

Achieved 1-Day Activation to Screening and Enrolled 300% of the Goal in a Phase 3 Obesity & T2DM Trial

Our Objectives

DelRicht Research was selected as a participating site network for a Phase 3 trial targeting adults with obesity and type 2 diabetes. The trial aimed to recruit adults ≥ 18 with obesity and T2DM without a history of hormone or incretin-based therapies.

- **Study Enrollment Goal:** 999 patients across 183 sites
- **DelRicht's Enrollment Goal:** 11 patients across 2 sites
- **Patient Population:** Adults ≥ 18 years old
- **Enrollment Period:** March 2026 – August 2026 (5 months)

Activation to Screening Timeline



Key Trial Challenges & Solutions

CHALLENGE

Exclusion Criteria & Patient Burden:

Strict eligibility criteria, including **T2DM duration, treatment stability, HbA1c ranges, and exclusions for insulin and common incretin therapies** limited the patient pool. Additionally, **frequent monthly visits over the trial duration weekly self-injections, fasting checks, and GI side effects** created **patient fatigue**.



HOW DELRICHT ADDRESSED

Recruitment & Fatigue Reduction Strategies:

To maximize recruitment, sites **pre-screened electronic records** to filter out exclusions early and **leveraged protocol-permitted rechecks**. To drive engagement, coordinators used **proactive outreach, flexible scheduling** where possible, and **automated reminders** to quickly resolve participation barriers.

The Study

Client: Large Biopharma

Trial: U.S. Phase 3 Obesity & T2DM Trial

Participating PIs

Dr. Luke Van Kirk | Springfield, MO
Command Family Medicine

Dr. Robert Springer | Atlanta, GA
Springer Wellness & Restorative Health



Our Results

DelRicht's 2 sites achieved a rapid **1-day activation to first patient first visit** timeline. In addition, our network **enrolled 33 patients, 300% of the expected enrollment goal**. This performance highlights the strength of our operational excellence and patient-centered approach to ensuring high-quality data in obesity and T2DM studies.

 **1-Day** Activation to PPFV Timeline

 **33** Participants Enrolled

 **300%** of the Expected Enrollment Goal