LEVERAGING THE PATHOGENESIS OF RA FOR TARGETING INFLAMMATORY CYTOKINES TO OPTIMIZE PATIENT OUTCOMES

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HEALTHY DAYS:

1. **Goals were Aligned with Audience Needs**
   - Apply guideline-based recommendations to the practice setting for patients with Rheumatoid Arthritis (RA).
   - Review sequential treatment of the patient with active RA after MTX failure or intolerance.
   - Describe criteria that enhance communication and patient engagement.

2. **Program Consisted of Multiple Activities**
   - Summit: August 2, 2016
   - Case-based presentations
   - Didactic lecture, and audience participation in case-based Q&A via ASRS
   - Personalized posters

3. **Med Learning Group Worked in Partnership with Government and Medical Associations**
   - Case-based presentations
   - Didactic lecture, and audience participation in case-based Q&A via ASRS
   - Personalized posters
   - Center for Disease Control’s Healthy Days Measure (HRQOL-14) applied to 3 surveys at baseline, 60 days, and 90 days.

4. **The Education Engaged the Appropriate Audience**
   - 76% MDs
   - 14% residents
   - 12% MDs
   - 12% others

5. **Healthy Days Aligns with the TELMS Model**

6. **Healthy Days Included a Web Portal and Survey**
   - Web portal for HCPs and patients
   - CME Activities
   - HCP Toolkit
   - Patient Toolkit

7. **Patients Reported Gains in Healthy Days**
   - **BASELINE NUMBER OF HEALTHY DAYS REPORTED:**
     - 21-30 days
     - 14-20 days
     - 7-13 days
     - 1-6 days
   - **POST-ACTIVITY NUMBER OF HEALTHY DAYS REPORTED:**
     - 21-30 days
     - 14-20 days
     - 7-13 days
     - 1-6 days

8. **Patients Reported Improved Knowledge on Treatments and were More Engaged in Their Own Care**

9. **Personalized Posters were a Valuable Resource for Patient Communication**
   - Most popular images selected for posters
   - Personal Office
   - Waiting Room
   - Treatment Room
   - Other

10. **The Education Improved Knowledge and Competence**
    - **Pre-Test:**
      - 45% adherence
      - 65% of participants were able to apply RA treatment decision making in patient care
    - **Post-Test:**
      - 84% adherence
      - 81% of participants were able to apply RA treatment decision making in patient care

11. **Improvements were Reported in Making Target Practice Changes**
    - 81% of participants planned to use strategies to enhance discussion with patients and include them in the management plan.
    - 80% of participants planned to use strategies to incorporate the patient-perspective to treatment decisions.

12. **Future Needs were Identified**
    - Participants demonstrated an improved ability to apply RA treatment guidelines recommendations to the practice setting.
    - While participants increased their awareness of sequential treatment recommendations for the patient with active RA after MTX failure or intolerance, the relatively lower baseline knowledge suggests sequential treatment decision making is a gap for continued education.
    - Participants improved their understanding of the pathogenesis and risk of cardiovascular disease in patients with RA and recommendations for co-managing both conditions.

    - Approximately 50% of participants planned to use strategies to enhance communication with RA patients, particularly in terms of improving adherence and encouraging patient-reported outcomes.
    - 81% of respondents to post-activity survey said they use strategies to incorporate the patient-perspective in treatment decisions with all of most of their RA patients.

    - On average, RA patients of participants in the Healthy Days Summit participating in the Healthy Days patient survey considered themselves very informed of evidence-based treatment compared to 63% of respondents to the national survey conducted pre-activity.

    - The percentage of participants feeling very much or completely involved in treatment decision making was slightly higher among RA patients of participants in the Healthy Days Summit participating in the Healthy Days patient survey, pre-activity (63% compared to baseline (53%).

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