# Nintedanib in progressive fibrosing interstitial lung diseases: data from the INBUILD trial

Plain language summary

## The INBUILD trial

- Interstitial lung diseases (ILDs) are a group of diseases that impair the function of the lungs and can make it difficult to breathe normally. Some patients with ILDs develop progressive lung fibrosis (scarring of the lung tissue).

- **The INBUILD trial involved patients with a fibrosing ILD that had got worse within the previous two years, despite treatment. Doctors identified patients whose ILD had got worse based on:**

**Loss of lung function**

**Increased area of the lung affected by disease**

**Worsening of symptoms**


- Patients in the trial received either a drug called nintedanib or a placebo (dummy) as capsules taken twice a day.

- On average, patients took nintedanib or placebo for approximately 17 months.

- The trial didn't include patients with idiopathic pulmonary fibrosis (IPF), as nintedanib had already been shown to be an effective treatment for IPF.

## Patients in the INBUILD trial

**54% male**

**Average age 66 years**

**Variety of ILDs**

## Nintedanib reduced the risk of progression of pulmonary fibrosis

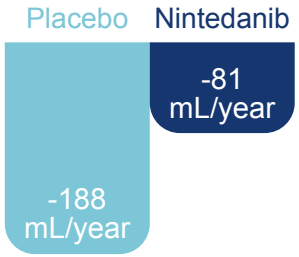
- **The progression (worsening) of pulmonary fibrosis may be assessed based on:**

**Decline in FVC (forced vital capacity)**
Reduction in maximum amount of air that can be expelled from the lungs

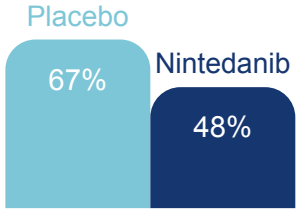
**Acute deterioration of pulmonary fibrosis**
Rapid worsening of lung function

**Death**

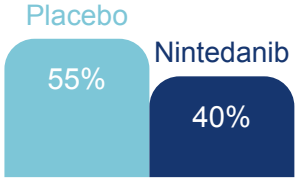
- Over 52 weeks, nintedanib reduced the rate at which FVC declined by 57%:




- Over the whole trial, nintedanib reduced the risk of events indicating progression of pulmonary fibrosis:




Relative decline in FVC ≥10% of the predicted value




Absolute decline in FVC ≥10% of the predicted value or death


Acute deterioration of pulmonary fibrosis or death

## Gastrointestinal events were the most common side-effects of nintedanib

Most patients managed to cope with side-effects without stopping treatment


22% of patients permanently stopped nintedanib because of side-effects

Diarrhoea was the most common side-effect

Nausea and vomiting were also reported more frequently in patients who took nintedanib than placebo

## Take-home message

- Compared with placebo, treatment with nintedanib reduced the progression of pulmonary fibrosis, with side-effects that most patients could manage.

**References:**
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Flaherty KR et al. Oral presentation and eposter at ERS 2020. Available at: https://www.globalmedcomms.com/respiratory/ERS2020/flaherty.

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