Patient Experience with Rheumatoid Arthritis Disease Flares

S.C. Bolge,1 N. Tandon,1 M.P. Ingham,1 S. Gupta2
1Centocor Ortho Biotech Services, LLC, Horsham, Pa, USA; 2KantarHealth, Princeton, NJ, USA

Background

• Rheumatoid arthritis (RA) is a chronic, progressive, inflammatory disease of the joints that affects 0.5% to 1% of the adult population worldwide. The burden associated with RA includes increased direct medical costs, reduced work productivity, mental distress, and depression.

• Recently, the OMERACT 9 Special Interest Group developed a working definition of disease flares in RA. As part of this work, a patient breakout group provided the patient perspective on RA disease flares.

• To date, the patient perspective on RA disease flares has not been measured in a more quantitative way.

Objective

• To assess and quantify the patient experience with RA disease flares among a large sample of RA patients in the United States.

Methods:

• Data were taken from the 2010 Rheumatoid Arthritis Patient Study—Participants participating in the study were aged ≥18 years and reported a diagnosis of RA.

• Data were collected using a cross-sectional, self-administered, Internet-based questionnaire.

• In the questionnaire, disease flares were defined as “any worsening of disease activity that would likely lead to starting or changing medication if it continues”.

• Patients provided detailed information about their experiences with disease flares.

• Patients also reported on communications with their physician about disease flares.

Results:

• Of 2,135 patients, 47.4% experienced a disease flare and 52.6% did not experience a disease flare in the past six months (Figure 1).

• A majority of patients described their most recent disease flare severity as moderate (62.8%) or severe (25.1%), and reported that it affected their ability to do usual daily activities moderately (31.9%) or quite a bit (39.9%) (Table 1).

• Approximately one-in-four patients experiencing flares have not discussed their flares with a healthcare provider, and these patients may require their provider to initiate the discussion.

• Of patients who discussed disease flares with their healthcare provider, 84.1% initiated the discussion themselves and only 13.8% reported that the discussion was initiated by a healthcare provider.

• Of patients who discussed disease flares with their healthcare provider, 84.1% initiated the discussion themselves and only 13.8% reported that the discussion was initiated by a healthcare provider.

• Most patients discuss disease flares with healthcare providers. However, patients generally initiate the conversation.

• Of patients who discussed disease flares with their healthcare provider, 84.1% initiated the discussion themselves and only 13.8% reported that the discussion was initiated by a healthcare provider.

Conclusions

• Of patients who discussed disease flares with their healthcare provider, 84.1% initiated the discussion themselves and only 13.8% reported that the discussion was initiated by a healthcare provider.

References


Table 1: Severity of most recent flare.

<table>
<thead>
<tr>
<th>Flare Severity</th>
<th>No Flares (n=1124)</th>
<th>Once a month (n=133)</th>
<th>1-2 per week (n=196)</th>
<th>3-5 per week (n=206)</th>
<th>Daily (n=110)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>207</td>
<td>207</td>
<td>207</td>
<td>207</td>
<td>207</td>
</tr>
<tr>
<td>Moderate</td>
<td>538</td>
<td>513</td>
<td>538</td>
<td>513</td>
<td>513</td>
</tr>
<tr>
<td>Severe</td>
<td>354</td>
<td>354</td>
<td>354</td>
<td>354</td>
<td>354</td>
</tr>
</tbody>
</table>

Figure 1: Frequency of RA Disease Flares During the Past Six Months.

Figure 2: Most Common Patient Reported RA Disease Flare Symptoms.

Table 2: Impact of Flare on Ability to Do Usual Daily Activities.

<table>
<thead>
<tr>
<th>Activity</th>
<th>No Flares (n=1124)</th>
<th>Once a month (n=133)</th>
<th>1-2 per week (n=196)</th>
<th>3-5 per week (n=206)</th>
<th>Daily (n=110)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>13</td>
<td>13</td>
<td>13</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>A little bit</td>
<td>207</td>
<td>207</td>
<td>207</td>
<td>207</td>
<td>207</td>
</tr>
<tr>
<td>A lot</td>
<td>322</td>
<td>322</td>
<td>322</td>
<td>322</td>
<td>322</td>
</tr>
<tr>
<td>Quite a bit</td>
<td>397</td>
<td>397</td>
<td>397</td>
<td>397</td>
<td>397</td>
</tr>
<tr>
<td>Could do anything</td>
<td>72</td>
<td>72</td>
<td>72</td>
<td>72</td>
<td>72</td>
</tr>
</tbody>
</table>

Figure 3: Discussion of Disease Flares.

This study was supported by Centocor Ortho Biotech, Inc.