

EULAR
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THE IMPORTANCE OF TREATMENT GOALS IN PSA

New data show treatment goals are important, but perceptions may not be aligned

Results presented at the 2022 EULAR Congress show that early achievement of minimal disease activity (MDA) in psoriatic arthritis (PsA) is associated with long-term improvements in quality of life. Although this highlights the importance of setting and achieving goals early on in the disease, further multinational data released from the UPLIFT study suggest the majority of PsA patients are not aligned with their health care provider on the topic of treatment goals. This emphasises the need to improve communication around treatment goals in order to optimize patient outcomes.

PsA is a type of inflammatory arthritis linked to psoriasis - a chronic condition affecting the skin and nails. People with PsA experience pain and swelling in their joints, and at the points where tendons and ligaments attach to the bone. MDA is a treatment target used in PsA that takes both clinical manifestations and the patient perspective into account.

Previous studies have shown that achieving MDA in the first year after diagnosis is associated with better quality of life. However, data about the long-term impact of achieving MDA within the first year have been lacking. Now, new information presented at the 2022 EULAR Congress shows that PsA patients with sustained MDA have quality of life comparable to the general population after 1, 2 and 3 years of follow-up. However, those who did not achieve MDA in the first year after diagnosis tended to have lower quality of life compared to those with sustained MDA, and these differences persisted over time.

Overall, the research presented by Dr Selinde Snoeck Henkemans concluded that failure to achieve MDA in the first year after PsA diagnosis is associated with worse quality of life outcomes that persist even despite more intensified treatment.

These insights into the significance of MDA are complemented by another study released at the Congress, looking at findings from UPLIFT – a multinational survey among adults with a diagnosis of PsA and/or psoriasis, as well as treating rheumatologists and dermatologists.

The study – presented by Professor Pascal Richette – found that rheumatologists rated disease remission or low disease activity (LDA) as the most important goals, while patients were focused on decreasing joint pain. Patients and their rheumatologists generally agreed on the top factors contributing to disease severity, treatment goals, and attributes of ideal PsA therapy. However, the majority of patients did not feel aligned with their health care provider on current treatment goals.

These findings suggest that development of methods to discuss treatment goals and achieve alignment in perceptions are important to improving patient outcomes.

Source

Snoeck Henkemans S, et al. Early achievement of minimal disease activity in psoriatic arthritis is associated with long-term improvements in quality of life. Presented at EULAR 2022; abstract OP0028.

Richette P, et al. Are Patients' and Rheumatologists' Perceptions of the Burden and Treatment of Psoriatic Arthritis Aligned? Results From the UPLIFT Survey. Presented at EULAR 2022; poster POS0309.

About EULAR

EULAR – the European Alliance of Associations for Rheumatology – 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.

About the EULAR European Congress of Rheumatology

Since its introduction in 2000, the annual EULAR European Congress of Rheumatology has become the primary platform for exchange of scientific and clinical information in Europe. It is also a renowned forum for interaction between medical doctors, scientists, people with arthritis/rheumatism, health professionals and representatives of the pharmaceutical industry worldwide. The EULAR congress is usually held in June in one of the major cities in Europe.

The scientific programme covers a wide range of topics on clinical innovations, clinical, translational and basic science. Meetings set up by associations of people with arthritis/rheumatism, health professionals and the health care industry complement the programme. The poster sessions, offering lively interaction between presenters and participants, are regarded by many as the heart of the congress.

Over the years, the EULAR Congress has gained a reputation of being a most innovative platform for the practicing physician particularly with respect to the acquisition of information on novel clinical research. The congress attracts more than 18,000 delegates from more than 130 countries.

The aim of the EULAR European Congress of Rheumatology is to provide a forum of the highest standard for scientific, both clinical and basic, educational, and social exchange between professionals involved in rheumatology, liaising with patient organisations, in order to achieve progress in the clinical care of people with rheumatic diseases.

Contact

EULAR Communications, communications@eular.org, Tel. +41 44 716 30 30

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