

Minimizing Repolarization-Related Proarrhythmic Risk in Drug Development and Clinical Practice

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Abstract

Proarrhythmia, the development of new or worse arrhythmias in response to drug therapy, is a major limitation to the development and use of new drugs. There are different types of drug-induced proarrhythmia, including long-QT syndrome (LQTS), short-QT syndrome and proarrhythmia related to Na⁺-channel blockade/conduction impairment. By far the most important form of proarrhythmia at present is drug-induced LQTS and its associated characteristic tachyarrhythmia, torsades de pointes (TdP). TdP arises when cellular action potentials (APs) are excessively prolonged, leading to arrhythmogenic afterdepolarizations, especially early afterdepolarizations (EADs), which trigger complex re-entry in a substrate involving increased transmural

dispersion of repolarization. *In vitro* screening, increasingly involving high-throughput assays, is used to assess potential candidate molecules and eliminate potentially problematic structures at an early stage of development. The most commonly used screening assays assess drug block of the K^+ current carried by human ether-à-go-go (hERG) subunits, corresponding to the rapid delayed-rectifier K^+ channel, the overwhelmingly most common target of TdP-inducing drugs. In addition, the effects of drugs on AP duration or the *in vivo* equivalent, QT interval, are often assessed in animal models. Methods available for repolarization-related proarrhythmic risk assessment include *in vitro* (Langendorff-perfused rabbit or guinea pig hearts) and *in vivo* models (such as α -adrenoceptor-stimulated rabbits, rabbits with reduced repolarization reserve due to block of slow delayed-rectifier current, animals with chronic atrioventricular block or animals with cardiac remodelling caused by congestive heart failure). *In silico* modelling may be helpful for molecular design of non-hERG blocking candidates and for optimization of compound selection (at the molecular and pharmacological profile levels). Finally, clinical evaluation of effects on electrocardiographic intervals (particularly QT) and cardiac rhythm are often needed, both prior to drug approval and after successful introduction on the market (postmarketing surveillance). The successful avoidance of proarrhythmic complications is a shared responsibility of the innovative pharmaceutical industry, regulatory authorities, partners in the clinical drug development phase and practicing physicians. This paper reviews the principal forms of proarrhythmia and the methods that can be used to minimize the risk of proarrhythmia in drug development and clinical practice, with particular emphasis on the most common and problematic form, acquired LQTS.

For every year since 1900, except 1918, cardiovascular diseases accounted for more deaths than any other single cause of death in the US.^[1] Nearly 2400 Americans die of cardiovascular disease each day, an average of one death every 37 seconds.^[1] Estimates for the US range from <200 000 to >450 000 sudden cardiac deaths (SCDs) annually.^[2] In most cases the cause of SCD is ventricular tachyarrhythmia, in particular ventricular fibrillation (VF).^[2] In the 1970s, pharmaceutical companies developed a great number of antiarrhythmic drugs, hoping to be able to prevent cardiac arrhythmic episodes and associated subsequent deaths. However, the CAST (Cardiac Arrhythmia Suppression Trial)^[3] and SWORD (Survival With Oral d-Sotalol)^[4] studies provided evidence that Vaughan-Williams Class IC Na^+ -current (I_{Na}) blockers and Class III rapid delayed-rectifier K^+ -current (I_{Kr}) blockers both induce significant arrhythmia risk-

enhancement (albeit via different mechanisms). These observations sensitized the medical community to the risks of 'proarrhythmia', defined as the production of *de novo* arrhythmias or aggravation of existing arrhythmias. Drug-induced proarrhythmia episodes were first described in patients receiving quinidine.^[5,6] Later, proarrhythmia was established to be a problem with a variety of non-cardiac drugs that can cause arrhythmias as an idiosyncratic adverse reaction.^[7]

A specific ECG pattern, with twisting points and undulating peaks, often associated with proarrhythmia by drugs that cause QT prolongation was recognized by Deserrenne, who coined the descriptive French term 'torsades de pointes' (TdP), meaning 'twisting of the points'.^[8] TdP has a characteristic pathophysiology (figure 1a, discussed in detail in section 1.1) and can manifest as acutely decreased pump function and haemodynamic instability, leading to syncope (sometimes

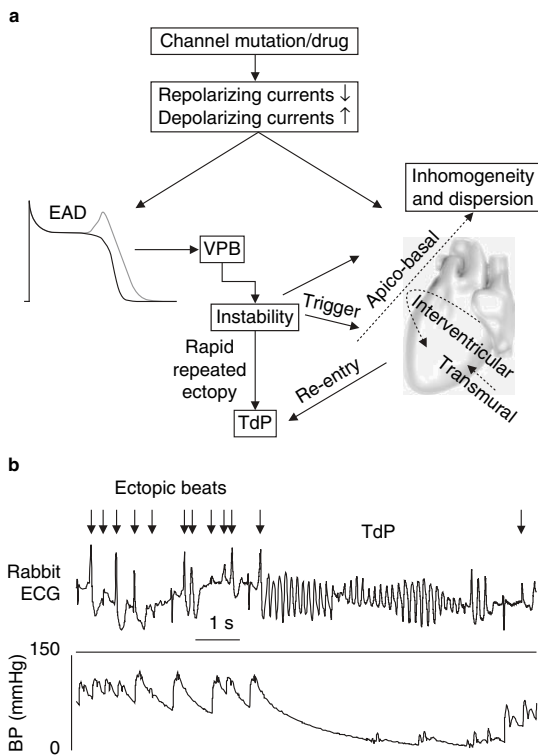


Fig. 1. Mechanisms and ECG appearance of torsades de pointes (TdP). (a) Mechanism of TdP arrhythmia. (b) TdP in an α_1 -adrenoceptor-stimulated anaesthetized rabbit. ECG and arterial blood pressure (BP) before and during arrhythmia. Arrows indicate ectopic beats before TdP. EAD = early afterdepolarization; VPB = ventricular premature beat; ↑ indicates increase; ↓ indicates decrease.

with seizure-like activity), or via transformation to VF, causing SCD (figure 1b).

Although a variety of mechanisms can cause proarrhythmia, the most significant in drug development and clinical practice are those related to abnormal repolarization, which is the focus of this paper. The objectives of this review are to summarize the presently available preclinical and clinical models for assessing proarrhythmic risk, and to provide information about how repolarization-related proarrhythmia can be minimized in clinical practice.

1. Proarrhythmia and Drug Development

Because of concern about proarrhythmic risks, new chemical entities are generally screened

for biomarkers of proarrhythmia liability early during drug discovery and development. Basic pharmacological and toxicological studies may detect proarrhythmia forms such as ventricular premature beats (VPBs), ventricular salvos or conduction block. For instance, inward L-type calcium current (I_{CaL}) blockers evoke atrioventricular (AV) block at higher concentrations.^[9–11] Catecholamines may induce VPBs and catecholaminergic polymorphic ventricular tachycardia (CPVT). The AV-block dog model is a well developed screen for drug-induced ventricular ectopy associated with TdP.^[12] Dose-related proarrhythmia is much easier to detect than proarrhythmia that is only manifest in patients with idiosyncratic predisposition. Many drugs associated with drug-induced TdP produce proarrhythmia as a rare manifestation, with an incidence <1 case in 2000.^[13,14] Conventional preclinical and clinical screening methods are not powered to detect these relatively rare events.^[15]

Electrocardiographic QT-interval prolongation (considered to be a TdP risk biomarker) and TdP have been the single most common cause of withdrawal of marketed drugs in the past decade.^[16] Therefore, TdP liability testing has become a key element of contemporary new drug development, since many drugs (including cardiovascular drugs, antibacterials, antifungals, antimalaria drugs, antihistamines, psychotropic agents, gastrointestinal prokinetics and nonadjuvant anticancer agents^[17]) and in some cases even their metabolites may provoke TdP. An up-to-date list can be found at www.torsades.org. Thus, the proarrhythmic liability of any drug under development must be assessed to minimize as much as possible the potential risk that these drug-induced life-threatening arrhythmias will occur during pharmacotherapy.^[18] Safety pharmacology testing of new drugs is a great financial and practical burden for the pharmaceutical industry; however, it is crucial in preventing the much greater cost of developing an agent that will risk human health and eventually have to be withdrawn for safety reasons. The International Conference on Harmonization (ICH) adopted a preclinical (ICH S7B) and clinical (ICH E14) guidance in 2005, with recommendations for

testing of new drugs for proarrhythmic, torsadogenic effect.^[19,20] Shortly afterwards, the US FDA, European Union and Health Canada adopted these guidelines.

1.1 Long QT Syndrome (LQTS) and the Mechanism of Torsades de Pointes (TdP)

At about the time when quinidine-induced TdP proarrhythmia was first described, it was recognized that TdP can also be caused by inherited arrhythmia syndromes,^[21-23] subsequently shown to be most commonly caused by genetic channelopathies. It was also recognized that TdP is associated with QT prolongation in 'long QT syndromes' (LQTSs), congenital or acquired. A variety of mutations/genetic syndromes (designated 'LQT1-12') and drugs cause abnormal function of ion channels, leading to decreased repolarizing currents (principally the rapid $[I_{K_r}]$ or the slow $[I_{K_s}]$ component of the delayed rectifier potassium current) or to increased depolarizing currents (particularly the late sodium inward current $[I_{Na}]$ and L-type calcium current $[I_{CaL}]$) during the action potential (AP) plateau.^[24] The vast majority of drugs associated with TdP selectively reduce I_{K_r} because of the unique molecular structure of the underlying channel (human ether-à-go-go [hERG] channel), which has a long external vestibule that promotes drug trapping.^[13,24]

The clinical recognition of TdP is sometimes difficult because the distinction between various ventricular tachyarrhythmias can be arbitrary, and drug-induced TdP, polymorphic ventricular tachycardia (VT) and VF may represent discrete entities within a spectrum of drug-induced proarrhythmia.^[25]

A number of hypotheses have been proposed to explain the generation of TdP, but the exact underlying mechanisms remain incompletely understood. It is generally accepted that early afterdepolarizations (EADs) are involved,^[26] but whether they only provide triggers for a polymorphic re-entrant tachyarrhythmia or whether they maintain TdP by acting as drivers with variable conduction patterns is uncertain. Figure 1a illustrates the mechanism by which TdP arises.

In the most widely accepted theory, TdP requires both initiating and maintaining mechanisms. The initiating mechanism is most typically provided by EADs. Any reduction in net repolarizing currents predisposes to EADs, which can lead to ventricular extrasystoles that trigger re-entrant tachyarrhythmias (initiating mechanism).^[27] EADs are generated in phase 2 or 3 of a prolonged AP by depolarizing currents that can be carried by I_{CaL} and I_{Na} , but also inward Na^+/Ca^{2+} exchanger (NCX) current.^[28] Ectopic beats also precede EADs in canine TdP models.^[29] There is evidence that focal activity generated in Purkinje tissue is the primary trigger for TdP initiation.^[30,31] A growing body of data also suggest that Ca^{2+} -handling abnormalities play an important role in torsadogenesis.^[12,28,32-38]

The TdP-maintaining mechanism includes the '4 dimensions' of dispersion of cardiac repolarization in space and time: (i) transmural dispersion of repolarization (TDR);^[39,40] (ii) apico-basal dispersion;^[36,41] (iii) interventricular dispersion;^[29,42-44] and (iv) temporal dispersion.^[45,46] Temporal dispersion includes instability that can be a consequence of the above-mentioned initiating mechanisms.^[47] Dispersion leads to increased heterogeneity of refractoriness, which sets the stage for re-entrant arrhythmia generation and maintenance.^[27] In a recent study mimicking LQT7 (gain-of-function I_{CaL} abnormality) in canine isolated ventricular wedge preparations, ventricular trans-septal dispersion predisposed to TdP.^[48] TdP is frequently preceded by a short-long-short cycle-length sequence in both congenital and acquired LQTS, with the second (ectopic) beat causing a post-extrasystolic pause.^[44,49,50] The long cycle (post-extrasystolic pause) favours the development of an EAD-induced extrasystole of subendocardial focal origin by increasing TDR, and promotes subsequent re-entry.^[51,52] The first ectopic complex and the TdP-inducing ectopic beat are often multifocal but can also be unifocal.^[53] The characteristic twisting morphology is attributed to the transient bifurcation of a predominantly single rotating scroll into two simultaneous scroll waves involving the right and left ventricles separately.^[54] Atrial tachyarrhythmias, 'atrial torsades de pointes', may also develop in LQTS.^[55-58]

1.2 Predicting TdP

It has been estimated that 2–3% of all drug prescriptions include medications with the potential to induce LQTS.^[59] Since most clinical trials are underpowered to detect adverse effects as rare as TdP, reliable surrogate parameters (biomarkers) are needed to predict the proarrhythmic liability of drugs. Because of the limitations of the corrected QT interval (QTc) as a biomarker (see section 3), there is great interest in developing biomarkers with greater predictive value for drug-induced arrhythmias based on clinically relevant and predictable *in vitro* and *in vivo* proarrhythmia models.^[15,18,36,60-63] The variables that have been suggested to be of potential value in predicting proarrhythmic liability are summarized in table I.

1.3 Other Types of Proarrhythmia

Table II summarizes the main characteristics of congenital and corresponding drug-induced forms of proarrhythmia. Theoretically, drugs could cause proarrhythmia by mimicking effects of any of the channelopathies that cause congenital arrhythmia syndromes. Although drug-induced proarrhythmia has been produced in experimental models of virtually all congenital forms listed in table II, clinical counterparts have only been described for some.

Quinidine can produce proarrhythmic episodes with properties different from TdP, with wide QRS and monomorphic VT.^[16] Similarly, other Na⁺-channel inhibitors such as Class IC antiarrhythmics (flecainide, encainide, moricizine, propafenone) can lead to VT, as well as to atrial fibrillation conversion to a slower atrial tachyarrhythmia with 1:1 ventricular conduction.^[125] The CAST study showed that Class IC antiarrhythmics increase mortality, largely because of proarrhythmic liability, in patients with prior myocardial infarction.^[3] Loss-of-function mutations of I_{Na} produce VT/VF predisposition in the Brugada syndrome. A single mutation in the I_{Na} gene (SCN5A) shows a unique overlap of LQT3, Brugada syndrome and progressive conduction defects.^[126-128] Brugada syndrome mani-

festations can be precipitated by drug exposure in predisposed patients, most typically because of Na⁺-channel blockade.^[116] Although, because of space limitations, this article focuses on proarrhythmia related to abnormal repolarization, the potential importance of other forms of proarrhythmia such as those caused by I_{Na}-blockers needs recognition.

A complementary condition to LQTS was suggested by the observation that SCD risk is doubled in patients with QT intervals shorter than 400 ms.^[129] Gussak et al.^[130] first reported a case of hereditary short QT interval with syncope, atrial fibrillation and sudden death. Later, short QT syndrome (SQTS) was characterized as a new clinical entity that can be caused by a variety of mutations (corresponding to specific syndromes designated 'SQT1-5'), all of which lead to enhanced repolarization (either by increasing repolarizing K⁺-currents or decreasing depolarizing Ca²⁺-currents), resulting in shorter AP duration (APD) and QT interval.^[131-133] Reduced APD decreases refractory period and promotes re-entry. There is also a corresponding drug-induced proarrhythmia syndrome,^[134] which is much rarer than drug-induced LQTS. APD/QT-shortening drugs such as hERG activators (RPR260243, PD-118057, mallotoxin, NS1643) and ATP-sensitive potassium channel activators (levromakalim, nicorandil) can reverse the AP-prolonging effects of dofetilide,^[135,136] but also cause significant QT and JT shortening, increased T_{peak}-T_{end} (see section 2.2.3) and produce profibrillatory effects in isolated hearts. A recently marketed antiepileptic drug, rufinamide, significantly shortened the QT interval during preclinical studies and was labelled with a contraindication in patients with familial SQTS and caution in patients receiving other QT-shortening drugs.^[134]

Preclinical profiling should be extended to predict these forms of proarrhythmic liability if a signal of Na⁺-channel blocking or APD/QT shortening risk is obtained. Because of the much lower importance at present of proarrhythmia syndromes other than acquired LQTS, we focus primarily on the detection and prevention of acquired LQTS risk in the rest of this paper.

Table I. Potential electrophysiological and haemodynamic proarrhythmia parameters for acquired LQTS liability

Parameter	Description	Detection mode and comments	References	
			preclinical	clinical
Incidence of preceding ectopic beats				
Ectopic beats	Ventricular premature beats	ECG, MAPD	44	64
R on T wave	Ectopic beat falls within the T wave	ECG	65,66	64
Repolarization morphology				
TWA and μ V-TWA	Beat-to-beat alternation of the morphology, amplitude and/or polarity of T wave	ECG		67-71
T _{peak} -T _{end}	Interval between the peak and the end of the ECG T wave, provides an alternate ECG index of TDR	Precordial ECG leads	39,72-74	75-77
Triangulation	Prolongation of APD ₃₀ to APD ₉₀	APD	45	
Beat-to-beat variability				
TWLI	Root-mean-square of the differences between corresponding signal values of subsequent beats	At least 100 T waves		78
Instability	Difference between the upper quartile (the upper boundary of the lowest 75% of the interval values) and the lower quartile (the upper boundary of the lowest 25% of the interval values)	APD, ECG	35,45	
STV	Poincaré plot, the width of the plot, orthogonal to the line-of-identity	MAPD, ECG (at least 30 consecutive beats)	46,79,80	81,82
LTV	Poincaré plot, the length of the plot, parallel to the line-of-identity	MAPD, ECG (at least 30 consecutive beats)	46	
TI	Poincaré plot, the median of the distances from centre gravity	ECG (at least 30 consecutive beats)	83	
STI	Poincaré plot, the width of the plot	ECG (at least 30 consecutive beats)	83	
LTI	Poincaré plot, the length of the plot, the distance to the x coordinate	ECG (at least 30 consecutive beats)	83	
RMS	Root mean square for a sequence of consecutive ECG intervals	ECG	35	
RMSSD	Root mean square of successive differences of consecutive ECG intervals	ECG	84	85
SDSD	Standard deviation of successive differences of consecutive ECG intervals	ECG	84	85
pNN50-RR	Percentage of successive RR/QT intervals that differ by >50 ms (human) or >8 ms (rabbit)	ECG, RR interval (human)	86	87
pNN8-QT		ECG, QT interval (rabbit)		
Heart rate-dependent repolarization parameters				
QTc	Heart rate corrected QT interval	ECG	35,86	88
QTVI	Log ratio between the QT interval and heart rate variabilities, each normalized by the squared mean of the respective time series	At least 256 sec ECG segment in sinus rhythm		89,90
QTRR hysteresis	Time scale of the adaptation of QT interval to heart rate changes	Reflects reverse-use dependence ECG, sinus rhythm	91,92	93
Autonomic nervous system				
BRS	Heart rate response to blood pressure changes, indicator of parasympathetic nervous system function	ECG RR intervals, systolic arterial blood pressure	86,94,95	96,97

Continued next page

Table I. Contd

Parameter	Description	Detection mode and comments	References	
			preclinical	clinical
HRT	Index of autonomic function defined by the relationship between initial acceleration and subsequent deceleration of sinus rhythm following a ventricular ectopic beat	ECG, parasympathetic (non-invasive), only in case of extrasystoles		98-100
HRV	Index of temporal heart rate variation	ECG	101	102-104
SP SAP	Frequency content analysis of temporal systolic blood pressure trends, indicator of autonomic tone	ECG RR intervals, systolic arterial blood pressure	86	
Complex parameter				
TRiAd	Triangulation, reverse-use dependence, instability and dispersion	MAPD	25,45	

APD=action potential duration; **BRS**=baroreceptor sensitivity; **HRT**=heart rate turbulence; **HRV**=heart rate variability; **LTI**=long-term instability; **LTV**=long-term variability; **MAPD**=monophasic action potential duration; **pNN50** and **pNN8**=the percentage of successive RR and QT intervals that differ by >50 ms and >8 ms, respectively; **QTc**=heart rate corrected QT interval; **QTVI**=QT variability index; **RMS**=root mean square; **RMSSD**=root mean square of successive QT differences; **SDSD**=standard deviation of successive QT differences; **SP SAP**=spectral power of systolic arterial blood pressure; **STI**=short-term instability; **STV**=short-term variability; **TDR**=transmural dispersion of ventricular repolarization; **TI**=total instability; **T_{peak}-T_{end}**=interval between the peak and the end of the ECG T wave; **TRiAd**=triangulation, reverse use-dependence, instability and transmural dispersion; **TWA**=T-wave alternans (μ V-TWA=microvolt level TWA); **TWLI**=T wave lability index.

2. Preclinical Models

A working set of recommendations was developed in the early 2000s, known as ICH S7B. The goals of the document were to create a set of standards for the identification of the concentration-related potential of drugs and their metabolites to delay ventricular repolarization. ICH S7B recommends at least a test of direct inhibition of I_{K_r} (e.g. hERG assay) and the application of an *in vivo* model to assess ECG actions and proarrhythmia. If the test substance belongs to a chemical/pharmacological class with members known to prolong QTc in humans, a test for QT prolongation in humans should be performed. The preclinical studies should provide an overall estimate of QT-prolonging risk in humans before the first administration to humans.^[19] Finally, an integrated risk assessment should be performed, including the evaluation of preclinical pharmacodynamic and pharmacokinetic data, along with postmarketing surveillance and follow-up studies relating to clinical QT prolongation.

It has become evident that no single model is sufficient to detect TdP liability completely, and even an integrated combination of approaches cannot successfully estimate the proarrhythmic

liability of all drugs. It has therefore been strongly suggested to construct the development programme for each compound on a 'case by case' basis.^[137]

Because proarrhythmia liability assays aim for clinical predictive value, the test model must be relevant to human physiology, i.e. species with radically different ionic-current repolarization systems from man (e.g. rat, mouse) should be avoided. The ICH S7B guidelines suggest performing at least two preclinical models before clinical administration.

Clinical TdP is relatively rare, but the incidence of proarrhythmia and sensitivity for proarrhythmic risk detection can be increased in preclinical assays by incorporating risk contributors that promote TdP. For example, slow heart rates and reduced serum $[K^+]$ enhance TdP likelihood, since lower cardiac frequencies exaggerate APD prolongation due to hERG blockers (reverse use-dependence) and increase susceptibility to EADs, while decreased $[K^+]$ reduces I_{K_r} and background inward-rectifier (I_{K1}) conductance and enhances sensitivity to hERG blockers.^[16] Table III summarizes risk contributors that are incorporated in preclinical assays to enhance their sensitivity.

Table II. Characteristics of channelopathies with corresponding drug-induced proarrhythmia

Current	Syndrome	Gene	Protein	Mutation function	Drug induced	APD	Arrhythmia	References
I_{Ks} ↓	LQT1	<i>KCNQ1</i>	KvLQT1	Loss	HMR1556 Chromanol 293B	Lengthened	TdP	29,105-107
I_{Ks} ↑	SQT2	<i>KCNQ1</i>	KvLQT1	Gain	R-L3	Shortened	AF, VT, VF	108,109
I_{Kr} ↓	LQT2	<i>KCNH2</i>	hERG	Loss	Dofetilide E-4031	Lengthened	TdP	110-112
I_{Kr} ↑	SQT1	<i>KCNH2</i>	hERG	Gain	Mallotoxin NS1643 PD-118057 RPR260243 NS3623	Shortened	AF, VT, VF	113-115
I_{Na} ↓	Brugada	<i>SCN5A</i>	Nav1.5	Loss	Flecainide Ajmaline	No effect or shortened	AF, VT, VF	116-118
I_{Na} ↑	LQT3	<i>SCN5A</i>	Nav1.5	Gain	ATX II Veratridine	Lengthened	TdP	40,119,120
I_{CaL} ↓	SQT4	<i>CACNA1C</i>	Cav1.2	Loss		Shortened	AF, VT, VF	121,122
I_{CaL} ↑	LQT8	<i>CACNA1C</i>	Cav1.2	Gain	BAY K8644 FPL64176	Lengthened	TdP	34,123,124

AF=atrial fibrillation; **APD**=action potential duration; **hERG**=human ether-à-go-go subunit; **I_{CaL}** =L-type calcium current; **I_{Kr}** =rapid delayed-rectifier potassium current; **I_{Ks}** =slow delayed-rectifier potassium current; **I_{Na}** =sodium current; **LQT**=long QT; **SQT**=short QT; **TdP**=torsades de pointes; **VF**=ventricular fibrillation; **VT**=ventricular tachycardia; ↑ indicates increased; ↓ indicates decreased.

It is important to validate the efficiency of various models for proarrhythmic risk-profiling. Sensitivity expresses how well a model recognizes drugs that can be proarrhythmic in humans. A highly sensitive model may effectively filter drugs that can be clinically harmful, but it may also produce false-positive results that stop the development of potentially useful proarrhythmia-free agents. Thus, an additional important indicator is the specificity, which is a measure of how often drugs identified as potentially proarrhythmic truly have proarrhythmic risk. A reliable proarrhythmia model requires validation showing that it has sufficient sensitivity and specificity for proarrhythmia screening.

Most pharmaceutical companies conduct cardiovascular safety studies (frontloading) before selection of candidate drugs for development.^[147] Surveyed pharmaceutical companies reported the use of hERG assays, isolated organ studies, APD measurements and *in vivo* QT interval measurements in 100%, 48%, 62% and 83% of drug development screening programmes, respectively.^[147] Regulatory guidelines do not yet contain recommendations for testing liability to drug-induced proarrhythmia forms other than

LQTS (e.g. drug-induced Brugada syndrome and SQTs). Eventually, new assays and models will need to be developed and standardized for these paradigms. Table IV summarizes the advantages and disadvantages of the available preclinical models for TdP risk assessment.

2.1 *In Silico* Modelling

Several *in silico* techniques are in development for use in drug discovery. *In silico* approaches include ligand-based modelling, target-based modelling (e.g. structural modelling of potential interactions with hERG and other ion channels) and electrophysiological modelling of single cells or even whole hearts.^[148-150] An *in silico* hERG modelling study reported impressive prediction of blocking effects for a test set of 28 compounds, with a sensitivity, specificity and accuracy of 90%, 86% and 89%, respectively.^[151] In addition, *in silico* models of adverse reactions and understanding of receptor systems are valuable tools for early compound profiling.^[152] *In silico* analysis has provided insights into the impact of serum ion-level changes during haemodialysis on drug-induced APD prolongation with potential

impact on arrhythmias.^[153] *In silico* modelling has also provided insights regarding the response to flecainide and mexiletine administration in congenital LQT3 and Brugada syndrome patients.^[154] Despite the usefulness of *in silico* modelling, a recently reported study indicated that only 37% of the 54 companies surveyed are using this method to predict ion channel/hERG channel interactions.^[147] The *in silico* screens will clearly not eliminate the necessity for *in vitro* and *in vivo* screening methods in the near future. However, the rational application of *in silico* methods during early discovery phases may allow for more cost- and resource-efficient design of candidate drugs with improved safety profiles.^[151]

2.2 *In Vitro* Models

A variety of *in vitro* animal models are used to assess potential cardiac electrophysiological and proarrhythmic effects. Effects can be studied at levels ranging from ionic currents through arrhythmia development in systems varying from single cell models to complex organ preparations. Generally, tests in simpler systems are less expensive and provide larger throughput, and are therefore useful for initial screening. More complex procedures are eventually needed for compounds that pass initial screening and are taken to further stages of development, or compounds with particularly important clinical potential selected despite early positive signals.

Table III. Risk contributors that enhance sensitivity of preclinical assays

Assay	Risk contributors	References
APD	Limited repolarization reserve (Purkinje fibre) Bradycardia (long cycle length) Female gender Hypokalaemia	138
Wedge	Bradycardia Female gender Hypokalaemia Hypomagnesaemia Autonomic stimulation Pacing algorithms Drug-induced weakening of repolarization reserve	139-141
Langendorff heart (SCREENIT)	Bradycardia AV block + pace AV block + escape rhythm Hypokalaemia Hypomagnesaemia Female gender Autonomic stimulation Pacing algorithms (mimic SLS sequence)	35,142
<i>In vivo</i> rabbit	Bradycardia Hypokalaemia Female gender Anaesthesia	15,86,143
AV block, canine	Anaesthesia (halothane, isoflurane, pentobarbitone) Hypertrophy Electrical remodelling (decreased repolarization reserve) Hypokalaemia Pacing algorithms (mimic SLS sequence)	12,144
Failing rabbit heart	Hypertrophy Heart failure Electrical remodelling (decreased repolarization reserve)	36
Telemetry	Hypokalaemia Female gender	145,146

APD= action potential duration assessment; **AV**= atrioventricular; **SLS**= short-long-short.

Table IV. Advantages and disadvantages of long QT syndrome-liability screens and measurable proarrhythmia parameters

Assay	Advantages	Disadvantages	Proarrhythmia parameters
hERG ^a	Less expensive High throughput Automated Low technical challenge	Inter-laboratory variability Not able to give information about additional channel inhibition Moderate specificity Moderate sensitivity	hERG current
APD ^a	Low cost High sensitivity Frequency dependency detectable Easily accessible	Species-specific current expression affects applicability to humans Moderate specificity Purkinje fibres may not respond to I _{Ks} blockers (false negative response)	APD EADs DADs Triangulation Reverse use-dependence
Wedge ^a	Simultaneous AP and ECG Direct determination of TDR (recordings from the three layers) High sensitivity High specificity Can detect proarrhythmia related to I _{Na} and short QT syndrome	Low throughput High technical challenge	Dispersion EAD DAD ECG (QRS, QT, TpTe) R on T TdP like VT ICF
Langendorff heart ^a (SCREENIT)	Low cost High variety of proarrhythmic parameters Frequency depending effect High sensitivity High specificity High reproducibility Well validated (SCREENIT)	Less validated Difficult interlaboratory comparison (different modified setups and protocols) Expensive (SCREENIT) Moderate technical challenge (SCREENIT)	MAPD EAD DAD Triangulation Reverse use-dependence ECG (PQ, QT, QRS, RR, TpTe) BVR VPB R on T TdP
<i>In vivo</i> rabbit ^b	Simple Moderate throughput PK/PD effects Chronic drug administration feasible High reproducibility High success rate High specificity Inexpensive	Mechanism of α_1 -adrenoceptor facilitation is unknown Drug action on α_1 -adrenoceptor complicates analysis of results Moderate sensitivity (requires large amount of drug) Less validated	ECG (PQ, QRS, QT, RR) BVR VPB R on T TdP
AV block, canine (rabbit and monkey) ^b	Mimics diseased heart PK/PD effects Chronic drug administration feasible High reproducibility High specificity	High technical challenge Moderate success rate Low throughput Expensive Requires large amount of drug Less validated	MAPD EAD DAD Dispersion ECG (QRS, QT, TpTe) BVR VPB R on T TdP
Failing rabbit heart ^b	High success rate Mimics diseased heart	High technical challenge Less validated Low throughput	ECG (PQ, QRS, QT, RR) BVR VPB R on T TdP

Continued next page

Table IV. Contd

Assay	Advantages	Disadvantages	Proarrhythmia parameters
Conscious telemetry ^b	Similar electrophysiology to the human No drug interaction No TdP-VF transition (monkey)	Low sensitivity Less proarrhythmic parameters Less validated	ECG (PQ, QRS, QT, RR) BVR VPB R on T TdP

a Not able to inform about the effects of plasma protein binding, the effects of metabolites, effects of chronic drug exposure, and neuronal and hormonal influences.

b Able to provide PK/PD information (i.e. dose-proarrhythmia curve, drug metabolism, drug-interaction).

AP=action potential; **APD**=AP duration; **BVR**=beat-to-beat variability of repolarization; **DAD**=delayed afterdepolarization; **EAD**=early afterdepolarization; **hERG**=human ether-à-go-go; **ICF**=isometric contractile force; **I_{Ks}**=slow delayed-rectifier potassium current; **I_{Na}**=sodium current; **MADP**=monophasic action potential duration; **PD**=pharmacodynamics; **PK**=pharmacokinetics; **TdP**=torsades de pointes; **TDR**=transmural dispersion of repolarization; **TpTe**=interval between the peak and the end of the ECG T wave; **VF**=ventricular fibrillation; **VPB**=ventricular premature beat; **VT**=ventricular tachycardia.

Potential disadvantages of *in vitro* models relate to the fact that they exclude the effects of plasma protein binding, the effects of metabolites, effects of chronic drug exposure, and neuronal and hormonal influences. *In vitro* results can also be strongly influenced by certain physicochemical properties of test drugs (e.g. adsorption to glass or plastic surfaces, poor solubility), leading to reduced effective drug concentrations and decreasing sensitivity.

2.2.1 Human Ether-à-Go-Go (hERG) Subunit Assay

In virtually all cases of drug-induced TdP, culprit drugs inhibit the current carried by hERG (I_{hERG}), the α -subunit underlying I_{Kr}.^[155] Therefore, screening with a hERG-blocking assay is very useful for identifying drugs that are likely to have proarrhythmic potential. However, drugs might affect additional cardiac ion channels, which can either diminish or enhance QT-prolonging and proarrhythmic potential. Therefore, additional assays on cells, tissues or organs may provide valuable information about net effects on repolarization and TdP risk.

I_{hERG}/I_{Kr} assays can be performed in freshly isolated cardiac ventricular myocytes or cell lines expressing hERG, with Chinese hamster ovary and human embryonic kidney cells being common choices.^[156,157] Blocking potency (IC₅₀, i.e. the concentration that produces 50% inhibition) can be assessed by standard manual electrophysiology, but is increasingly performed with automated patch-clamp methods.^[157] The cardio-

myocyte system is the 'gold-standard', with more reliable and accurate results, but has low throughput and requires highly qualified human resources.^[157] In contrast, automated patch-clamp methods provide very high throughput with less precise IC₅₀ values. IC₅₀ values for I_{hERG} block can be influenced by experimental protocol (e.g. step vs ramp protocol) and temperature,^[158,159] extracellular K⁺ concentration,^[160,161] pulse rate^[162] and solubility. Despite efforts to standardize hERG assays, there can be great variations in IC₅₀ for a given drug among research labs.^[61]

For drugs with multichannel blocking activity, the inhibition of I_{Na} and/or I_{CaL} may offset APD prolonging and proarrhythmic effects of I_{hERG}/I_{Kr} block. The I_{CaL} blocker verapamil (which has never been reported to cause TdP and can be therapeutic for long QT-related arrhythmias) inhibits I_{Kr} in the same concentration range as quinidine and amiodarone.^[163] The antianginal agent ranolazine possesses multiple channel blocking properties, including I_{Kr} inhibition, and suppresses EADs and TDR in canine perfused wedge preparations and *in vivo* models.^[164,165] Thus, in some cases, reliance on hERG assays alone can lead to unnecessary rejection of potentially valuable compounds.

For drugs with weak I_{Kr}-blocking ability, safety margins should be considered, taking into account the IC₅₀ and therapeutic free-drug plasma concentration.^[61] A hERG-blocking IC₅₀ 30-fold greater than the half-maximally effective

unbound-drug concentration has been suggested to represent an adequate 'cardiac safety index'.^[166] However, this rule is clearly not absolute, since verapamil is safe clinically despite a cardiac safety index of 1.7 (see above).^[167] It has also been suggested that a lower margin (10-fold) may be acceptable for drugs developed for life-threatening conditions.^[167]

Several drugs may lengthen QT intervals without directly blocking I_{hERG} , by inhibiting hERG trafficking to the plasma membrane.^[168-170] In such cases, hERG assays may provide false-negative results. Recently, an antibody-based chemiluminescent assay called HERG-Lite[®] was developed and validated to accurately predict both channel blockers and trafficking inhibitors in a rapid, high-throughput, cost-effective manner.^[171]

Rubidium efflux assay may provide high-throughput screening at relatively low cost, and yield quantitative information about hERG-inhibiting potential, but rubidium may reduce I_{hERG} inactivation, which decreases the sensitivity of the assay for the test drug.^[172,173] A new thallium flux assay was recently validated as an alternative method to profile large-volume compound libraries for hERG channel blocking activity.^[174] Human embryonic stem cell-derived cardiomyocyte assays are also presently under development.^[175]

I_{hERG} assays are able to detect hERG-current activators, and might therefore be useful in screening for drugs inducing SQTS. A recent study applied I_{hERG} assays to screen 170 compounds, showing high specificity (97%) and moderate sensitivity (55%) for hERG activators and moderate sensitivity (66%) and specificity (59%) for hERG blockers, with APD response assay as the 'gold standard'.^[176]

Several hERG drug-binding sites have been identified, at which mutations (e.g. F656, Y652) decrease drug access to hERG.^[177-179] The use of hERG isoforms carrying such mutations can increase specificity at the cost of decreased sensitivity. Up to 40–86% of new chemical entities may inhibit hERG at high concentrations (i.e. up to the limit of solubility).^[180] Witchel^[181] estimated that 40–70% of new chemical entities have

to be abandoned because of an inadequate window for hERG blockade. Additional tests may be required for compounds that pass hERG assay if a preclinical signal for QT prolongation or proarrhythmia is obtained, and some particularly promising drugs in challenging therapeutic areas may be subjected to further testing to assess proarrhythmic potential more deeply despite a positive signal on hERG assay.

2.2.2 Purkinje Fibre and Papillary Muscle Action Potential Duration Assays

One limitation of the hERG assay is that it predicts TdP risk for hERG-blocking drugs that have low proarrhythmic liability by virtue of inward current-blocking actions that antagonize the consequences of I_{Kr} -block.^[182] APD assays with fine-tipped microelectrodes in multicellular preparations provide precise information about drug-induced changes in the shape and duration of APs at varying stimulation rates. Guinea pig, rabbit or canine papillary muscle and Purkinje fibre APD assays are used most commonly in preclinical safety studies.^[147] APD recordings are easy to perform and plasma proteins can be added to the system to control for protein binding effects.^[183] Changes in AP shape are at least as important as changes in APD. A recent study showed that repolarization risk evaluation based on APD₉₀ values detected two of six clinically positive compounds, whereas five of six compounds were detected based on AP triangulation.^[184] Purkinje fibre APD assessment may be superior for detecting proarrhythmic repolarization-delaying properties.^[185] The QT PRODACT project showed that guinea pig papillary muscle APD assay predicts QT interval prolongation in humans.^[186] However, APD assay is not predictive of all QT-prolonging drugs (e.g. terfenadine),^[187] does not reliably predict the torsadogenic potential of all drugs and has moderate throughput. APD assays, with their high sensitivity and moderate specificity, may therefore be of most value in clarifying incoherent results of ion channel studies, assessing drugs with multiple channel blocking ability or defining mechanisms of actions.^[147]

2.2.3 Arterially Perfused Wedge Preparations

The isolated wedge preparation was introduced by Yan et al.^[72,188] Arterially perfused slabs of canine and rabbit myocardium are most frequently used in the model, which is suitable for recording endo-, midmyo- and epicardial APs simultaneously.^[139] Midmyocardial cell (M cell) APDs are believed to be important determinants of QT intervals and TdP arrhythmogenesis,^[139] although their precise role remains somewhat controversial.^[189] For instance, Voss et al.^[190] did not observe a midmyocardial zenith, either *in vivo* or in the wedge preparation, under physiological conditions, raising questions about the functional role of M cells. The $T_{\text{peak}}-T_{\text{end}}$ index (interval between peak and end of the T wave), which reflects TDR,^[39,72] may provide predictive information about TDP risk, and the pseudo-ECG shows proarrhythmic activity.^[41] However, Opthof et al.^[191] found that the $T_{\text{peak}}-T_{\text{end}}$ does not correlate with TDR in dogs *in vivo*, rather correlating with whole-heart repolarization. These findings question the application of aspects of wedge data to the *in situ* heart. Some drugs show qualitatively different effects on TDR at different concentrations (e.g. bell-shaped concentration-response), emphasizing the importance of assessing a wide range of concentrations.^[65,157,192,193]

Wedge preparations can also suggest multi-channel inhibition effects. For example, I_{Na} - and I_{CaL} -blocking actions may be reflected by reduced contractile force and $\Delta T_{\text{peak}}-T_{\text{end}}/\text{QT}$ ratios (ratios <10 accompanied by QRS widening suggest combined block of I_{Kr} and I_{Na}).^[139] Wedge preparations may also be useful in assessing proarrhythmic manifestations other than TdP, such as SQTS-related VT/VF risk as seen with pinacidil and PD-118057,^[194,195] and proarrhythmic consequences of I_{Na} and I_{CaL} blockade.^[139,196,197]

A scoring index was recently developed to assess proarrhythmic risk by considering percentage change in QT interval, percentage change in $\Delta T_{\text{peak}}-T_{\text{end}}/\text{QT}$ ratio, and the incidence of EADs with or without R-on-T extrasystoles and TdP.^[65,139,198,199] Although the ventricular wedge preparation model has been validated, it has low throughput and requires complex technical

skills.^[63] Recent papers have reported high success rates.^[139,200]

2.2.4 Langendorff-Perfused Rabbit Hearts

The retrogradely perfused Langendorff AV-ablated rabbit heart model is one of the most frequently used preclinical testing methods. Many drugs have been tested in the fully automated SCREENIT[®] system introduced by Hondeghem et al.^[45] Epi- and endocardial monophasic APs (MAPs) are recorded and proarrhythmic potential characterized by indexes such as EADs, VT/VF^[201] and TRIaD.^[25] The TRIaD concept was introduced by Hondeghem et al.,^[25,45] and stands for: AP Triangulation (prolongation of APD_{30-90}), Reverse use dependence, AP Instability and Dispersion. The use of TRIaD in SCREENIT correctly identified proarrhythmic agents of various mechanisms, even those having small margins between the hERG IC_{50} and predicted maximum effective free therapeutic plasma concentration.^[62,202] TRIaD also predicted proarrhythmic propensity of 26 drug candidates in a recently published isolated guinea pig proarrhythmia model.^[203] Although SCREENIT accurately discriminates proarrhythmic from non-proarrhythmic drugs, proarrhythmic drug concentrations are sometimes inconsistent.^[201,202,204] Lawrence et al.^[62] found that SCREENIT can predict clinical outcome, particularly for drugs with very high or very low torsadogenic potential. However, two or three false-negative results were found in a study of TdP liability for 55 compounds.^[167] SCREENIT can be useful for testing drugs at concentrations similar to IC_{50} values from hERG assays before committing to more costly *in vivo* QTc experiments (e.g. ECG telemetry in dogs and monkeys).^[205] The relationship between TRIaD-risk drug concentrations and clinical concentrations is likely to be an important index, since many drugs can produce at-risk TRIaD indexes at high enough concentrations.^[206]

A variety of other isolated heart models involving AV block and different perfusion buffers have been used to assess TdP liability.^[35,207-210] Pacing sites need to be chosen with caution to avoid pacing-induced arrhythmias.^[211,212] In

hearts with intact AV conduction, susceptibility to drug-induced arrhythmia is reduced, owing to more regular and higher heart rates.^[110] Thus, larger concentrations of drugs are needed to evoke proarrhythmia compared with AV-blocked hearts and predictive value is reduced.

Dynamic ECG parameters such as beat-to-beat variability of ventricular repolarization (BVR) of QT intervals (short-term variability [STV]; total instability) were suggested to determine proarrhythmic outcome in an *in vivo* dog proarrhythmia model.^[46,83] In one study, dofetilide increased all QT variability parameters (an example of typical dofetilide effects is shown in figure 2); however, neither verapamil nor lidocaine decrease QT variability parameters, while both prevent TdP in isolated rabbit hearts.^[35] Most TdP events are preceded by simple arrhythmias (i.e. VPBs, salvoes of ventricular beats, bigeminy, etc.), which increase in number and produce large beat-to-beat irregularity and instability before TdP. Instability may remain latent until the appearance of VPBs.^[47] Since TdP is preceded by simple arrhythmias and associated increased cycle length variation, the use of dynamic ECG BVR in preclinical studies merits further assessment as a predictive quantitative index.

The most complex *in vitro* models are the Langendorff perfused heart models with moderate throughput and high success rate.^[63] The SCREENIT model is a well studied, reproducible, robust and validated preclinical model with high sensitivity and specificity that provides many parameters relevant to proarrhythmia testing.^[62,201,202,204,205] However, all *in vitro* models lack crucial elements seen *in vivo*, such as metabolite effects and neurohormonal influences. Furthermore, all models in normal hearts may fail to inform about TdP risks specific to diseased hearts, in which proarrhythmia more commonly occurs. SCREENIT requires a commercial license, which limits its widespread use. Modified, manual-method Langendorff models are license-free and easily available, but less well validated.

2.3 *In Vivo* TdP Models

In vivo proarrhythmia models are more complex than *in vitro* models, but provide a wide

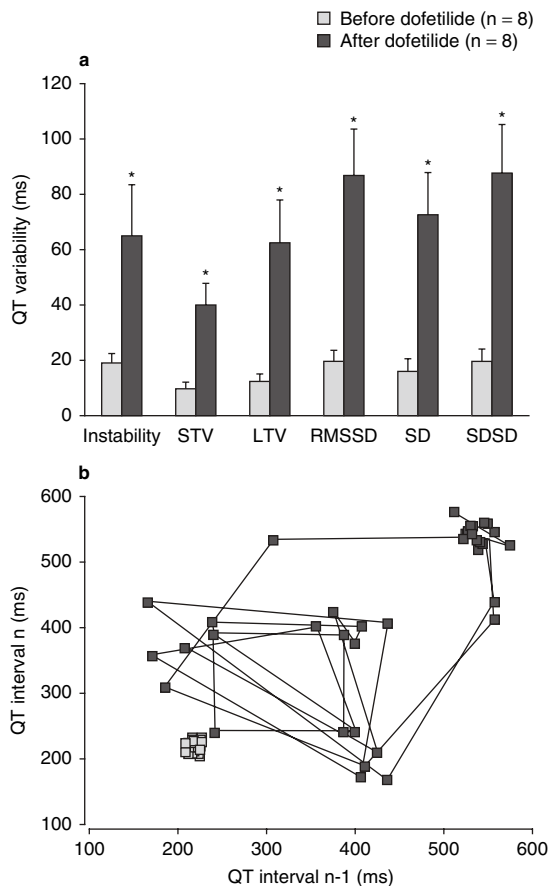


Fig. 2. Beat-to-beat QT variability parameters in isolated atrioventricular-ablated rabbit hearts exposed to dofetilide. **(a)** Beat-to-beat QT variability parameters before and after dofetilide administration. **(b)** A representative Poincaré plot of an experiment before and after dofetilide administration, showing the relationship of successive QT intervals to each other. Under control conditions, values are clustered together, showing little variation. After dofetilide, there is substantially increased variability, with many data points indicating alternating long and short QT sequences typifying QT alternans. **LTV**=long-term variability; **RMSSD**=root mean square of successive QT differences; **SD**=standard deviation of QT intervals; **SDDS**=standard deviation of successive QT differences; **STV**=short-term variability. * $p < 0.05$.

variety of information about drug pharmacodynamics and pharmacokinetics. They are particularly suitable for assessing drugs already suspected of proarrhythmic risk based on *in vitro* studies. In the absence of valid, highly sensitive and specific surrogate parameters, ICH 7SB recommends QT response assays.

2.3.1 *In Vivo* Studies in Normal Animals

α_1 -Adrenoceptor-Sensitized Anaesthetized Rabbit Model

The α_1 -adrenoceptor-sensitized anaesthetized rabbit model of acquired LQTS developed by Carlsson et al.^[143] is one of the most commonly used animal models for *in vivo* QT prolongation/proarrhythmia screening. In this model, the TdP liability of a test agent is evaluated during co-administration of a 'priming' substance – the selective α_1 -adrenoceptor agonist methoxamine^[143] or phenylephrine.^[213-215]

The role of the α_1 -stimulation in this model is still unclear. α_1 -Agonists may affect potassium currents: methoxamine inhibits transient outward potassium current (I_{to}) and prolongs APD in rat ventricular and rabbit atrial cells (100 $\mu\text{mol/L}$), inhibits I_K and prolongs APD in canine Purkinje fibres (0.1–10 $\mu\text{mol/L}$) and inhibits inward rectifier potassium current (I_{K1}) in canine Purkinje fibres and rabbit ventricular cells (0.01–1 mmol/L).^[216-219] α_1 -Adrenoceptor stimulation increases intracellular Ca^{2+} concentration ($[\text{Ca}^{2+}]_i$) via the G_i -IP3/DAG-PKC pathway (where IP3 is inositol 1,4,5 triphosphate, DAG is diacylglycerol and PKC is protein kinase C).^[220] Increased $[\text{Ca}^{2+}]_i$ can lead to triggered activity and TdP.^[15] A role of $[\text{Ca}^{2+}]_i$ is supported by the response to nisoldipine (I_{CaL} inhibitor) and flunarazine (a $[\text{Ca}^{2+}]_i$ overload blocker), which dose-dependently prevent TdP without attenuating the QT prolongation induced by almokalant, an I_{Kr} blocker.^[221] Increased afterload due to α -adrenergic stimulation may also increase ventricular stretch. However, neither stretch nor α_1 -adrenoceptor stimulation, nor their combination, enhance dofetilide-induced TdP in isolated rabbit hearts, suggesting that extracardiac α_1 -adrenoceptor-linked mechanisms may play an important role.^[110] Reflex bradycardia could be involved.^[15] However, Wang et al.^[222] found that prazosin pretreatment prevented hypertensive and bradycardic effects of phenylephrine, but did not prevent TdP induction by a late I_{Na} activator. The autonomic nervous system *per se* plays a significant role in arrhythmogenesis.^[101] Sympathetic stimulation increases TDR in LQT1-2.^[105] Bilateral vagotomy prevents clofilium-induced

TdP, suggesting an important contribution of parasympathetic tone.^[111] Baroreceptor sensitivity (BRS), an indicator of parasympathetic nervous system function, is increased in animals that develop dofetilide-induced TdP (unpublished data).

QT measurement in the *in vivo* rabbit can be difficult because of very short diastolic periods; therefore, extrapolation techniques are often used.^[223] Carlsson et al.^[79] found recently that STV predicts TdP in methoxamine-sensitized anaesthetized rabbits. However, other investigators have reported that neither QTc, QT BVR nor AP triangulation adequately predict TdP.^[86,111] Similarly, Michael et al.^[106,119] found that STV fails to predict TdP in phenylephrine-sensitized or adrenaline-sensitized anaesthetized guinea pigs. This model successfully identifies the proarrhythmia liability of numerous antiarrhythmic drugs,^[15] but is insensitive to quinidine^[224,225] and terfenadine.^[225] Since this proarrhythmia model requires the sensitizing effect of α_1 -adrenoceptor stimulation, the proarrhythmic potential of I_{Kr} -blocking drugs with ancillary α_1 -adrenoceptor blocking actions (i.e. quinidine, cisapride, etc.) may be underestimated.^[15] Additionally, the incidence of proarrhythmia depends on the anaesthetics used.^[86] These results urge caution in assessing the proarrhythmia liability of a test drug during α_1 -sensitization. Overall, this is a relatively simple, reproducible, moderate throughput model with a high success rate that is a useful complement to other proarrhythmia models, but is not a useful primary screen.

Conscious ECG Telemetry in Dogs and Monkeys

Technical development has made it possible to obtain long-term ECG recordings on conscious animals. Conscious guinea pig, dog and monkey ECG telemetry models have been developed.^[145,146,226-228] Beagle dogs and rhesus monkeys exhibit low inherent intra-animal variability and high sensitivity, allowing for the detection of small but potentially significant increases in QT/QTc intervals in the range of therapeutic plasma concentrations.^[227,228] Recently, *in vivo* QT assays in conscious cynomolgus monkeys have also been used to assess the risk of

drug-induced QT interval prolongation.^[146] Champeroux et al.^[91] reported that the simple QT/RR relationship method determined by ECG telemetry provided a direct assessment of a drug-induced effect on QT interval, without any curve fitting or application of correction formulae in conscious beagle dogs and cynomolgus monkeys. These models are reproducible and useful to evaluate *in vivo* QT prolongation, but usually they are considered less sensitive for TdP risk due to the absence of risk factors *per se*. The sensitivity for QT prolongation can be increased by a subject-specific QT correction factor.^[228]

Slow Delayed-Rectifier Potassium Current-Inhibited Anaesthetized Rabbit and Canine Models

Lengyel et al.^[80] found that neither I_{Kr} nor I_{Ks} blockade increase the ECG beat-to-beat QT STV, and cause TdP with a low incidence, but STV and the incidence of TdP increase with a combination of I_{Kr} and I_{Ks} blockers. Decreased repolarization reserve with an I_{Ks} blocker renders animals more susceptible to TdP, which may be useful for drug testing.

Acquired LQT1 with TdP occurs following the administration of isoproterenol in I_{Ks} -inhibited anaesthetized beagle dogs.^[29] Anaesthesia can interfere with acquired LQTS development, but the fentanyl-etomidate combination provides comparable baseline values with conscious telemetered beagle dogs,^[94] making it useful for routine cardiovascular safety studies as well as the investigation of risk biomarkers.^[83,229] The use of I_{Ks} -blockade to mimic the reduced repolarization reserve commonly predisposing to TdP in humans is an interesting approach to obtaining clinically relevant TdP risk data, but more experience and precise validation of this method are needed.

2.3.2 Pathological *In Vivo* TdP Models

An increasing number of experimental models have been established with electrical (APD prolongation associated with decreased outward repolarizing currents) and structural (ventricular dilation, hypertrophy, fibrosis) remodelling, mimicking the clinical circumstances under which TdP most commonly occurs. For example, electrical remodelling of the failing myocardium

causes downregulation of I_{Kr} , I_{Ks} , I_{to} ^[12,230-232] and I_{CaL} ^[233] and upregulation of NCX current,^[12] and heart failure is a risk factor for TdP. A decrease in repolarization reserve^[155,234] and abnormal Ca^{2+} handling^[235] predispose such animals to drug-induced TdP.^[12,236-238]

Chronic Atrioventricular-Block Animal Models

The chronic AV block (CAVB) dog TdP model was established more than a decade ago.^[144] Since then, it has become one of the most frequently used *in vivo* TdP screening models, probably second only to the α_1 -adrenergic-stimulated rabbit TdP model.

The bradycardia caused by AV block leads to volume overload, resulting in increased ventricular wall strain and diastolic stress.^[239-241] The serum levels of several stress-sensitive hormones increase, including noradrenaline (norepinephrine), angiotensin II, and atrial and brain natriuretic peptides.^[12] Haemodynamic and electrical remodelling develop rapidly and are followed by slower structural remodelling, with left ventricular hypertrophy evolving over 4–6 weeks.^[12,60] Remodelling lengthens APD and promotes triggered activity. Interestingly, hypertrophy does not appear to be a prerequisite for electrical remodelling or drug-induced TdP in this model.^[242]

Increased resting $[Ca^{2+}]_i$ and spontaneous sarcoplasmic Ca^{2+} release occur in CAVB cardiomyocytes^[243] and are likely to play a role in triggered arrhythmias. Transient inward current (I_{ti} ; carried mainly by enhanced NCX activity) can generate delayed afterdepolarizations.^[235]

In the canine CAVB model, the incidence of arrhythmias is lower in conscious than in anaesthetized animals. Vos and colleagues,^[12] who developed the model, generally use a combination of pentobarbitone (pentobarbital) and halothane or isoflurane. These agents are known to have direct electrophysiological actions, blocking K^+ -currents and decreasing repolarization reserve, bringing the predisposed CAVB phenotype closer to the proarrhythmic threshold.^[244-246]

TdP is produced in >70% of CAVB dogs upon exposure to I_{Kr} blockers associated with drug-induced LQTS, such as dofetilide, azimilide and almokalant.^[12] Following validation with both

proarrhythmic and non-proarrhythmic drugs, the CAVB dog model is now considered suitably reproducible and sensitive for new-drug evaluation.^[12,60] However, only 65–70% of CAVB dogs are drug-susceptible and can be used for testing, which is a nontrivial limitation.^[12]

Tsuji et al.^[232] reported that CAVB, bradypaced rabbits are at high risk of spontaneous TdP. CAVB/bradypacing causes remodelling of ion-channel function, particularly I_{Ks} and I_{Kr} downregulation. Tachypaced rabbits also develop heart failure and ionic-current remodelling, with downregulation of I_{Ks} but not I_{Kr} , and show isolated ventricular ectopy but not TdP.^[232] However, dofetilide administration reveals impaired repolarization reserve and induces TdP in tachypaced rabbits. The tachypaced CAVB rabbit model may thus be suitable for proarrhythmia testing, since spontaneous TdP does not occur, and decreased repolarization reserve produces a high likelihood of TdP with I_{Kr} blockade. In addition to K^+ -channel downregulation and APD prolongation, Ca^{2+} -handling abnormalities causing increased cell Ca^{2+} loading and Ca^{2+} -calmodulin-dependent protein kinase II activation appear to play an important role in EAD generation and arrhythmogenesis in this model.^[247]

Recently, a CAVB monkey model was introduced by Satoh et al.^[248] This system may have significant advantages over previous TdP models, both because of the phylogenetic similarity to humans and because TdP almost always terminates spontaneously, limiting collateral mortality. The low mortality rate allows for the comparison of multiple drugs in individual animals; furthermore, experiments with monkeys require smaller amounts of drugs, because of their small size^[249] and specific properties of metabolism by cytochrome P450 (CYP) 3A4.^[250]

The CAVB models have low throughput compared with other preclinical assays, demand high technical skills and require further validation before more widespread use in proarrhythmia safety studies.

Failing Rabbit Hearts

Kijawornrat and colleagues^[36,251] introduced a TdP model in rabbits with myocardial infarc-

tion-induced heart failure. Heart failure rabbits developed TdP in greater number than normal rabbits after the administration of dofetilide, clofilium and cisapride. Increased temporal dispersion and abnormal Ca^{2+} cycling were thought to contribute to the TdP predisposition.^[36,251] Cardiomyocytes from the ischaemic area showed increased Ca^{2+} spark frequency related to spontaneous Ca^{2+} release from the sarcoplasmic reticulum: Ca^{2+} -release events can cause triggered activity that initiates TdP.^[36,251] This model requires further validation before wider use for proarrhythmia screening.

3. Clinical Proarrhythmia Analysis

3.1 Clinical LQTS Biomarkers

The next step after preclinical risk assessment is evaluation of clinical proarrhythmic potential. The development of TdP is often preceded by alternation in T-wave morphology, i.e. T-wave alternans (TWA).^[67-69,252-254] In a TdP predictor identification study in humans, TWA was found to be more common in patients with TdP.^[255,256] Shimizu and Antzelevitch^[257] suggested that TWA at rapid rates under LQT conditions results from alternation in M-cell APD, leading to exaggeration of TDR. TWA also occurs in LQTS at relatively slower heart rates, at which TWA may be less likely.^[70] Shah and Hondeghem^[25] argued that AP instability is the experimental counterpart of TWA. Thus, TWA may provide information about increases in both the temporal and spatial dispersion of repolarization. The digital signal-processing counterpart of TWA, microvolt-level TWA, may detect subtle degrees of TWA and is also a broader marker of ventricular tachyarrhythmia vulnerability.^[70] However, Schmitt et al.^[258] found that in patients with congenital LQTS with a history of life-threatening arrhythmias but free of structural heart disease, microvolt-level TWA assessment does not provide additional prognostic information.

After STV was found to predict TdP in some experimental models, increased STV in QT parameters was observed in patients with both drug-induced and congenital LQTS.^[81,82] Berger

et al.^[89] developed a QT variability index based on aggregate deviations over a defined time window from a template QT interval, corrected for heart rate. The QT variability index is increased in patients with dilated cardiomyopathy, hypertrophic cardiomyopathy and cardiac electrical disease,^[259] as well as in patients with congenital LQT1 and LQT2.^[90]

Schwartz et al.^[96] found that low BRS is a protective factor in LQT1 patients, possibly because lower baroreflex responsiveness prevents arrhythmogenic cycle-length swings. In addition, beat-to-beat QT variability is affected by drugs that modulate the autonomic nervous system.^[260] Heart rate turbulence (HRT) is a non-invasive index of autonomic function based on the relationship between initial acceleration and subsequent deceleration of sinus rhythm following a ventricular ectopic beat.^[98] HRT is predictive of tachyarrhythmia occurrence in patients with implanted defibrillators.^[261,262] The data are presently insufficient to judge the potential predictive value of HRT for TdP.

Despite the range of potential proarrhythmia biomarkers used at the preclinical level, at present the QTc interval remains the only proarrhythmia biomarker in widespread clinical use. However, QTc interval prolongation has significant limitations as a biomarker:^[25,263] (i) there are drugs (e.g. ranolazine^[164]) that lengthen QTc without causing TdP, and some QT-lengthening drugs (e.g. amiodarone, verapamil^[163]) can prevent TdP, limiting the specificity of QTc prolongation; and (ii) TdP can develop without QT prolongation in isolated rabbit hearts (with droperidol, haloperidol, terfenadine),^[45,202,204] and in humans,^[264] limiting the sensitivity of QTc prolongation.

Bazett's square-root correction is the most common formula used to calculate heart rate QTc in clinical practice^[265] and is the formula implemented in most commercial ECG machines.^[266,267] However, the Bazett formula over-corrects at high heart rates and under-corrects at low heart rates, and can be particularly problematic outside the 60–100 beats/min 'normal' HR range.^[268] In humans the dynamic QT/RR relationship exhibits large intersubject and lower intrasubject variability.^[269] Circadian QTc inter-

val variability is also a factor.^[270] Thus, ideally, the individual drug-free QT/RR relationship should be considered when assessing the post-drug relationship.^[269,271] Several proarrhythmic drugs steepen the QT/RR slope (reflecting reverse-use dependence), so that the repolarization-heart rate relationship itself may be useful for LQTS proarrhythmia risk assessment.

3.2 'Thorough QT Study'

The ICH E14 clinical assessment guidance document^[20] suggests the performance of a human 'thorough QT study' (TQTS) according to a detailed protocol summarized in table V. The timing of the TQTS is not defined in the guidance, but conducting the TQTS in early drug development can avoid additional expenses if

Table V. Thorough QT study: main points

Objective	QT/QTc interval effect of the new agents Cardiovascular adverse effects
Timing	As early as feasible (even during clinical phase I)
Subject enrolment	Healthy volunteers
Design	Placebo control group Randomized Appropriately blinded Positive control group (validate assay sensitivity) Group design: crossover (smaller number of patients required because of reduced intersubject variability) parallel
Dose effect	Dose-response relations Concentration-response relationships (even at high concentrations, 'worst case scenario') Drug-drug and food-drug interactions involving metabolizing enzymes Metabolism and metabolite
ECG timing and evaluation	Multiple time points including peak concentration (C_{max}) Protocol specified QT evaluation ^a and correction to heart rate (i.e. Bazett or Fridericia)

a Authors' suggestion: ECG should be evaluated in a randomized and blinded fashion in only the same pre-specified lead(s) using the same semiautomatic or manual QT interval measurement method.

QTc = corrected QT interval.

substantial risk is detected. Shah^[272] suggested that a well designed ECG monitoring and QT concentration assessment as part of phase I clinical assessment may preclude a later TQTS; however, this idea remains to be considered by regulatory authorities.

The TQTS is considered negative when the upper bound of the 95% one-sided confidence interval for the time-matched effect of the drug on QTc excludes a 10 ms prolongation. Expanded ECG safety assessment may also be necessary in certain patient subgroups during later stages of drug development.^[272] Jonker et al.^[273] found in a pharmacokinetic-pharmacodynamic (PK/PD) model that 10% inhibition of hERG currents by dofetilide corresponds to 20 ms of QT interval prolongation in humans (95% CI). This suggests that PK/PD modelling may predict the human QT response and provide useful information for integrated QT risk assessment.

Besides determining QT/QTc-prolonging potential of a test drug, the rate of arrhythmia (TdP, VT, VF) and adverse events (syncope, seizure, SCD) should be compared between treated and control patients. Because of the large sample sizes needed to detect rare but clinically significant arrhythmic events, postmarketing surveillance is important. Substantial QT/QTc interval prolongation during clinical development can be the basis for non-approval or discontinuation of an otherwise promising compound, even without proarrhythmia *per se*. Decisions about continuation of development and approval generally depend on the estimated proarrhythmic risk, the likely therapeutic benefit and the safety/efficacy of alternative therapies.

TQTS is quite sensitive for QT-prolonging proarrhythmic drugs, but its specificity is questionable. Verapamil, amiodarone and ranolazine are all examples of compounds that prolong the QT, but have little or no clinical proarrhythmic risk.^[274]

4. Detecting and Preventing Proarrhythmia in Clinical Practice

Drug-induced TdP is relatively rare, but it is hard to estimate the occurrence rate precisely.

Many cases are not reported, definitive diagnosis requires ECG recording and other conditions can also lead to SCD (e.g. heart failure, cardiomyopathy). In addition, relative clinical TdP risk is difficult to quantify precisely for various drugs, because the intrinsic risk of the target population can differ greatly. For example, a drug given to patients with significant risk of cardiac damage and dysfunction, such as an antiarrhythmic, may for that reason alone be observed to cause TdP much more frequently than a drug commonly given to patients without heart disease, such as a macrolide antibacterial. Clinicians are ultimately responsible for the safety of the patients to whom they prescribe drugs, for proarrhythmia as well as other safety concerns.^[275] A silent gene mutation affecting cardiac repolarization has been detected in 10–40% of patients with acquired LQTS.^[276,277] Individuals who carry such asymptomatic mutations are at increased risk for TdP development when a potentially proarrhythmic drug is administered. The recognition of at-risk individuals is an important challenge. Future personalized medicine/genomic technologies may greatly facilitate recognition of patients with gene-variants predisposing them to TdP risk. In the meantime, awareness of the risk associated with potential QT-prolonging drugs and ECG verification after initiation of therapy are crucial.

Thus, clinicians must be aware of the dose-related proarrhythmic potential of various agents and of proarrhythmia risk factors (table VI). Female gender, structural heart disease, advanced age and coadministration of other potential QT-prolonging agents are important risk factors.^[314] Even non-prescription drugs (e.g. antitussive agents) can increase TdP risk for patients taking other pharmaceutical preparations or having concomitant disease; therefore, caution is needed with unsupervised use of non-prescription medication.^[303] In addition, food and beverages may contain potentially proarrhythmic chemicals. Grapefruit juice containing naringenin inhibits the metabolism of several drugs such as the class III antiarrhythmics sotalol and amiodarone.^[304] The consumption of large amounts of grapefruit juice or tonic water containing quinine (optical isomer of quinidine) can be deadly in predisposed

Table VI. Clinical risk factors for drug induced long-QT (LQT) syndrome

Risk factors	References
Age >65 years	278
Female gender	279
Cardiovascular diseases	278
coronary artery disease	280,281
ventricular hypertrophy	282
dilated cardiomyopathy	283
hypertrophied cardiomyopathy	284
arrhythmogenic right ventricular dysplasia	284
Takotsubo cardiomyopathy	285
ischaemic heart disease	283
recent myocardial infarction	283
heart failure (NYHA III, VI)	283
arrhythmias	
recently converted atrial fibrillation conduction block, VPB, bradycardia, VT	286,287
myocarditis	288
cardiac channelopathies	121
hypertension	289
Endocrine diseases	
hypothyroidism	290
hyperparathyroidism	291
phaeochromocytoma	292
hyperaldosteronism	293
CNS	
intracranial haemorrhage	294
encephalitis	295
Autonomous nervous system lability	101
increased sympathetic tone	
Family history	
family members with definite LQT1	296
unexplained SCD in family members <30 years old	
Intoxications	
alcohol	297
organophosphate	298
Electrolyte imbalance	
hypokalaemia	299
hypomagnesaemia	269
hypocalcaemia	
Pharmacodynamic interactions	
concomitant medications	303-305
Pharmacokinetic factors	
liver diseases	
cirrhosis	300
hepatic failure	301
	<i>Continued</i>

Table VI. Contd

Risk factors	References
renal diseases	302
concomitant medications	303-305
foods, drinks, liquid protein diet	306-309
genetic polymorphism (i.e. CYP)	
Other	
diabetes mellitus	284
anorexia nervosa/starvation	310
bulimia	311
obesity	312
HIV infection	313
CYP = cytochrome P450; NYHA = New York Heart Association heart failure classification; SCD = sudden cardiac death; VPB = ventricular premature beat; VT = ventricular tachycardia.	

patients, such as those with congenital LQTS channelopathies.^[315]

Potential drug interactions via inhibition of CYP isoenzymes were responsible for 24% of cases in a recent study of patients with acquired LQTS.^[271] Metabolic interactions can greatly increase the risk of TdP with commonly used drugs. For example, an increasing number of deaths and life-threatening events have been reported in response to methadone coadministered with various drugs. Wilcock and Beattie^[316] concluded that a major contributing factor is a lack of knowledge among clinicians about the need to carefully initiate and monitor the use of methadone because of its wide interindividual variation in pharmacokinetics. Terfenadine, an antihistamine that was withdrawn from the market, is metabolized by CYP3A4 and normally causes slight (mean ~6 ms) QT prolongation in humans. However, a study using *in vitro* microsomal preparations from human livers showed that coadministration with the antifungal agent ketoconazole (which inhibits CYP3A4) would be expected to increase terfenadine blood concentrations by 13- to 59-fold.^[317] Such high concentrations of terfenadine can cause marked QT prolongation and susceptibility to TdP.^[318] Mutations in genes encoding metabolizing enzymes (i.e. CYP2D6, CYP3A4) can substantially increase the serum concentrations of proarrhythmic drugs. The blood levels of the torsadogenic antipsychotic

drug thioridazine and its metabolites increase and QT interval lengthens in patients with abnormal drug metabolism.^[319] Considering the many genetic variants in repolarization channel gene sequences and metabolizing enzymes that can predispose to TdP, and the increasing number of potential QT-prolonging drugs, efficient personalized medicine approaches to the prevention of TdP remain a major challenge.

Given the difficulties in avoiding exposure of patients to potential QT-prolonging interventions, efficient detection is important. ECG recordings should be obtained in patients treated with drugs that can cause LQTS if there is any concern for potential LQTS, and particularly if they have risk factors for LQTS or suspicious clinical symptoms such as palpitations, lightheadedness or syncope. A QTc >500 ms substantially increases TdP risk in patients with congenital LQTS.^[320] In one study of acquired LQTS, the majority of TdP cases occurred at QTc >500 ms.^[321] In the DIAMOND (Danish Investigations of Arrhythmia and Mortality on Dofetilide) study, female gender, the severity of heart failure and QTc duration identified patients at increased risk of early TdP upon dofetilide exposure.^[283] In a large congenital LQTS patient database, the mean QTc was 482 ms and individual values ranged from 365 to 800 ms.^[322] A recent survey showed that practising emergency room physicians rely heavily on Bazett-corrected QTc to assess LQTS risk, and that physician education and improved QT assessment guidelines are important for detection and prevention of acquired LQTS-related tachyarrhythmias.^[265] Males with QTc ≤330 ms and females with QTc ≤340 ms should be suspected of having congenital SQTs, even if they are asymptomatic.^[323] With increasing awareness of drug-induced SQTs, similar criteria may be appropriate, although there is presently limited knowledge about the acquired condition.

In addition to ion-channel dysfunction, abnormalities in K⁺-channel trafficking due to congenital mutations or drug effects can cause LQTS.^[319,324,325] It was recently demonstrated that some drugs can improve the trafficking of ion channel proteins. Paradoxically, cisapride

could produce a 'double hit' effect on repolarization by improving the trafficking of gain-of-function-mutated I_{Na} channel (SCN5A) subunits, leading to QTc lengthening, compounded by the drug's blocking effect on I_{Kr}. Better understanding of such complexities may help to better predict and prevent acquired LQTS in the future.

5. Conclusions

Despite detailed preclinical and clinical proarrhythmia core batteries of safety pharmacology, drug proarrhythmia risk assessment remains imperfect. Thus, even drugs judged to have relatively low proarrhythmia risk may need further surveillance after marketing. Post-approval clinical trials or surveillance programmes focusing on a small number of specified potential arrhythmic outcomes might allow for earlier identification of proarrhythmic properties, leading to altered labelling or, where necessary, the withdrawal of a drug.^[324] Despite the great progress that has already been made, further work is needed to validate various preclinical proarrhythmia models and develop new, more sensitive, specific and clinically relevant models and proarrhythmia biomarkers. Newer transgenic models (e.g. rabbit, zebrafish) may provide helpful complementary approaches.^[325] In the future, more reliable preclinical data, developments in pharmacogenomics and more advanced detection of genetic disorders may allow for personalized therapy taking into account individual patient risk factors for proarrhythmia. In the meantime, clinicians must be aware of proarrhythmic drugs, proarrhythmia labelling restrictions and proarrhythmia risk factors to provide pharmacological treatment with minimal proarrhythmic risk.

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