

BIOLOGIC AGENTS IN RHEUMATOLOGICAL DISEASES: IMPACT OF 'TREAT TO TARGET' IN CLINICAL PRACTICE

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Background and importance

The aim of rheumatological diseases (RD) treatment should be clinical remission (CR) or alternatively a state of low level of clinical activity. The treatment of RD with a "treat to target" (T2T) strategy consist in measure and recorded disease activity at each visit. If the patient has not reached the desired goal, therapeutic adjustments should be made to achieve it and if the patient reaches CR, optimization strategies (OS) can be performed: spacing or dose reductions.

Aim and objectives

Measure the impact of T2T strategy in terms of effectiveness, safety and economical savings in reumatological patients (RP) treated with biological agents (BA) .

Material and methods

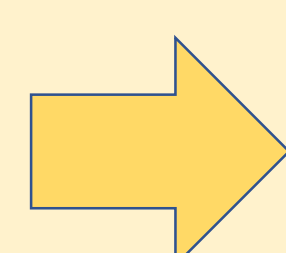
A retrospective analysis was conducted in RP treated with BA with at least 3 months of treatment since april-09 to august-21. We registered: sex, age, type of RD, responders patients: DAS-28 < 3.2, BASDAI < 4; patients with CR : DAS-28 < 2.6, BASDAI < 2 , median duration of treatment (DOTm), adverse events (EA), proportion of patients with OS, intensifications, adherence and economical saving obtained with OS. Direct costs between the use of standar dose instead of optimized dose were compared to calculate the economic saving.

Results

Adherence was adequate in 95% of the patients



86 patients
51%
median age= 58
(range 28–84) years



RA 60,56%
SpA 22%
PA 17,44%.

93% (80/86) were responders with a DOTm of 50,7 months.

73,75% (59/80) achieved CR

4,65% (4/86) required dose intensification

30% (24/80) were optimized: 70,83% (17/24) RA, 16,66% (4/24) PA and 12,5% (3/24) SpA.

- T2T has allowed an overall cost reduction of 27,4% -> total saving of **392.495€**
- AE was detected in 11,63% (10/86) of the patients, being the most frequent: infections (4,65%; 4/ 86) and local reactions (2,33%; 2/86).

Conclusion and relevance

The T2T strategy in RP means an expend reduction with a huge optimization of the resources available in our hospital guaranteeing the patient's health results.