Circadin® Found to Positively Affect Cognitive Performance in Patients With Alzheimer’s

Neurim Pharmaceuticals has announced the results from an exploratory Phase II, randomized, placebo-controlled clinical trial evaluating the safety and efficacy of add-on prolonged release melatonin 2 mg (Circadin®) to standard therapy in patients with Alzheimer’s disease (AD). The study, published in Clinical Interventions in Aging, demonstrates positive effects of the drug on cognitive performance and sleep maintenance in patients with AD.

In the study, 80 patients diagnosed with mild-to-moderate AD (with and without insomnia comorbidity) who were receiving standard therapy (i.e., acetylcholinesterase inhibitors with or without memantine) were randomly assigned in a double-blind manner to 2 mg of Circadin or placebo treatment nightly for 24 weeks.

Patients treated with Circadin for 6 months had significantly better cognitive performance than those with placebo, as measured by instrumental activities of daily living and the Mini-Mental State Examination (MMSE). Mean Alzheimer’s Disease Assessment Scale–Cognition (ADAS-Cog) did not differ between groups. Sleep efficiency, as measured by the Pittsburgh Sleep Quality Index Component 4, also improved with Circadin.

In a subgroup of patients with comorbid insomnia, Circadin treatment resulted in significant and clinically meaningful effects, compared to placebo in mean instrumental activities of daily living ($p = 0.032$), MMSE (1.5 versus −3 points, $p = 0.0177$), sleep efficiency ($p = 0.04$), and median ADAS-Cog values (–3.5 versus 3 points, $p = 0.045$). The treatment was well tolerated.

New Telehealth Applications Provide Real-Time Insights into Patient Metrics

Royal Philips highlighted two new U.S. Food and Drug Administration-cleared home telehealth applications, eCareCoordinator and eCareCompanion, at the National Association of Home Care and Hospice annual conference. These two applications, which are part of Philips Hospital to Home’s Transition to Ambulatory Care (eTrAC) program, give patients and their care teams real-time insights into patient vital signs, trends, and other critical metrics.

eCareCoordinator provides clinicians with a daily review of each of their patients, allowing them to prioritize patients and adjust care plans or intervene as needed.

The eCareCompanion application serves as the patient portal, driving patient engagement and self-management. The personalized application, which is accessed via a tablet, allows patients to answer questions about their health and enter requested measurements, such as weight and blood pressure, to stay connected with their care teams.