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Opinion Article

Sensor-Driven Therapeutic Monitoring and Systemic Exposure Analytics

Amelie Laurent*

Department of Drug Bioavailability Studies, Université de la Santé Avancée, Lyon, France

DESCRIPTION

Digital biomarker bioavailability has emerged as an advanced interdisciplinary field combining wearable technology, biosensor engineering, computational analytics and pharmaceutical sciences to evaluate medicinal absorption and therapeutic response through continuously measurable biological indicators. Conventional pharmacokinetic assessment often depends on intermittent blood sampling and laboratory analysis, which may inadequately capture dynamic physiological changes influencing systemic exposure. Digital biomarkers provide opportunities for real-time monitoring of biological signals associated with medicinal uptake, metabolism and therapeutic performance, enabling more precise and individualized healthcare strategies.

Digital biomarkers are objective physiological or behavioral measurements collected through connected technologies such as wearable sensors, implantable devices, mobile applications and remote monitoring platforms. These indicators may include heart rate variability, body temperature, glucose levels, respiratory patterns, sleep behavior, electrodermal activity, movement dynamics and biochemical measurements obtained continuously over extended periods. Such information can reveal subtle physiological responses associated with medicinal exposure and therapeutic effectiveness.

The relationship between digital biomarkers and medicinal bioavailability is becoming increasingly important within precision medicine. Systemic exposure to therapeutic compounds often produces measurable physiological changes that can be monitored noninvasively. Wearable systems capable of detecting these alterations provide indirect but highly informative indicators of absorption kinetics and pharmacodynamic activity. Continuous monitoring allows clinicians and researchers to evaluate medicinal performance under real-world conditions rather than isolated laboratory environments.

Cardiovascular monitoring represents one of the most widely studied applications of digital biomarker pharmacokinetics. Therapeutic compounds affecting blood pressure, cardiac rhythm, or vascular tone can produce detectable physiological signatures measurable through wearable sensors. Continuous assessment of these variables allows evaluation of therapeutic onset, peak activity and duration of effect, offering valuable insights into systemic medicinal exposure.

Neurological therapeutics increasingly benefit from digital biomarker integration. Wearable accelerometers, speech analysis platforms and sleep-monitoring devices can detect subtle functional changes associated with neuroactive compounds. Patients with epilepsy, Parkinson's disease, depression, or cognitive disorders may exhibit measurable behavioral patterns corresponding to therapeutic absorption and neurological response. Continuous digital assessment therefore enables more sensitive evaluation of medicinal effectiveness compared with conventional episodic clinical observation.

Artificial intelligence and machine learning technologies play essential roles in analyzing complex digital biomarker datasets. Continuous monitoring systems generate enormous quantities of multidimensional information requiring advanced computational interpretation. Intelligent algorithms can identify temporal patterns, predict therapeutic response and estimate systemic exposure based on physiological signatures. Such approaches support adaptive treatment strategies tailored to individual biological variability.

Digital biomarkers may significantly improve clinical trial methodology. Conventional pharmacokinetic studies often rely on limited sampling schedules that may overlook transient physiological changes. Continuous digital monitoring provides richer datasets capturing temporal variability and patient-specific response patterns. Such information enhances understanding of therapeutic behavior across diverse populations and environmental conditions.

Regulatory agencies are gradually developing frameworks for validating digital biomarkers within pharmaceutical research and clinical care. Establishing standardized performance criteria and clinical relevance thresholds will be essential for widespread adoption. Interdisciplinary collaboration among engineers,

Correspondence to: Amelie Laurent, Department of Drug Bioavailability Studies, Université de la Santé Avancée, Lyon, France, E-mail: amelie.laurent@usanteavance.fr

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clinicians, pharmacologists and data scientists is vital for ensuring scientific rigor and patient safety.

Future developments may involve implantable nanosensors capable of directly measuring circulating therapeutic concentrations in real time. Integration of these technologies with artificial intelligence platforms and automated dosage systems could enable fully adaptive therapeutic management based on continuous physiological feedback.

In conclusion, digital biomarker bioavailability represents a transformative advancement in pharmaceutical sciences by enabling continuous, noninvasive monitoring of therapeutic absorption and physiological response. Wearable sensors, remote monitoring technologies and computational analytics provide unprecedented opportunities for individualized pharmacokinetic assessment and precision medicine. Although challenges involving standardization, privacy and regulatory validation remain significant, ongoing technological innovation is rapidly expanding the clinical potential of digital biomarker systems. Their integration into future healthcare models may greatly enhance therapeutic optimization, patient safety and real-world pharmacokinetic understanding across diverse medical disciplines.