

# IN REVIEW: DERMATOLOGY



## BIOGRAPHY:

Dr Rubel is a consultant dermatologist in private practice at Woden Dermatology, a visiting medical officer at The Canberra Hospital, and Senior Lecturer at the Australian National University (ANU). She completed her undergraduate medical degree (1988) and postgraduate Diploma in Paediatrics (1992) at the University of NSW, her Masters of Medicine (specialising in cutaneous immunology) at Sydney University (1995) and completed her Postgraduate Specialist training in Dermatology (Australasian College of Dermatologists' fellowship) in 1998. She has over 10 years experience as a Principal Investigator for clinical research trials in dermatology.



## AN INTERVIEW WITH DR DIANA RUBEL

**How long have you been involved in clinical research and what appealed to you about becoming a principal investigator?**

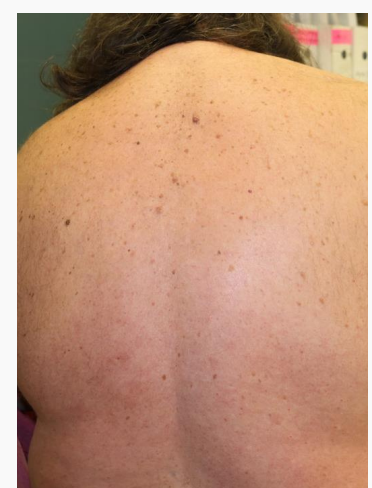
I started out in 2005, working at the Skin and Cancer Foundation where we started to look at non surgical ways to treat skin cancers. At first it seemed a bit daunting to "do research" but I quickly realised that it's a very supportive environment, where you have a bit more control over your day – unlike normal consulting work! I loved working with teams of people who were so knowledgeable in areas that were foreign to me, but happy to pass on their skills. I also now appreciate that I can evaluate research in other areas of science, and utilise the skills that I've acquired over the years.

**In all your years of clinical research, do you have a memorable moment or stand out trial you are particularly proud of?**

I was very fortunate to work with incredibly effective psoriasis treatments, and I got to see patients previously covered head to toe in psoriasis, literally clear overnight and stay that way. These days it's the standard of care but back around 12 years ago there was very little that we could offer these poor patients. I felt very proud of our unit's small contribution to bringing these medications to mainstream medical treatment. (Images of trial results shown below).



Before IP



After IP



Before IP



After IP

### In your opinion, what is the key to running a clinical trial successfully?

Good communication with the sponsor from the very start, beginning with the protocol. I think that experienced PIs and coordinators can anticipate and help to avoid some of the more common problems that might come up if we skip this step.

### What does the future hold for Paratus Clinical Research Woden?

We are excited about new studies in more specialty areas, and hopefully continuing along the successful wave of targeted molecules for inflammatory diseases. I'm particularly excited about treatments for vitiligo, creams for atopic dermatitis, and new options for skin cancers. It will be great to combine our clinical knowledge with Paratus' experience.

# CASE STUDY: PALMOPANTAR PUSTULOSIS (PPP)

## Background

Sponsor company approached Paratus Clinical Research Woden to reconsider running their Phase 2 trial in the very rare condition, palmoplantar pustulosis (PPP) where site had previously declined due to unlikeliness to recruit.

## Requirement

Sponsor requested site to enroll 1 patient for the potentially successful injectable biologic.

## Outcome

- Site enrolled 2 patients on the trial with the first patient enrolled being the first patient recruited globally.
- Outcome of the IP was hugely successful with PPP completely resolving for the patients.
- Very successful trial allowing patients relief from a high debilitating disease.



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