Figure 3.- Average of number of reported painful knee locations after pressure of <4Kg/cm2.

Figure 4.-Knee normalized Medio-Lateral forces (a) and Abduction-Adduction torques (b)

Conclusion: Although both treatment groups present the same OA radiologic grade, ART group presents significant higher stiffness and functional disability. That may affect to the gait of these ART patients, altering the forces distribution and torques between both legs. Although no differences in knee pain in life situation (Wp) between treatment group are reported, ART group present more painful sites in the knee with pressure stimuli. Emotional component may be playing a role in the pain and illness perception, influencing the patient decision to undergo ART surgery

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Acknowledgement: Funds from the MICINN (HOLOA-DPI2016-80283-C2-1-R and DPI2016-80283-C2-1-R (AEI/FEDER, UE), RYC-2015-18888) and DTIC-UPF are acknowledged

Disclosure of Interests: Laura Tío: None declared, Francisco Castro Speakers bureau: Lilly, Simone Tassani: None declared, Santos Martinez: None declared, Raul Torres: None declared, Raquel Aredondo: None declared, Miguel Ángel González-Ballester: None declared, Joan Carles Monllau: None declared, Jérôme Noailly: None declared, Jordi Monfort Speakers bureau: Bioibérica

Procure Health

DOI: 10.1136/annrheumdis-2019-eular.5856

AB0813

AN EXPERT CONSENSUS ON THE APPROPRIATE USE OF ORAL SYSADOAS FOR THE TREATMENT OF THE OSTEOARTHRITIC PATIENT IN PRIMARY HEALTH CARE: A DELPHI STUDY

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Background: Clinical studies have demonstrated that osteoarthritic pain is linked to disability and quality of life (QoL). The therapeutic modalities in the treatment of osteoarthritis (OA) are numerous and despite the availability of evidence-based guidelines for OA management, agreement on

treatments is lacking¹. Symptomatic Slow-Acting Drugs for OA (SYSADOA), are natural compounds, used in OA treatment. Thus, there is disagreement about SYSADOAs use in clinical practice.

Objectives: Our objective was to prepare a consensus document on the appropriate use of oral SYSADOAs: chondroitin sulphate (CS), glucosamine(G), diacerein(D) and the combination of CS plus G for OA management in primary health care.

Methods: A two-round Delphi study was carried out to assess expert consensus on the appropriate use of SYSADOAs in primary care. The questionnaire validated by the expert committee (3 rheumatologists, 2PC physicians, 1 clinical pharmacologist) included 24 questions The Delphi panel was composed of 15 experts (10 PC physicians, 1 rheumatologist, 1 traumatologist, 1 rehabilitator, 1 gynaecologist and 1 clinical pharmacologist) with extensive experience in the treatment of OA and the use of oral SYSADOAs which were identify by clinical coordinator, a methodological coordinator, and four members of the Scientific Committee. Participants were asked 24 questions on SYSADOAs use. Items that reached consensus by at least 80% across both panels were included in the guidelines. The fieldwork of the study was developed for approximately 4.5 months. This study was promoted by the International Osteoarthritis Foundation (OAFI) with the support of the Spanish Ministry of Health, Social Services and Equality.

Results: Consensus statements emerged: (1)patient phenotypes affects SYSADOAs action; (2)SYSADOAs are effective in primary and secondary OA, in the three first grade of Knee OA, hand and hip; there is no evidence for erosive hands, shoulder, spine, and ankle OA; (3)CS, G and association can reduce pain, inflammation, improve QoL and functional capacity and have a chondroprotective effect; (4)CS and D can reduce synovial membrane inflammation, all oral SYSADOAs, except D, can decrease cell death and the enzymes responsible for cartilage destruction; (5) The maximum therapeutic efficacy is reached after 3 to 6 months; (6) SYSADOAs can be prescript to patients having comorbidities: cardiovascular risk or disease, digestive disease, hypertension, dyslipidemia, peripheral vascular disease, type 2 diabetes, and oesophageal reflux. There is disagreement in the prescription of oral SYSADOA in patients with liver and kidney disease.

Conclusion: This study sheds light on the appropriate use of oral SYSADOAs in primary health care by providing added value to published evidence. Results based on literature evidence on efficacy and safety, the clinical experience of the panellist experts in OA treatment and the fact that OA patient is a chronic, elderly, with multiple diseases and polymedicated person. The diffusion of our results among primary health practitioners will contribute to improving OA patient management protocols to ensure a personalized treatment to OA patients and to ameliorate their QoL.

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Disclosure of Interests: Jordi Monfort Speakers bureau: Bioibérica

Procure Health, Benjamín Abarca: None declared, Xavi Carné: None declared, Sergio Giménez: None declared, Ingrid Möller: None declared, Montserrat Romera: None declared, Marco Bibas: None declared, Marianna Vitaloni: None declared, Josep Verges: None declared

DOI: 10.1136/annrheumdis-2019-eular.4193

AB0814

INDIVIDUAL AND SOCIAL FACTOR CAN INFLUENCE THE QUALITY OF LIFE OF KNEE OA PATIENTS: A SYSTEMATIC REVIEW

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Background: Knee OA (KOA) is the most common form of chronic joint disease and bears more responsibility than any other disease for disability¹. It associates with remarkable functional restrictions due to pain. The limitations in activity caused by KOA seriously affect social relationships, emotional well-being, reducing the quality of life (QoL) of patients.

The identification of therapies and factors that affects and improve QoL in KOA patients may mitigate the clinical, economic, and social burden of this disease². Thus, the assessment of QoL in KOA is becoming increasingly common in both research and clinical practice³. Still a general recompilation of the factors of interest as demographic features, lifestyle characteristics and comorbidity are missing.

Objectives: Our aim was to recapitulate the existing information on QoL in KOA patients as an international tool to raise awareness on their condition and guide future actions for patient's management

Methods: We conducted a systematic review examining the breadth of the literature regarding the QoL in patients with KOA (up to 2017). We identify articles using MEDLINE, EMBASE, Cochrane, and PsycINFO using relevant keywords as KOA, QoL and well-being and their short forms. All articles were reviewed for inclusion by 3 independent reviewers. QoL domains and items relevant to patients with KOA were extracted. Only original articles were included when containing information on QoL of patients with KOA. Inclusion criteria were QoL compared to one or more demographic factors (e.g., age, gender), lifestyle factor (e.g., functional independence), or comorbidity factor (e.g., diabetes, obesity) or a control group. The quality of included studies was assessed using a quality appraisal tool.

Results: We retrieved 610 articles, of which 62 articles fulfilled inclusion criteria for review. Most of the studies were carried out in Europe, American Continent and Asia. The mean of participants in these 62 studies was 561 patients and the majority of them were female, the mean age was 63 years. All the studies described a worse QoL in KOA patients when compared to a control group having women a worst QoL perception than men.

A higher BMI, a lower level of physical activity and higher energy expenditure were one of the main factors that correlated with worse QoL. Educational level and higher total mindfulness were shown to improve QoL while poverty, physiological distress, depression and having severely dysfunctional families reduce it. The delivery of a knee self-management program by health care professionals was proven to improve QoL. Finally, surgical KOA interventions generally resulted in good outcomes these results were influenced by individual factors as age, weight, and depression

Conclusion: This is the first review pertaining to QoL in KOA patients. KOA has a strong impact on QoL. Individual factors (sex, weight, exercise, mental health, education) can influence QoL. These factors affect treatment outcomes and should be considered for a better patient's management. These data are a valuable tool for health professionals, to better understand the disease and to implement more adequate standard of care.

Disclosure of Interests: Josep Verges: None declared, Marianna Vitaloni: None declared, Marco Bibas: None declared, Rosa Sciortino: None declared, Maritza Quintero: None declared, Jordi Monfort Speakers bureau: Bioibérica

Procare Health, Francisco de Abajo: None declared, Patrick du Souich: None declared, Ingrid Möller: None declared, Elizabeth Oswald: None declared, Marco Matucci-Cerinic Grant/research support from: Actelion, MSD, Pfizer, BMS, Chemomab, Sanipedia, Speakers bureau: Actelion, BMS; MSD, Janssen, Guy Eakin: None declared, Angie Botto-van Bemden: None declared

DOI: 10.1136/annrheumdis-2019-eular.4240

AB0815

THE INFLUENCE OF NON-STEROIDAL ANTI-INFLAMMATORY DRUGS ON INFLAMMATORY SONOGRAPHIC FEATURES IN EROSION HAND OSTEOARTHRITIS

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Background: Erosive hand osteoarthritis (HOA) is a subtype of hand osteoarthritis affecting the interphalangeal (IP) finger joints, characterized by a more inflammatory burden. Hitherto, pharmacologic treatment options are restricted to symptomatic therapy like paracetamol and/or non-steroidal anti-inflammatory drugs (NSAIDs)(1). The latter may affect the presence of inflammatory features on ultrasound (US). Hence, assessment of the disease activity could be influenced by this treatment.

Objectives: To examine whether inflammatory US features (i.e. synovial proliferation (SP), effusion (EFF) and Power Doppler (PD) signal) in erosive HOA patients change when discontinuing NSAIDs intake for two weeks before the US assessment.

Methods: Ninety-nine patients with erosive HOA, according to American College of Rheumatology criteria (2) were enrolled. Presence of central erosions on conventional radiographs and any clinical sign of inflammatory activity (soft tissue swelling) in at least one proximal or distal IP finger joint were present. The patients were allocated to the NSAIDs or control group according to their intake before baseline (if no NSAIDs use = control group; if intake of NSAIDs on a regular base = NSAIDs group). At baseline (T0), 16 IP finger joints were examined by US. Patients in the NSAIDs group were asked to discontinue all NSAIDs intake for two weeks, when another US was performed (T1). The inflammatory features were scored at T0 and T1 using a semi-quantitative scale ranging from 0-3 (3).

Binomial mixed models with logit function were fitted for ultrasound scores SP (score>2), EFF (score>2), and PD (score>1) with a random intercept for patient and with age (in years), sex (female vs. male), duration of illness (in years), joint, side (left vs. right), anatomical phase group (N, S, J vs. E/R, R, E, F), NSAID group (NSAIDs withdrawal vs. No NSAIDs), time (t1 vs. t0), and a two-way interaction between NSAIDs group * time as fixed factors. The Odds ratios (OR, 95% confidence interval (CI)) of having an ultrasound score of at least '2' versus at most '1' for SP and EFF, and '0' vs. '≥1' for PD are shown.

Results: Forty seven patients were included in the NSAIDs group and 52 in the control group. Both groups were comparable at baseline for VAS pain, disease duration, number of radiographic affected joints and body mass index, but not for age (p=0.005). The US baseline data were comparable between both groups (all p>0.05). At T1, in the NSAIDs withdrawal group, more SP and PD was seen compared to baseline (p = 0.018 and 0.031, respectively). However, the interaction term time*NSAIDs was not found significant for any variable (table 1).

Abstract AB0815 Table 1. Association (Odds ratio (OR), 95% confidence interval (CI)) and comparison between T1 and T0 sonographic inflammatory features between groups

Variable	Group	OR*	95% CI	P-value
SP	No Nsaids	1.304	0.958 - 1.775	0.091
	Nsaids withdrawal	1.552	1.079 - 2.232	0.018
	Interaction term time*Nsaids	-	-	0.470
EFF	No Nsaids	1.027	0.761 - 1.387	0.860
	Nsaids withdrawal	1.164	0.872 - 1.554	0.303
	Interaction term time*Nsaids	-	-	0.560
PD	No Nsaids	1.016	0.715 - 1.444	0.929
	Nsaids withdrawal	1.480	1.036 - 2.116	0.031
	Interaction term time*Nsaids	-	-	0.140

*Odds of showing a score of at least 2 versus at most 1 for synovial proliferation and effusion, and Odds of showing a score of at least 1 versus 0 for Power Doppler signal (PD)

Conclusion: No significant changes in inflammatory US features were seen in erosive HOA patients after withdrawal of NSAIDs for two weeks. This study suggests that an NSAIDs free period is not necessary before assessing inflammatory disease activity in erosive HOA patients.

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Disclosure of Interests: None declared

DOI: 10.1136/annrheumdis-2019-eular.3625