Effectiveness, Safety, and Patient-Reported Outcome of Janus Kinase Inhibitors in Rheumatoid Arthritis in Clinical Practice

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BACKGROUND AND IMPORTANCE

- The **Janus Kinase inhibitors (iJAK)** are emerging as an effective alternative in the treatment of **rheumatoid arthritis (AR)**, administered orally, with a manageable and expected toxicity profile. Currently, there is a growing emphasis on achieving comprehensive remission that includes **patient-reported outcomes** (PROs).

AIM AND OBJECTIVES

- Assess the **effectiveness** and **safety** of iJAK treatment in patients with AR in clinical practice.
- Analyze the results obtained from the **specific PROMs** to AR.

MATERIAL AND METHODS

Retrospective descriptive study

Patients diagnosed with AR and treated with iJAKs between Febraury 2018-September 2023

Variables collected

- Demographic (age, sex)
- iJAK treatment
- Drug persistence
- Concomitant disease-modifying antirheumatic drugs (DMARDs)
- Treatment regimen
- Current effectiveness parameters (DAS28 and CDAI)
- Specific PROMs (RAID and RAPID3)
- Adverse effects (AE)

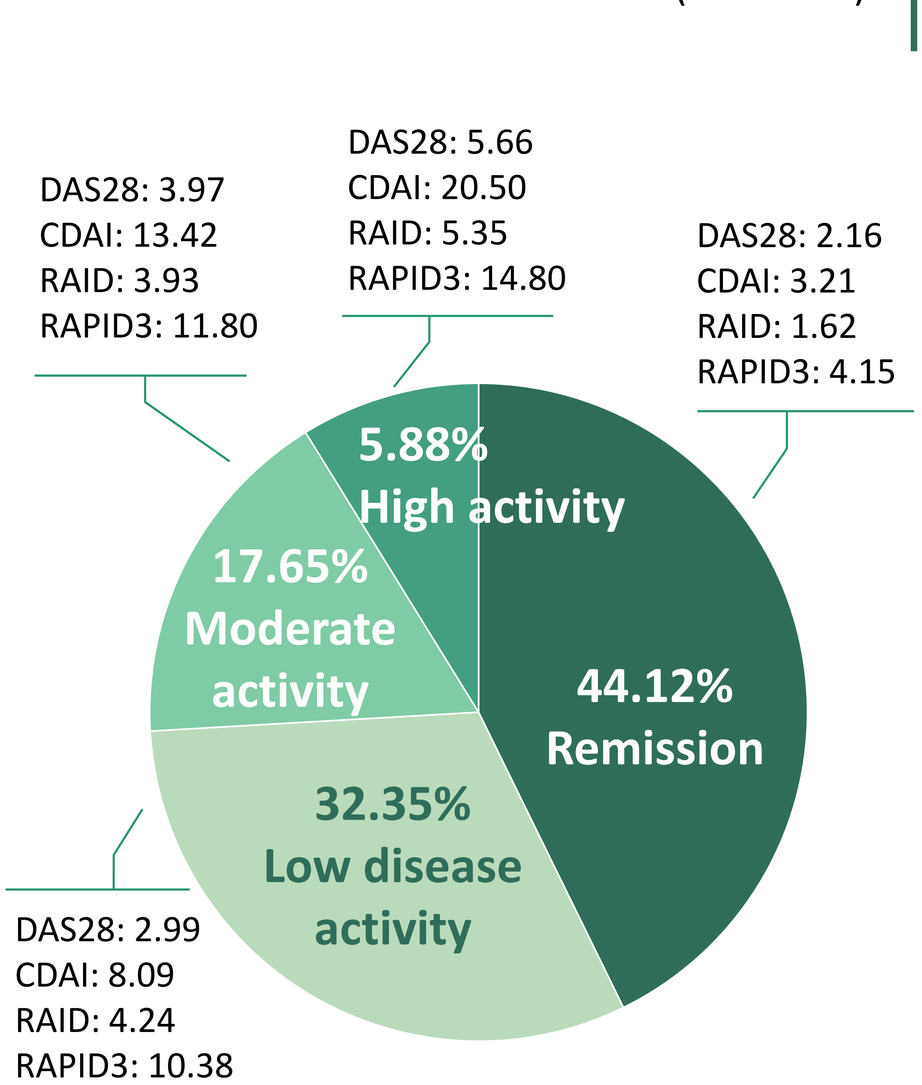
RESULTS

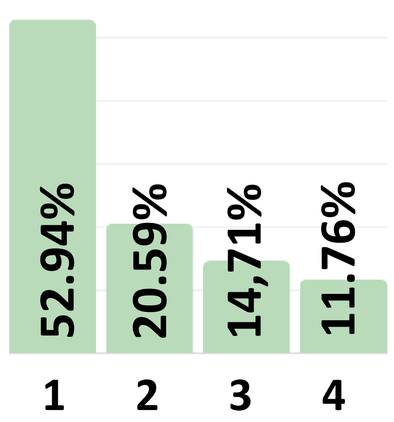
Average drug persistence **26.48** months (SD: 20.00)

34 patients included

Mean age **58.12** years (SD: 8.21)

91.18% women





1: baricitinib
2: upadacitinib
3: filgotinib
4: tofacitinib

Treatment line

35.30% first-line
32.35% second/third-line
32.35% fourth-line/higher

32.35% of patients receiving concomitant treatment with **DMARDs**

23.52% of patients experienced **AE**

8.82% gastrointestinal
5.88% cardiovascular
2.94% infectious
2.94% metabolic disorder
2.94% headache

CONCLUSION AND RELEVANCE

- Nearly 50% of patients receiving iJAK treatment are in clinical remission, and more than 75% demonstrate favorable outcomes in activity parameters. Therefore, iJAKs may represent a **promising treatment alternative in AR**. Parameters of effectiveness align with PROs results.
- Regarding safety, iJAKs exhibit a **manageable and expected safety profile**.
- Inclusion of **PROs** in the concept of comprehensive remission in AR provides a more complete perspective of the patient's condition. This enables **guiding future interventions**, such as prioritizing patients with poorer AR control or implementing strategies to optimize healthcare management.
- The **role of the pharmacist** is crucial in ensuring treatment **efficacy**, **adherence**, and early **detection of toxicities.**

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