EXPERIENCE OF THE NOCEBO EFFECT IN PATIENTS WITH SWITCH TO BIOSIMILARS IN RHEUMATOID ARTHRITIS. 4CPS-209

Fresquet R, Allende MA, Pascual O, Gracia R, Sopena L, Varela I, Gomez P, Merchan A. Bonaga B.

Hospital Clínico Universitario Lozano Blesa, Zaragoza

BACKGROUND AND IMPORTANCE:

The nocebo effect is described as the worsening of associated symptoms or an increase in adverse effects, due to a negative attitude towards a particular drug or pharmacological therapeutic, in this case treatment with biosimilars. Nocebo effects can play an important role when introducing a drug or changing an established drug. Lack of patient knowledge and discrepancies in the information provided are the main causes of negative expectations with biosimilars and their exchange with the original drug. Causes that contribute to the presence of noncebos effects and as a consequence to a possible reduction or lack of effectiveness without support or biological evidence.

METHODS:

Retrospective, observational study from January 2020 to October 2021. The clinical information was obtained from the electronic medical. Variables: age, sex, medication, type of adverse reaction, adherence and follow-up after the change.

RESULTS:

66 Switch

- Age:46 years
- Male
- Adherence >90%

4% clinical worsening

- Skin symptoms, morning arthralgias

Return to the reference

- improvement of the symptomatology

CONCLUSION AND RELEVANCE:

The nocebo effect is an uncommon effect but it causes an increase in pharmaceutical expenditure as well as medical visits and complementary tests. It can also lead to the administration of new drugs to counteract the symptoms caused by the nocebo effect. Better education of both healthcare professionals and patients on the knowledge of biosimilars can help reduce the likelihood of triggering a nocebo effect.