Recent guidelines for the treatment of rheumatoid arthritis (RA) recommend that patients who are Aged 18+
A majority of patients (>73%) reported discussing the following aspects of biologic therapy either
Rheumatologists were most likely to initiate the discussion (54%), but 23% of patients reported
Patients with RA are active participants in the process of initiating biologic therapy
Discussed in detail
When making treatment decisions, 74% of patients reported that they consider both their current and
Currently taking DMARDs
As demonstrated by previous research, effective communication between patients and providers
Self-reported as diagnosed with RA by a physician
However, fewer than 39% of patients reported discussing the subcutaneous (SQ) injection
Data were collected online through a 30-minute, self-administered questionnaire
Study inclusion criteria were:
A. Goren, S.C. Bolge, D. Brown, R. Meyer, S. Ginsberg
KantarHealth, New York, NY, USA, *Janssen Scientific Affairs, LLC, Horsham, PA, USA; *CreckyJoins, Upper Nyack, NY, USA

**ABSTRACT**

**Background:** Current guidelines for the treatment of rheumatoid arthritis (RA) recommend that patients who are not adequately responding to treatment with disease-modifying anti-rheumatic drugs (DMARDs), most often methotrexate, initiate treatment with biologic therapy. However, from the patient perspective, there may be many other factors which influence this decision.

**Objective:** To describe the experience of patients who are considering biologic therapy to manage their RA

**Methods:** A total of 345 patients completed the study. Of these, 101 were recruited through the patient advocacy organization CreckyJoins and 94 through a consumer panel.

**Study inclusion criteria were:**
- Self-reported as diagnosed with RA by a physician
- Currently taking DMARDs
- Discussed transitioning to a biologic with a rheumatologist
- Currently under the care of a rheumatologist

**Results:** Among the 343 patients who completed the study, the median (SD) time that elapsed since discussions about biologic therapy began was 1.3 (1.8) years over a mean (SD) of 2.7 (2.6) office visits. Rheumatologists were most likely to initiate the discussion (54%), but 23% of patients reported initiating it (Figure 1)

**Discussion:** Patients with RA are active participants in the process of initiating biologic therapy. Rheumatologists should actively engage their patients in the shared-decision making process for initiating biologic therapy. As demonstrated by previous research, effective communication between patients and providers is critical. However, fewer than 39% of patients reported discussing the subcutaneous (SQ) injection experience, the intravenous (IV) infusion experience, or financial and treatment support programs. Most patients believe they are the primary decision maker

**Conclusions:** This study describes the experience of patients who are considering biologic therapy to manage their RA.

**REFERENCES**

**Figures and Tables:**
- Figure 1. Person Initiating Discussion About Starting Biologic Therapy
- Table 1. Proportion of Patients (%)

**RECOLLECTIONS**
- Patients with RA are active participants in the process of initiating biologic therapy
- Rheumatologists should actively engage their patients in the shared-decision making process for initiating biologic therapy
- As demonstrated by previous research, effective communication between patients and providers may have a positive impact on patient satisfaction and adherence to therapy

This study was supported by Janssen Scientific Affairs, LLC

**CONCLUSIONS**
- Most patients believe they are the primary decision maker: 25% make the final decision about treatment and 45% make the final decision after considering their rheumatologist’s recommendation (Figure 3)
- When making treatment decisions, 34% of patients reported that they consider both their current and future situations, though 15% only consider the present and 10% only consider the future (Figure 4)

**Figure 4. Patient Thoughts When Making Treatment Decisions**

**Figure 3. Patient Role in Making Final Treatment Decision**

**Figure 2. Aspects of Biologic Therapy Discussed With Rheumatologist**

**Figure 1. Person Initiating Discussion About Starting Biologic Therapy**

**Table 1. Proportion of Patients (%)**

**EXHIBITS**
- **Figure 1. Person Initiating Discussion About Starting Biologic Therapy**
- **Table 1. Proportion of Patients (%)**

**EXHIBITS**
- **Figure 1. Person Initiating Discussion About Starting Biologic Therapy**
- **Table 1. Proportion of Patients (%)**

**EXHIBITS**
- **Figure 1. Person Initiating Discussion About Starting Biologic Therapy**
- **Table 1. Proportion of Patients (%)**

**EXHIBITS**
- **Figure 1. Person Initiating Discussion About Starting Biologic Therapy**
- **Table 1. Proportion of Patients (%)**

**EXHIBITS**
- **Figure 1. Person Initiating Discussion About Starting Biologic Therapy**
- **Table 1. Proportion of Patients (%)**

**EXHIBITS**
- **Figure 1. Person Initiating Discussion About Starting Biologic Therapy**
- **Table 1. Proportion of Patients (%)**