

PERSISTENCE OF JANUS KINASE INHIBITOR THERAPY IN PATIENTS WITH RHEUMATOID ARTHRITIS

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BACKGROUND AND IMPORTANCE

Janus kinase inhibitors (JAKi), such as **baricitinib (BAR)** and **tofacitinib (TOF)** are oral therapeutic options for **rheumatoid arthritis (RA)**. Evaluating treatment **persistence**, defined as the duration patients remain on therapy without discontinuation, is essential to understanding real-world effectiveness and long-term tolerability.

AIM AND OBJECTIVES

To evaluate the persistence of BAR and TOF in patients with RA in routine clinical practice.

MATERIAL AND METHODS

- **Retrospective observational study** including all RA patients treated with BAR or TOF at any time **up to March 2025**.
- Follow-up continued until March 2025 or treatment discontinuation.
- **Data sources:** electronic medical records.
- Variables collected: age, sex, previous treatment with disease-modifying antirheumatic drugs (DMARDs) – both conventional (csDMARDs) and biological (bDMARDs)-, concomitant corticosteroids, duration of JAKi therapy, treatment start and end dates and reasons for discontinuation.
- **Statistical analysis:** percentages (categorical variables) and median with interquartile range (continuous variables). Treatment persistence → Kaplan-Meier method.

RESULTS



53 patients

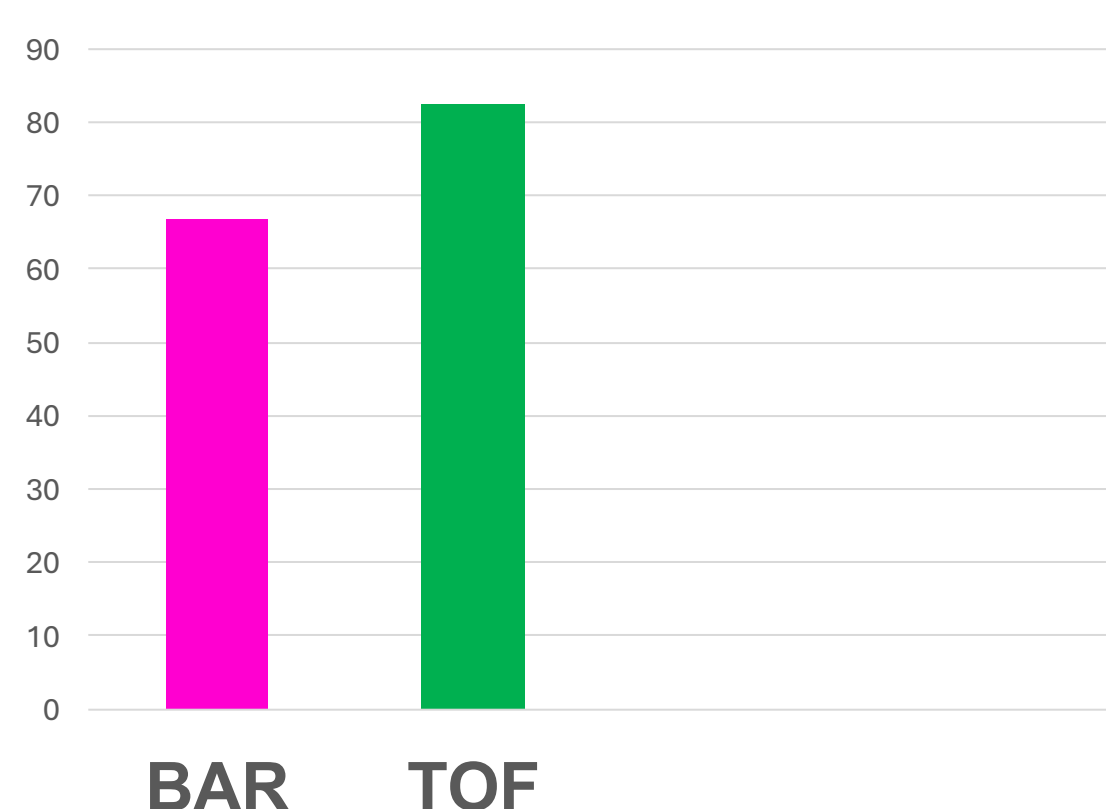
Previous treatment:
csDMARDs: All
bDMARDs:
BAR: 78%
TOF: 94%

Treatment duration (months):
BAR: 38 (2-79)
TOF: 20 (4-79)

Treatment discontinuation: 18 patients (34%)
BAR: 61% (7 lack of efficacy, 4 adverse events)
TOF: 39% (all due to lack of efficacy)

Concomitant corticosteroid therapy:

BAR: 68%
TOF: 82%



BAR

n = 36 (75% women)
61 (24-80) years

TOF

n = 17 (82% women)
56 (21-83) years

Cumulative probability of treatment persistence

At 12 months	At 24 months
89% (95% CI 79-99)	78% (95% CI 65-92)

Cumulative probability of treatment persistence

At 12 months	At 24 months
82% (95% CI 64-100)	75% (95% CI 54-96)

CONCLUSION AND RELEVANCE

- ✓ Both JAKi showed **high persistence rates** during the **first 24 months** of therapy. BAR demonstrated numerically greater persistence than TOF, although differences were not statistically significant. **Lack of efficacy** was the main reason for discontinuation.
- ✓ These findings support the real-world effectiveness and tolerability of JAKi in RA, highlighting the importance of **persistence** as an indicator of long-term treatment success.

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