (6-239)	235 (61-449) 215 (22-535)
Apixaban 2,5mgx2/die	79 (26-248) 32 (11-90)	192 (55-300) 67 (30-153)
Apixaban 5 mgx2/die	113 (42-283) 63 (22-177)	200 (102-416) 132 (59-302)

FURTHERMORE...



Based on phase II and III clinical trials, it has been assumed that during time:

- anticoagulant levels are always “acceptable”
- do not occur: 1. persistent drug accumulation and 2. persistent absence or insufficient drug activity

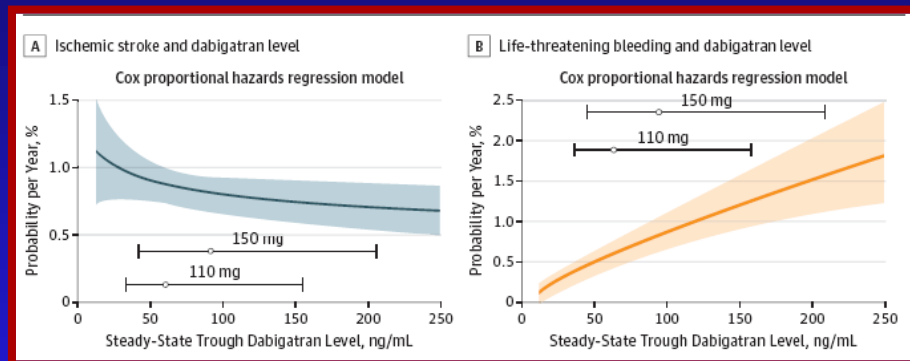
If we compare:

- AVK complications are correlated with TTR
- LMWH, not generally monitored, are administered for short period

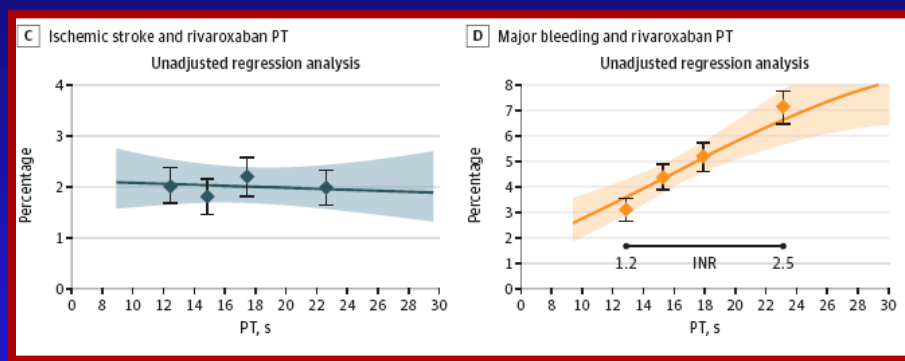
**ARE THESE INFORMATIONS USEFUL
FROM A
CLINICAL POINT OF VIEW?**

FDA REPORTS: DOACs EXPOSURE-RESPONSE ASSOCIATION FOR EFFICACY AND SAFETY

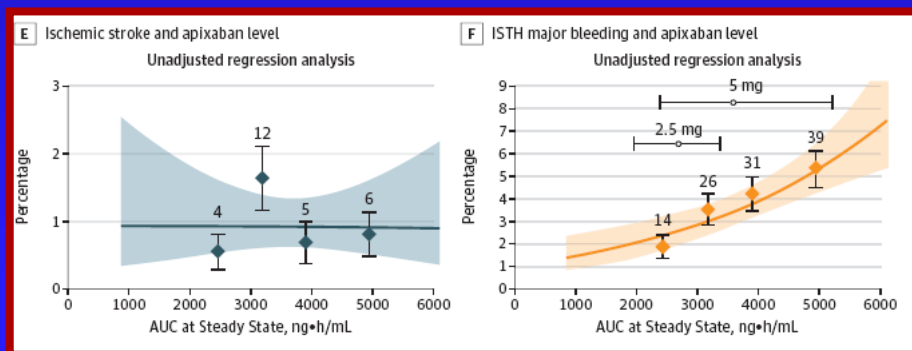
dabigatran



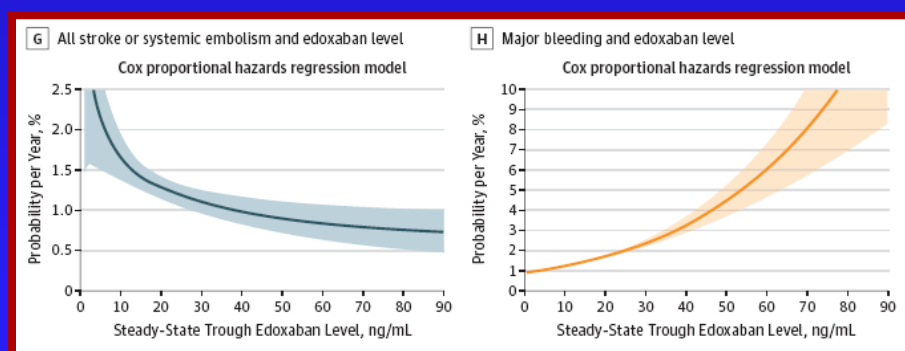
rivaroxaban



apixaban



edoxaban



DOACs AND THE LAB

Test	Recommendation	Comments
ClCr	1. Before starting DOACs and in the follow up to continue treatments (or adapt posology). 2. CrCl is also considered as surrogate of good anticoagulant action	- ClCr not validated in older population - CrCl > 30ml/min not correlate with aXa drugs
AST/ALT	1. Before starting DOACs and in the follow up to continue treatments	No clear timing of controls
Blood Cell Count	Should be recommended	Before starting and during the follow up
PT/aPTT	Not recommended to assess levels of anticoagulation	Should be recommended before starting DOAC to assess haemostatic status
DOAC specific test	Only In specific clinical situation	To guide clinical approach
DOAC specific test	Monitoring and assess safety anticoagulation	We need further evidences

Plasma levels of direct oral anticoagulants in real life patients with atrial fibrillation: Results observed in four anticoagulation clinics



Sophie Testa ^{a,*}, Armando Tripodi ^b, Cristina Legnani ^c, Vittorio Pengo ^d, Rosanna Abbate ^e, Claudia Dellanoce ^a, Paolo Carraro ^f, Luisa Salomone ^c, Rita Paniccia ^e, Oriana Paoletti ^a, Daniela Poli ^f, Gualtiero Palareti ^g, for the START-Laboratory Register

Table 6. Correlation (r value), coefficient of determination (r^2) and statistical significance (p) of DOAC plasma concentrations (at peak or trough) vs. creatinine clearance.

Drug and Dose (mg)	C Trough (r/r ²)	p	Cpeak (r/r ²)	p
<u>Dabigatran 110</u>	-0.25/0.0625	<u>0.04</u>	-0.12/0.014	ns
<u>Dabigatran 150</u>	-0.32/0.1024	<u>0.03</u>	-0.18/0.0324	ns
Rivaroxaban 20	-0.18/0.0324	ns	-0.15/0.0225	ns
Rivaroxaban 15	-0.09/0.0081	ns	0.07/0.0049	ns
Apixaban 5	-0.03/0.0009	ns	-0.17/0.0289	ns
Apixaban 2.5	-0.02/0.0004	ns	-0.01/0.0001	ns

Stroke and Bleeding in Atrial Fibrillation with Chronic Kidney Disease

Table 2. Event Rates, According to Status with Respect to Renal Disease.*

Event	No. of Person-yr	No. of Events	Event Rate per 100 Person-yr (95% CI)
<u>Stroke or thromboembolism</u>			
No renal disease	461,734	16,648	3.61 (3.55–3.66)
Non–end-stage CKD	13,078	842	6.44 (6.02–6.89)
Disease requiring renal-replacement therapy	2,922	164	5.61 (4.82–6.54)
<u>Bleeding</u>			
No renal disease	457,605	16,195	3.54 (3.48–3.59)
Non–end-stage CKD	12,515	1,097	8.77 (8.26–9.30)
Disease requiring renal-replacement therapy	2,734	243	8.89 (7.84–10.08)

DOACs MEASUREMENT

- 1. PERIODICAL MEASUREMENT (MONITORING) TO DOSE-ADJUSTEMENT**
- 2. PERIODICAL MEASUREMENT (CONTROL) TO HIGHLIGHT UNDER/OVER ANTICOAGULATION**
- 3. MEASUREMENT IN SPECIAL CLINICAL CONDITIONS**

1.

**PERIODICAL MEASUREMENTS
(MONITORING)
TO
DRUG DOSE-ADJUSTMENT**

VIEWPOINT

Are New Oral Anticoagulant Dosing Recommendations Optimal for All Patients?

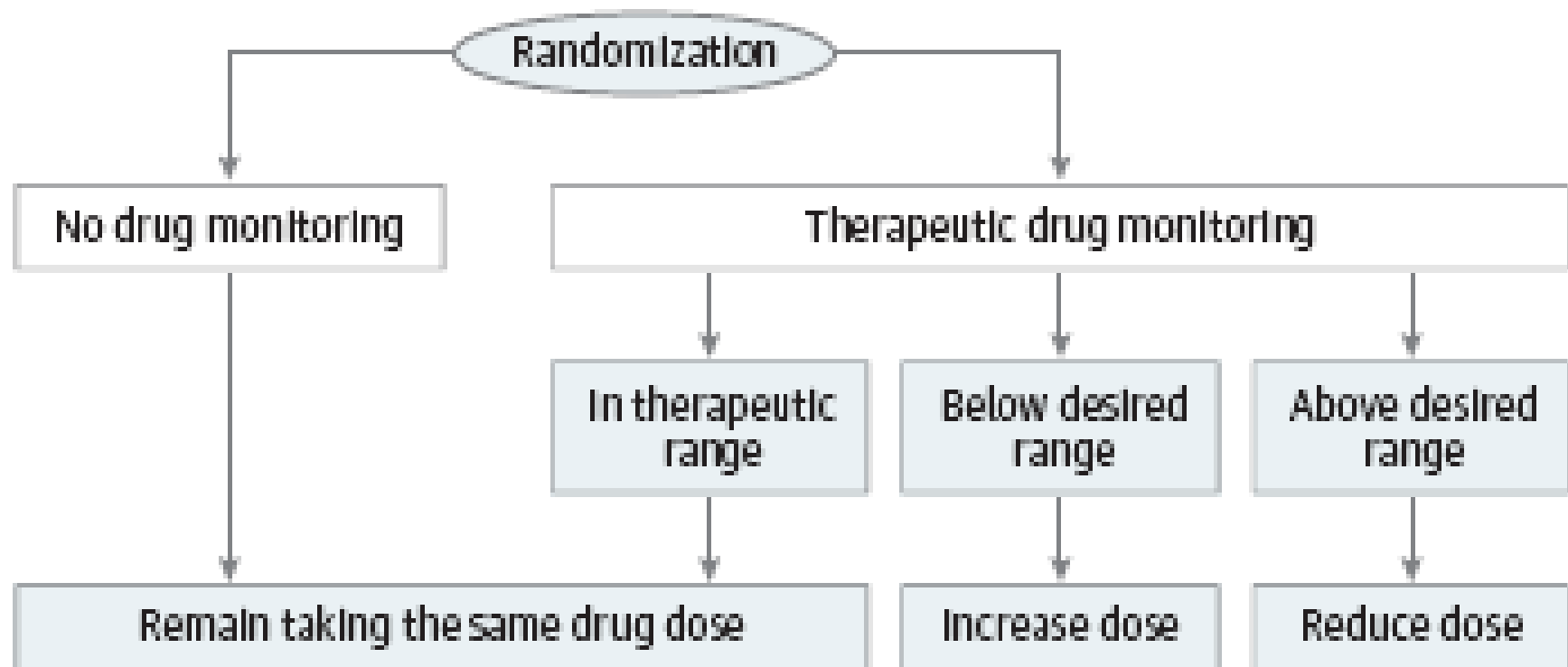
Even though the one-size-fits-all DOAC dosing may perform as well as or better than warfarin on average... patient safety can be further improved through individualized patient dosing.

Laboratory Monitoring of Non-Vitamin K Antagonist Oral Anticoagulant Use in Patients With Atrial Fibrillation A Review

John W. Eikelboom, MBBS; Daniel J. Quinlan, MBBS; Jack Hirsh, MD; Stuart J. Connolly, MD; Jeffrey I. Weitz, MD

OBSERVATIONS The predictable anticoagulant response of NOACs has provided the pharmacological basis for their administration in fixed doses without routine coagulation monitoring. Although it is possible to accurately measure NOAC drug levels, within-patient variability complicates interpretation of these results. Furthermore, patient characteristics, such as age and renal function, confound the association between NOAC drug levels and clinical outcomes. Information is lacking on the optimal drug level in particular patient groups (eg, elderly, the renally impaired, and those with high bleeding risk), the appropriate dose adjustment to achieve expected levels, and whether routine laboratory monitoring and dose adjustment will improve clinical outcomes. A benefit of a management strategy that incorporates routine therapeutic drug monitoring and dose adjustment over current standard-of-care metrics without such monitoring remains unproven.

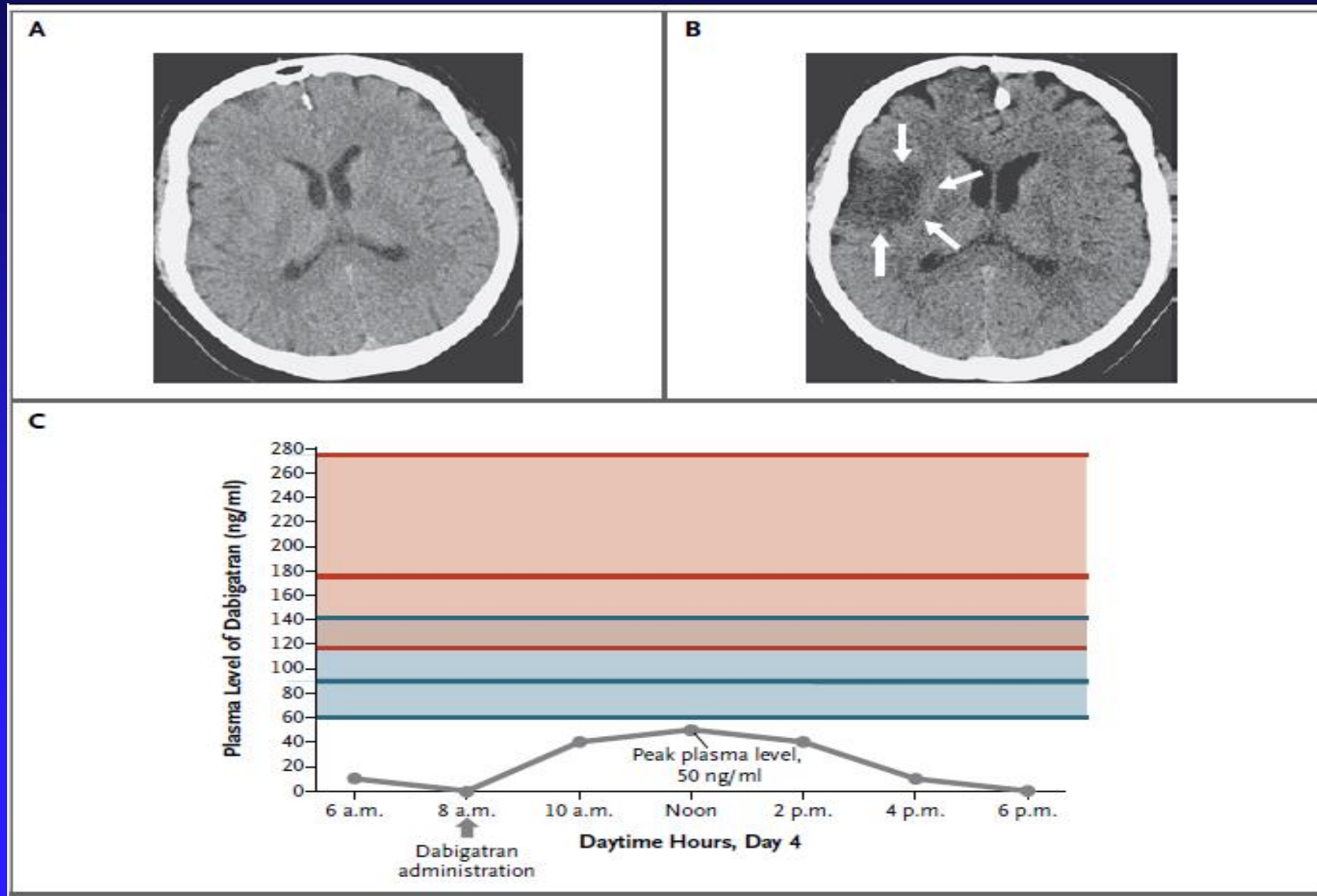
Figure 4. Proposed Randomized Clinical Trial Design to Evaluate the Clinical Utility of Dose Adaptation



2.

**PERIODICAL MEASUREMENT (CONTROL)
TO HIGHLIGHT UNDER/OVER
ANTICOAGULATION**

Ischemic Stroke in an Obese Patient Receiving Dabigatran



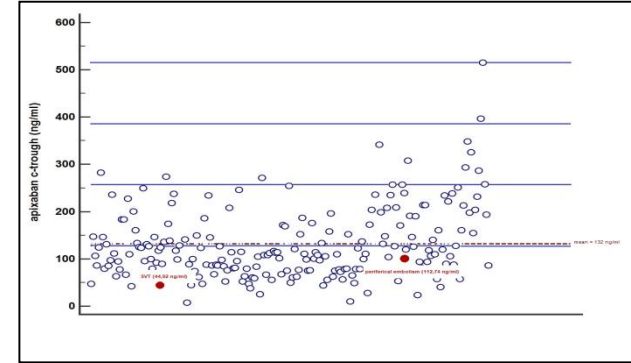
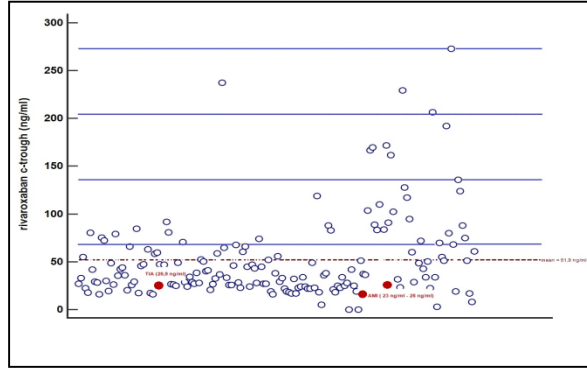
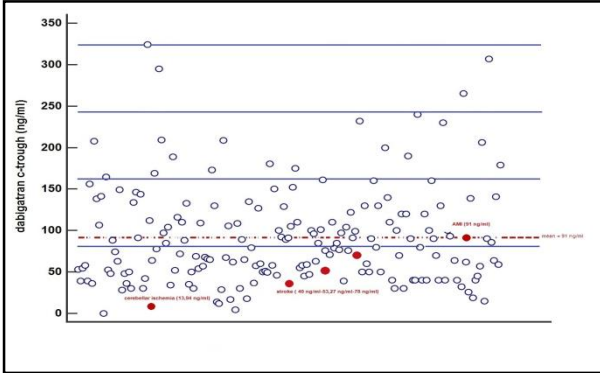
A CASE REPORT

- An 58 year old woman (weight=108 Kg; BMI>30) was admitted to the emergency department for sudden hemiparesis.
- She had been treated for 4 months with dabigatran etexilate, 150mgx2/die, for NVAf (CHA2DS2-VASc Score=4 : HAS –BLED=0) and confirmed last dose intake one hour before hospital admission
- In anamnesis: HTA, diabetes , obesity, left ventricular dysfunction

On admission:

- Cerebral CT scan was negative for bleeding lesions
- Hb=14.9 g/dL, PLT=207.000/mm³, CrCl=82mL/min/1.73m², aPTT R=0.97, PT R=1.01
- Dabigatran (dTT) : <15ng/ml (=0)
- Dabigatran measurement repeated after nearly one hour confirmed the total absence of specific anticoagulant activity
- After multidisciplinary discussion she was treated with thrombolytic agent
- She was discharged two weeks later, without sequelae, on warfarin

LOW DRUG LEVELS AND THROMBOTIC COMPLICATIONS IN HIGH RISK ATRIAL FIBRILLATION PATIENTS TREATED WITH DOACs



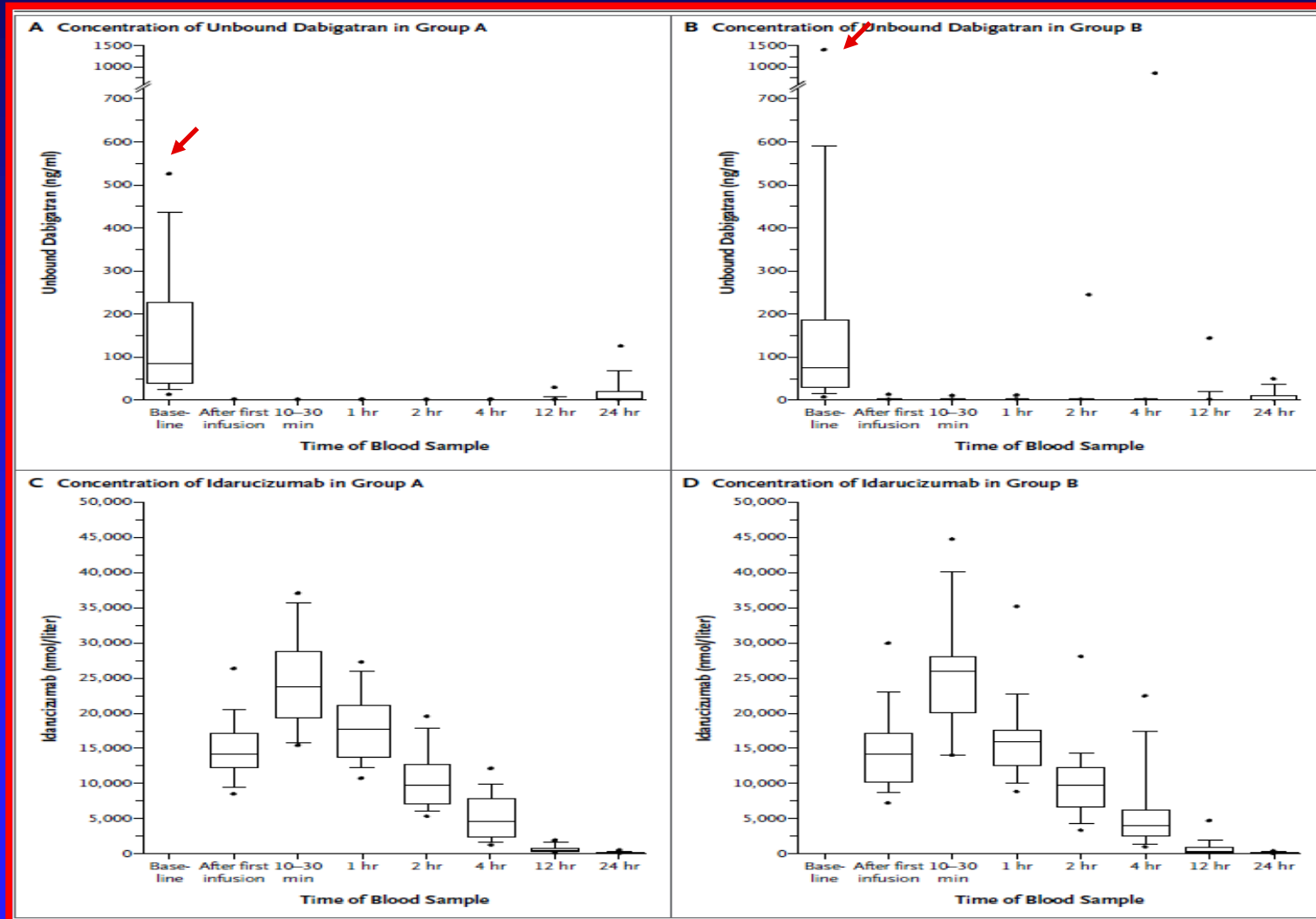
CHA ₂ DS ₂ -VASc <u>≥3.0</u> (291/595pts; 51.5%)	25° Percentile (Lower drug levels)	> 25 th percentile (Highest drug levels)	Total (n)
Thrombosis	9	1	10
No Thrombosis	118	163	281
	9/127 (7.09%)	1/164 (0.61%)	

LOW DRUG LEVELS AND THROMBOTIC COMPLICATIONS IN HIGH RISK ATRIAL FIBRILLATION PATIENTS TREATED WITH DOACs

- 1. Our data show a relationship between low DOACs trough plasma levels and subsequent thrombotic events**
- 2. Higher cardiovascular risk patients with low DOACs levels show significantly higher risk of thrombosis compared to patients with higher DOACs levels $P=0.03$; OR 12.4 (CI=1.5-99.4)**
- 3. DOACs measurement seems particularly indicated in higher cardiovascular risk patients**

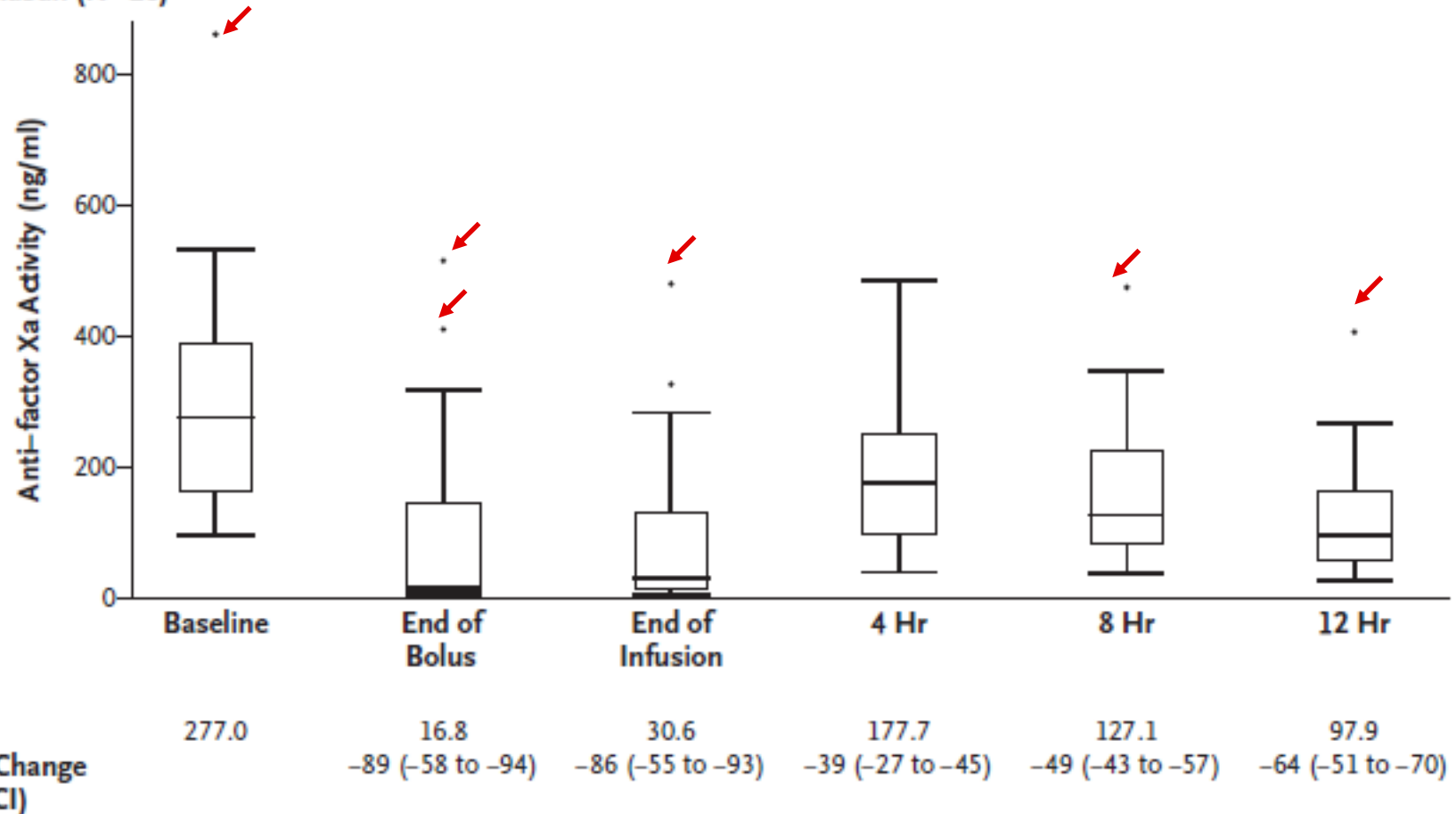
ORIGINAL ARTICLE

Idarucizumab for Dabigatran Reversal



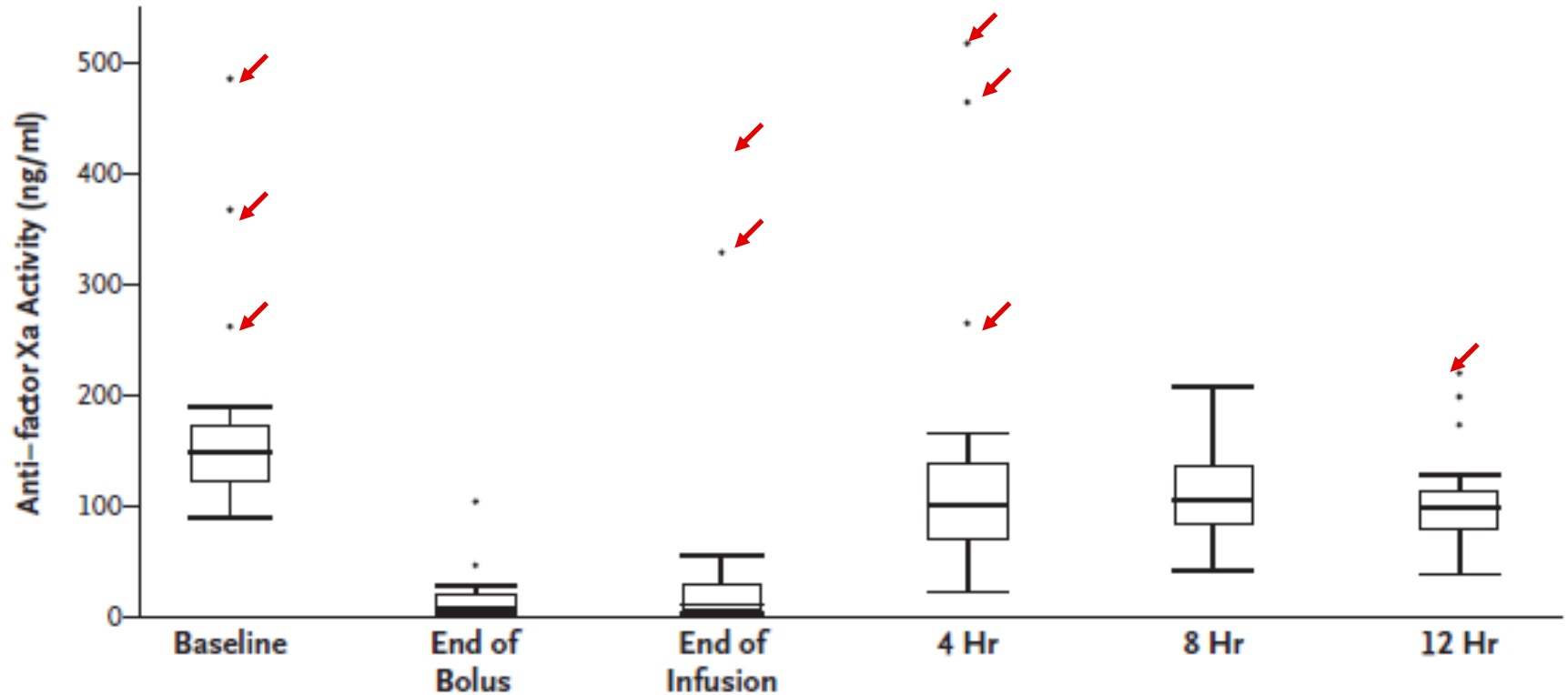
Andexanet Alfa for Acute Major Bleeding Associated with Factor Xa Inhibitors

A Rivaroxaban (N=26)



Andexanet Alfa for Acute Major Bleeding Associated with Factor Xa Inhibitors

B Apixaban (N=20)



Median
Percent Change
(95% CI)

149.7

10.3

12.5

103.0

107.1

100.2

-93 (-87 to -94)

-92 (-85 to -94)

-30 (-23 to -46)

-28 (-19 to -38)

-31 (-27 to -41)

WHAT CAN WE LEARN ?

1. Some patients show very low (or absence) drug levels
2. Some patients show very high DOAC levels (more than ten times as compared with trough levels and 2-3 times as compared with peak levels)
3. *The fixed dose of antidote infused could be insufficient for high DOAC levels or excessive in case of low drug levels.*

**DOAC MEASUREMENT AND BLEEDING OR
THROMBOEMBOLIC COMPLICATIONS DURING FOLLOW-
UP: A PROSPECTIVE, MULTICENTER, OBSERVATIONAL
START-FCSA STUDY**

The MAS (Measure And See) Study

Promoted by: Arianna Anticoagulazione Foundation (Bologna, Italy), in
collaboration with the Italian Federation of Anticoagulation Clinics
(FCSA)

3.

DOAC SPECIFIC MEASUREMENT IN SPECIAL CLINICAL CONDITIONS

- Patients presenting in emergency with adverse events (Thrombosis, Bleeding)
- Immediate reverse of anticoagulation
- Perioperative management
- Renal Disease
- Liver Disease
- Suspicion or known interaction with other drugs
- Elderly patients
- Under/over weight

DOACs MEASUREMENT

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**ESSENTIAL TO GUIDE APPROPRIATE
MANAGEMENT**

Targeted Anti-Anticoagulants

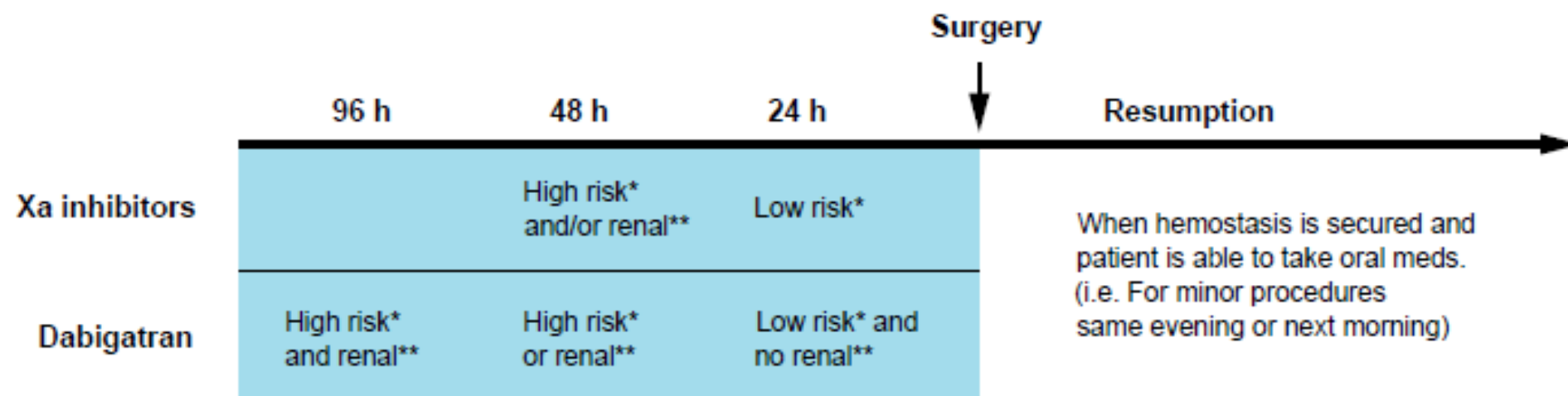
Kenneth A. Bauer, M.D.

- Laboratory measurements were performed centrally and were not used to guide therapy.
- dTT results were normal in ¼ of the study population. This group of patients would not be expected to benefit from the administration of idarucizumab.
- It will be useful to have activity measurements available for the various direct oral anticoagulants in real time to help guide the treatment of such patients and to prevent overutilization of what will surely be a costly medication

PERIOPERATIVE MANAGEMENT: THE GUIDELINES

Perioperative management

Timing of last dose before and first dose after surgery



*Low vs. High risk for bleeding, as defined by Douketis et al. [62]

** creatinine clearance 30–49 mL min⁻¹

PERIPROCEDURAL MANAGEMENT OF DOAC SHOULD BE GUIDED BY ACCURATE LABORATORY TESTS

Interruption of DOAC should not be based only on their respective half-life but also on the residual drug concentration

- Poor correlation between renal function and plasma concentration of apixaban and rivaroxaban was found except dabigatran measured at through (Testa S et al, TR 2016)
- Mass spectrometry measured **dabigatran level greater than 20ng/ml in nearly 16% of patients undergoing high bleeding risk procedures** (Douketis JD et al JT&H 2016)

Position Paper on Laboratory Testing for Patients on Direct Oral Anticoagulants. Consensus Document of Siset, FCSA, SIBIOC and SIPMEL

A. Tripodi, W. Ageno, M.Ciaccio, C.Legnani,G.Lippi, C. Manotti, R.Marcucci,
M.Moia,B.Morelli, D.Poli,A.Steffan, S.Testa

1. At the beginning of DOAC treatment to confirm adsorption and to know patient's individual anticoagulant levels
2. Over-under weight
3. In case of potential interferences with co-medications
4. Co-morbidities
5. Bleeding and thromboembolic complications
6. Surgical and invasive procedures

HOW TO MEASURE?

1. PT and aPTT react differently with DOACs in relation to type of drug and type of reagent
2. Patients having the same DOAC plasma concentration may show different PT or aPTT results
3. Normal PT/aPTT results cannot exclude significantly high concentrations of DOACs, such as abnormal prolongation could be caused by **defects of coagulation other than those stemming from the drug being taken by the patients**
4. Specific test are easily available (dTT, Ecarin Tests, aXa)
5. The use of PT or aPTT in clinical practice to evaluate DOAC anticoagulant activity could cause dangerous misinterpretations.

PATIENT'S HEALTH NEEDS: THE FOLLOW UP

	AVK	DOACs
1° visit (anamnesis, physical examination, liver/renal function, and blood cell count)	YES	YES
Drug Prescription (clinical indication, posology)	YES	YES
Information/Education	YES	<u>YES</u>
Lab Coagulation Monitoring to dose adjustment	YES	NO
Clinical periodical controls	Together with lab controls	YES
Lab Control (special situations, highlight over/under treatment)	YES	YES
Measure renal function	Why not?	YES
Adherence/compliance control	NO	YES
Management in special situations (surgery, invasive procedures, complications)	YES	YES

CONCLUSIVE REMARKS

- In the name of simplicity (i.e. no pharmacodynamic monitoring or dose adjustment and rigid dose regimens with “one-size-fits all strategy”) we have taken great drugs, but (*still at present*) truly not good enough for some of our patients (Kaluski E et al, JACC 2012)
- Patients on DOAC need structured follow up to ensure efficacy and safety to their treatments
- We are learning how to perform it
- Using better strategies (i.e.: The Coagulation Laboratory) we could enhance efficacy and safety and probably extend DOAC use to new indications



Thank you for your attention

DOAC: BLEEDING AND THROMBOTIC EVENTS

	AF	VTE
Fup (pt-yrs)	1085	385
Major bleeding rate: % pt ; x100 pt yrs	28* (2.7; <u>2.5</u>)	3 (0.52; <u>0.77</u>)
Cerebral	6*	-
Gastrointestinal	12	2
Other	10*	1
NMCRB Rate:%pt; x100 pty rs	21 (2.0;1.9)	5 (0.87;1.3)
Thromboembolic events Rate: %pt; x100 pt yrs	9 (1.0; <u>0.78</u>)	10 (1.7; <u>2.6</u>)

Fatal bleeding

*1 cerebral; 1 other

HEALTH CARE NEEDS

- Correct clinical indication, DOAC selection and posology
- Information (oral and written instructions) and Education
- Control of Adherence and Compliance
- Evaluate change in comorbidities and comedications
- Assess liver and renal function (Haemostatic assessment and Blood cell count? Other?)
- Management in case of surgery or invasive procedures
- Management of complications and adverse events