

EULAR
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Kilchberg,
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NEW POINTS TO CONSIDER FOR ACHIEVING OPTIMAL RESULTS IN A COMPLEX RA POPULATION

EULAR have developed new points to consider for managing difficult-to-treat RA

Rheumatoid arthritis (RA) is an inflammatory autoimmune disease that causes pain, swelling and stiffness in the joints. It can also cause fatigue, and the underlying inflammation may affect other body systems. A significant proportion of people with RA still have symptoms despite receiving treatment according to the current management recommendations. These people can be considered to have 'difficult-to-treat RA'.

EULAR prefers the term 'difficult-to-treat' for this group of people because it best captures the possible clinical scenarios. However, the concept is also still sometimes called severe, refractory, or drug-resistant RA. Managing these people can be challenging, and until now there have been no specific clinical recommendations.

A task force was set up to develop new evidence-based points to consider for the management of people with difficult-to-treat RA. The group included rheumatologists and other health professionals and patient partners.

Two overarching principles and 11 points were developed, alongside an algorithm that provides a visual summary of the suggested roadmap for people with difficult-to-treat RA. The overarching principles stress that these points are specifically for people who meet the definition of difficult-to-treat RA, and are underpinned by the main EULAR recommendations. They also state that the presence or absence of inflammation should be established to guide both pharmacological and nonpharmacological interventions. The specific management points focus on diagnostic confirmation of RA, evaluation of inflammatory disease activity, pharmacological and non-pharmacological interventions, treatment adherence, functional disability, pain, fatigue, goal setting and self-efficacy, and the impact of comorbidities.

EULAR hopes that these points will provide a clinical roadmap to support healthcare professionals to deliver holistic management and more personalised treatment strategies for people with difficult-to-treat RA.

Source

[Nagy G, Roodenrijs NMT, Welsing PMJ, et al EULAR points to consider for the management of difficult-to-treat rheumatoid arthritis Annals of the Rheumatic Diseases Published Online First: 18 August 2021. doi: 10.1136/annrheumdis-2021-220973](#)

About EULAR

EULAR is the European umbrella organisation representing scientific societies, health professional associations and organisations for people with rheumatic and musculoskeletal diseases (RMDs). EULAR aims to reduce the burden of RMDs on individuals and society and to improve the treatment, prevention, and rehabilitation of RMDs. To this end, EULAR fosters excellence in education and research in the field of rheumatology. It promotes the translation of research advances into daily care and fights for the recognition of the needs of people with

RMDs by the EU institutions through advocacy action.

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