OBJECTIVES: This study was performed to 1) determine if difficulties making a fist is a feature of imminent Rheumatoid Arthritis (RA) is potentially the best choice for unilateral US scoring systems.

REFERENCES:

Difficulties making a fist in patients with CSA is predictive for future inflammatory arthritis development. The sign is significantly caused by MCP flexor tenosynovitis in a significant proportion of patients.

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FRIO627 DOES ADDING AN US EXAMINATION OF SHOULDERS, TO A ROUTINE DAS-28 SCORE, IMPROVE ACCURACY OF DISEASE ACTIVITY SCORES AND DISEASE STATUS? RESULTS OF A SINGLE CENTRE PILOT STUDY

Oasim Akram1, LaraValor2, Iustina Janta3, Juan Carlos Nieto3, Letitia García3, Belen Serrano3, Teresa Pedrosoa, Francisco J. López-Longoa, Indalecio Monteagudo Sáez3, Esperanza Naredo4. 1. The Pennine Acute Hospitals NHS Trust, Rheumatology, Manchester, United Kingdom; 2. Gregorio Marañón Hospital, Madrid, Spain; 3. Gregorio Marañón Hospital, Madrid, Spain, 4. Hospital Universitario Fundación Jiménez Díaz, Madrid, Spain

Background: The DAS28 forms the mainstay of current RA and other chronic inflammatory arthritis (CIA) [i.e. peripheral spondylarthropathy (SpA)] management in clinical practice. DAS28 has certain limitations. Some joints especially the shoulders are difficult to evaluate correctly using this method. The shoulder is deep and highly affected by rotator cuff tendon lesions either due to degenerative or inflammatory arthritis. This structural damage can produce pain and disability. A swollen shoulder joint can be difficult to palpate by physical examination. Using a clinical approach can be inaccurate to ascertain whether shoulder involvement is actually due to true RA-derived inflammatory activity or other degenerative or structural causes.

Objectives: To investigate the added value of adding a US assessment of shoulders to DAS28 scores and on disease activity status, in patients with CIA (RA or peripheral SpA) in either disease remission or low disease states who had shoulder pain.

Methods: Patients were recruited prospectively over a 3-month period. Each patient had a standard DAS28 performed followed by a formal physical shoulder examination, of both shoulders, including testing active and passive range of movements. A complete US examination of both shoulders was carried out by a rheumatologist experienced in this technique. All patients were examined using the same real-time US machine (Esaote MyLab Twice) using a linear probe, 3-13 MHz frequency and 57% gain. The original DAS28 was recalculated (i.e. US-modified DAS28) according to the presence/absence of inflammatory findings on shoulder US.

Results: Thirty-eight patients [82% females; mean (± SD) age 60.3 (11.96) years] were included. In 33 out of 38 (87% [95% CI: 76-98%]) patients the original DAS28 was greater than the US-modified DAS28. This percentage was significantly greater than 50% (p < 0.001). The mean ± SD reduction of DAS28 in those patients who showed DAS28 decrease was 0.73 ± 0.39 units. Twenty-five patients (65.8%) maintained difficulties making a fist (multivariable OR 0.7 (0.2-2.1), 0.99 (0.5-2.1) and 1.6 (0.7-4.1), respectively).

Conclusion: Difficulties making a fist in patients with CSA is predictive for future inflammatory arthritis development. The sign is significantly caused by MCP flexor tenosynovitis in a significant proportion of patients.
The remaining 13 (34.2%) patients changed their status: 11 (28.9%) patients moved from low activity to remission while 2 (5.3%) patients moved from low activity to moderate activity. Figure 1 and 2 demonstrate some of the ultrasound findings observed in our patient group.

**Figure 1.** Biceps tenosynovitis in a. transverse and b.longitudinal views.

**Figure 2.** Subacromial-subdeltoid (SASD) bursitis in a. transverse and b.longitudinal views.

**Conclusion:** This study showed that patients improved their disease activity scores and status after an US assessment of their shoulders. A low percentage increased their disease status after shoulder US which can be also important for local or systemic therapeutic decisions. Based on this study, we suggest that shoulder US can provide valuable additional information to the DAS28 when evaluating disease activity in CIA patients.

**REFERENCES:**
[1] Katchamart W, et al. Systematic monitoring of disease activity using an interventional complementary tool to assess RA activity next to well established diagnostic modalities which can nevertheless be time consuming (US, MRI), in patients with rheumatoid arthritis (RA) (1). Clinical disease activity assessment tools such as the Disease Activity Score 28 (DAS28) are partially subjective and do not always depict the real inflammatory burden. Ultrasound (US) and Hand-MRI are important diagnostic modalities which can nevertheless be time consuming (US, MRI), expensive (MRI) or usually performed unilaterally (MRI). Thus, further diagnostic tools are needed. Optical spectral transmission (OST) is a new modality able to assess the blood-specific absorption of light transmitted through a tissue promising quantification of inflammation in the finger and wrist joints of RA patients (commercial device: HandScan - Hemics, The Netherlands)(2).

**Objective:** To examine the diagnostic value of OST in detecting inflammation in patients with RA and to evaluate for the first time its relationship with disease activity markers and various anthropometric and epidemiologic patient characteristics.

**Methods:** OST-Measurements were performed in 168 RA-patients and 114 healthy controls. The difference between OST in the two groups was statistically examined and subsequently controlled for the effect of possible confounding factors. Moreover, association of OST with clinical, ultrasound and serological RA activity markers was evaluated. Finally, relationship of OST with radiographic joint pathology and various anthropometric and epidemiologic parameters (BMI, hand-size, gender, age) was examined.

**Results:** OST was significantly higher in the patients group in comparison to the control group, even after adjustment for the effects of various confounding factors ($p<0.001$). OST correlated in both groups significantly with gender, hand-size and Body Mass Index (all; p<0.001). In the patients group, OST correlated significantly with all examined disease activity markers (DAS28, ESR, counts of tender/swollen joints, VAS; all, $p<0.001$) and with age (p<0.001). OST showed significant correlations with a power Doppler ultrasound-score ($p<0.001$) and with a combined power Doppler/grey scale ultrasound-score ($p<0.001$). Finally, receiver operating characteristic showed the best OST performance at the level of metacarpophalangeal joints level (AUC=0.75, 95%CI=0.686-0.821).

**Conclusion:** OST correlated with serological and clinical disease activity markers as well as with different anthropometric and epidemiological parameters of RA-patients. OST could therefore prove to be a good non-interventional complementary tool to assess RA activity next to well established diagnostic methods such as the US or MRI.

**REFERENCES:**

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**FR10628**

**DIAGNOSTIC VALUE OF OPTICAL SPECTRAL TRANSMISSION IN PATIENTS WITH RHEUMATOID ARTHRITIS: CORRELATIONS WITH DISEASE ACTIVITY, EPIDEMIOLOGIC AND ANTHROPOMETRIC PARAMETERS**

**Konstantinos Triantafyllias**, 1, Caroline Heller2, Michele De Blasi1, 3, Peter Galle3, Andreas Schwarting3, 4, 5

1ACURA Rheumatology Center, Bad Kreuznach, Germany; 2Internal Medicine I, University Medical Center of the Johannes Gutenberg University, Rheumatology and Clinical Immunology, Mainz, Germany; 3Internal Medicine I, University Medical Center of the Johannes Gutenberg University, Gastronomy, Mainz, Germany; 4Internal Medicine I, University Medical Center of the Johannes Gutenberg University, Rheumatology and Clinical Immunology, Mainz, Germany; 5Diabetes Center, Bad Kreuznach, Germany.

**Background:** Valid assessment of disease activity leads to improvement of long-term outcomes in patients with rheumatoid arthritis (RA) (1). Clinical disease activity assessment tools such as the Disease Activity Score (DAS28) are partially subjective and do not always depict the real inflammatory burden. Ultrasound (US) and Hand-MRI are important diagnostic modalities which can nevertheless be time consuming (US, MRI), expensive (MRI) or usually performed unilaterally (MRI). Thus, further diagnostic tools are needed. Optical spectral transmission (OST) is a new modality able to assess the blood-specific absorption of light transmitted through a tissue promising quantification of inflammation in the finger and wrist joints of RA patients (commercial device: HandScan - Hemics, The Netherlands)(2).

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