# Digital Health Technologies In Systems Pharmacology

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## Tech that measures established quantified clinical variables



Coravos, Khozin, and Mandl. Npj Digital Medicine (2019) 14.

## What about cases where clinical assessments are not easy to quantify?

#### **Unified Parkinson's Disease Rating Scale**



#### **III. Motor Examination**

#### 18. Speech

- 0 = Normal. 1 = Slight loss of expression, diction and/or volume. 2 = Monotone, slurred but understandable; moderately
- impaired. 3 = Marked impairment, difficult to understand. 4 = Unintelligible.

#### 19. Facial Expression

- 0 = Normal.
- 1 = Minimal hypomimia, could be normal "Poker Face." 2 = Slight but definitely abnormal diminution of facial expression
- 3 = Moderate hypomimia; lips parted some of the time. 4 = Masked or fixed facies with severe or complete loss of facial expression; lips parted 1/4 inch or more.

#### 20. Tremor at Rest (head, upper and lower extremities) 0 = Absent.

- 1 = Slight and infrequently present.
- 2 = Mild in amplitude and persistent. Or moderate in
- amplitude, but only intermittently present.
- 3 = Moderate in amplitude and present most of the time. 4 = Marked in amplitude and present most of the time.

#### 21. Action or Postural Tremor of Hands

0 = Absent. 1 = Slight; present with action. 2 = Moderate in amplitude, present with action. 3 = Moderate in amplitude with posture holding as well as action. 4 = Marked in amplitude; interferes with feeding.

#### 22. Rigidity (Judged on passive movement of major joints with patient relaxed in sitting position. Cogwheeling to be ignored.)

- 0 = Absent.
- 1 = Slight or detectable only when activated by mirror or other movements.
- 2 = Mild to moderate.
- 3 = Marked, but full range of motion easily achieved.
- 4 = Severe, range of motion achieved with difficulty.

#### 23. Finger Taps (Patient taps thumb with index finger in rapid succession.)

- 0 = Normal.
- 1 = Mild slowing and/or reduction in amplitude. 2 = Moderately impaired. Definite and early fatiguing.
- May have occasional arrests in movement.
- 3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement. 4 = Can barely perform the task.

#### 24. Hand Movements (Patient opens and closes hands

- in rapid succesion.) 0 = Normal.
- 1 = Mild slowing and/or reduction in amplitude.
- 2 = Moderately impaired. Definite and early fatiguing. May have occasional arrests in movement.
- 3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement.
- 4 = Can barely perform the task.

#### 25. Rapid Alternating Movements of Hands

- (Pronation-supination movements of hands, vertically and horizontally, with as large an amplitude as possible, both hands simultaneously.)
- 0 = Normal.
- 1 = Mild slowing and/or reduction in amplitude.
- 2 = Moderately impaired. Definite and early fatiguing. May have occasional arrests in movement.
- 3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement.
- 4 = Can barely perform the task. Fahn S, Elton R, Members of the UPDRS Development Committee. In: Fahn S, Marsden CD, Calne DB, Goldstein M, eds. Recent Developments in Parkinson's Disease, Vol 2. Florham Park, NJ. Macmillan Health Care Information 1987, 153-163, 293-304.

## Daily evaluation of L-DOPA effects on finger tapping



Days



Individualized recommendations for patients – clinical monitoring by doctors – public health policy





https://www.airlouisville.com/







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### **Research Protocol**

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### Participant's Life

**Truthiness** is what you want the facts to be as opposed to what the facts are. What feels like the right answer as opposed to what reality will support.

Stephen Colbert



# Show Don't Tell

Transparency. Reproducibility. Replication.



