

# Guide to Pragmatic Trials

# What Are Randomized Pragmatic Trials?

*The key components are randomization, clinical endpoints, and generalizability*



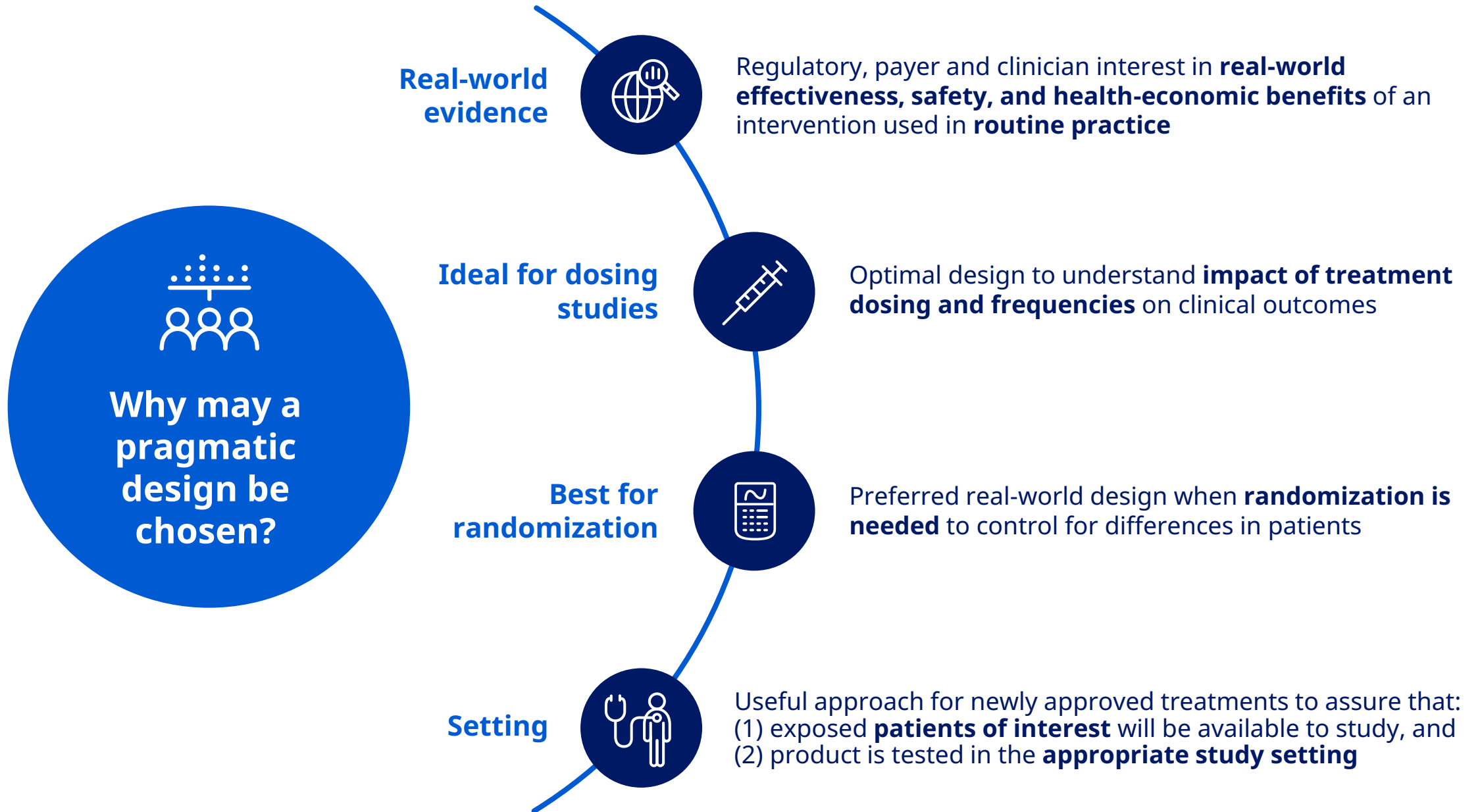
Pragmatic trials aim to generate real-world evidence on the (relative) effects of treatments, generalizable to routine practice.

**Innovative Medicines Initiative (IMI) Get Real Definition**



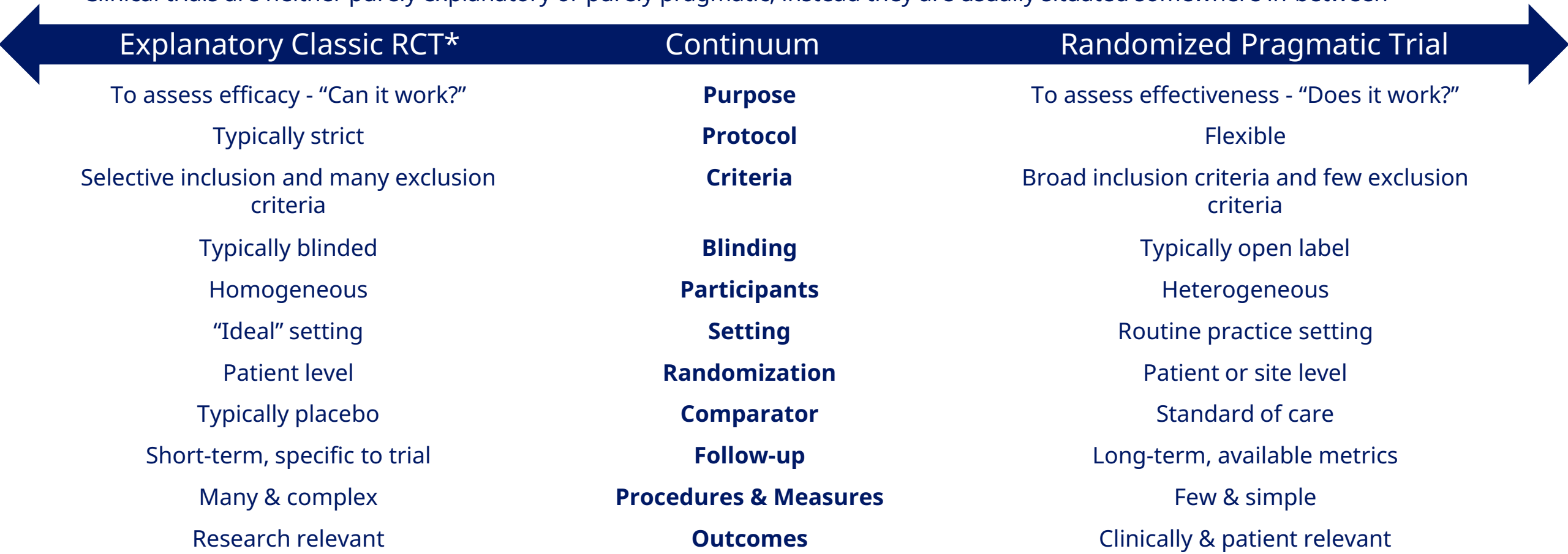
Randomized designs at the point of care, such as large simple trials or those that incorporate pragmatic elements, to generate comparative effectiveness RWE in routine practice for decision making by clinicians, payers, policy makers and for regulatory purposes moving forward

**Novo Nordisk Definition**



# Pragmatic and Explanatory Trials Are Usually A Continuum

Clinical trials are neither purely explanatory or purely pragmatic, instead they are usually situated somewhere in-between

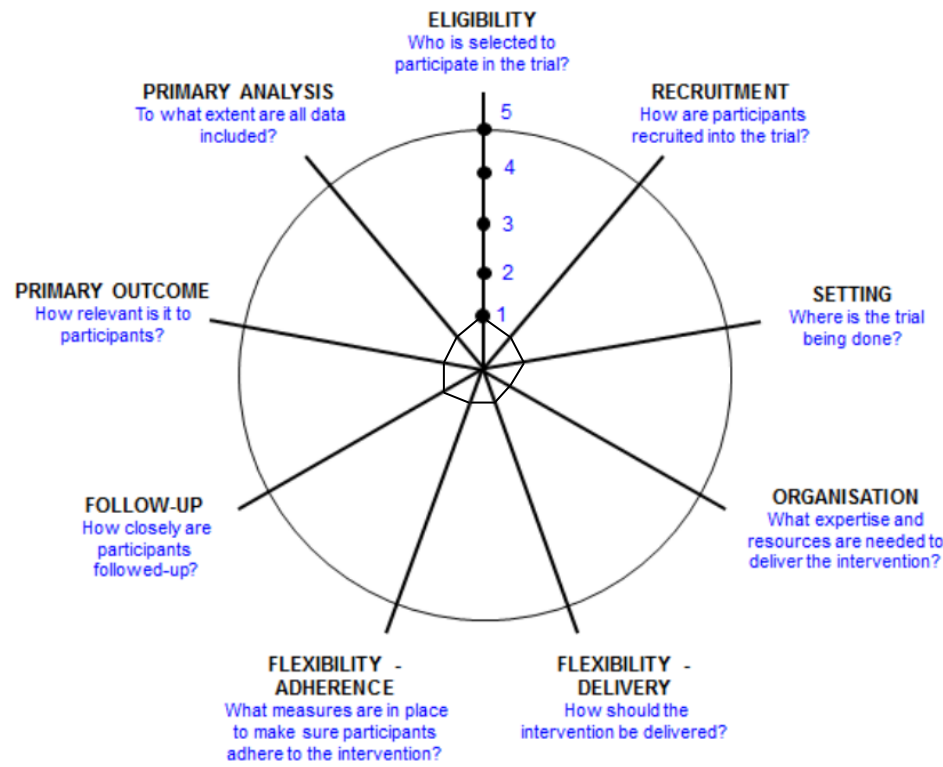


Resource: <https://www.precis-2.org/>; RCT – randomized clinical trial  
\*Clinical trials that are performed under ideal conditions with highly selected participants are termed explanatory trials. Source: Merali Z & Jefferson R. Explanatory versus pragmatic trials: An essential concept in study design and interpretation. Clinical Spine Surgery. Nov 2017. 30;9:404-406.

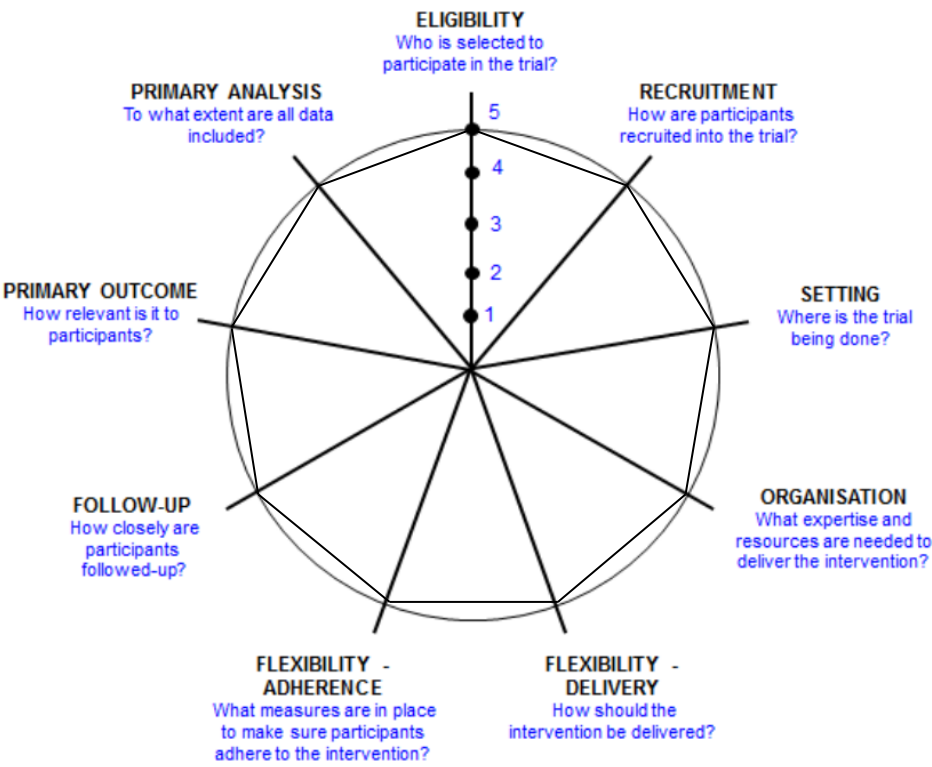
# Precis-2 Tool

The Pragmatic-Explanatory Continuum Indicator Summary-2 (PRECIS-2) tool is a resource that was developed to “help trialists to think more carefully about the impact their design decisions would have on applicability.” The tool is a 9-spoked wheel which includes 9 domains based on trial design decisions that need to be made. The wheel can help trialists understand how explanatory or pragmatic their trial is on this continuum.

## A highly explanatory classic RCT\*



## A highly pragmatic randomized trial



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# US Randomized Pragmatic Trial Activities Within Novo Nordisk

## Cleveland Clinic Trial

**Therapeutic Area:**  
Obesity

**Development phase:**  
Post approval

**Setting:**  
Cleveland Clinic

**Objective**  
To demonstrate superior effect of treatment with an employer-based weight management program in combination with medication for chronic weight management compared to an employer-based weight management program alone in subjects with obesity on weight loss.

[Click here to view on clinicaltrials.gov](#)  
[Click here to view published manuscript in Jama Network open](#)

Completed

## SEPRA Trial

**Therapeutic Area:**  
Diabetes

**Development phase:**  
Post approval

**Setting:**  
Payer setting

**Objective**  
To demonstrate superior long-term effects of treatment with semaglutide compared to SOC both added to up to 2 oral antidiabetic medications on glycemic control when used as intensification in routine clinical practice in adult patients with T2DM.

[Click here to view on clinicaltrials.gov](#)

Ongoing

## REALYSE Trial

**Therapeutic Area:**  
Diabetes

**Development phase:**  
Post approval

**Setting:**  
Health systems and PCPs

**Objective**  
To evaluate the effectiveness of early-initiated oral semaglutide on change in HbA1c from baseline to year 1 compared with other oral glucose-lowering medication at the discretion of treating physician when used as intensification in patients with T2D on metformin monotherapy in the primary care setting and routine clinical practice.

[Click here to view on clinicaltrials.gov](#)