Aires, Argentina; ¹⁴CEMIC, CABA, Argentina; ¹⁵Instituto de Rehabilitación Psicológica, CABA, Argentina; ¹⁶Hospital Municipal San Cayetano, Buenos Aires, Argentina

Background: Work disability is an important outcome in the treatment of Spondyloarthritis (SpA) since this disease affects people in the most productive stage of life.

Objectives: The aim of this study is to investigate the working status and the factors associated with work productivity loss (WPL) in patients with axial (axSpA) and peripheral SpA (pSpA).

Methods: Patients with SpA according to ASAS criteria were included consecutively in this multicentric cross-sectional study. Evaluation of activity through a visual analogue scale (0-100), enthesitis (LEI), functional capacity (HAQ and BASFI), disease activity (DAS28 and BASDAI), health status (ASAS Health Index) and quality of life (ASQoL) were calculated. The Ankylosing Spondylitis Disease Activity Score (ASDAS) was recorded. The Work Productivity and Activity Impairment Spondyloarthritis (WPAI SpA) questionnaire was used to assess work productivity.

Spearman's correlation coefficient (ρ) was used to assess the correlation with the percentage of WPL.

Results: 274 patients with SpA were recruited, 129 (47.1%) with axSpA and 145 (52.9%) with pSpA. 56.6% were women and 33.2% stopped working due to the underlying disease.

Among axSpA patients, 70% were radiographic and 30% non radiographic, mean age 45.5 (SD14) yrs, median disease duration 72 (IQR 36-144) months and diagnosis delay 20 (IQR 11-70) months. 45.7% were employed, median hours worked in the last week was 40 (IQR 25-45), median scores for absenteeism was 0% (IQR 0-2), presenteeism 30% (IQR 5-40), WPL 30% (IQR 10-52.5) and activity impairment 30% (IQR 10-50). A positive correlation was found between WPL and the following variables: HAQ ($\rho:0.40$, $p<0.001$), BASDAI ($\rho:0.48$, $p<0.001$), ASDAS ($\rho:0.46$, $p<0.001$), BASFI ($\rho:0.59$, $p<0.001$), ASQoL ($\rho:0.60$, $p<0.0001$), LEI ($\rho:0.31$, $p:0.02$) and ASAS health index ($\rho:0.54$, $p<0.001$).

Among pSpA patients, mean age was 52.3 (SD13) yrs, median disease duration 60 (IQR 14-120) months and diagnosis delay 12 (IQR 3-24) months. 46.9% were employed, median hrs worked in the last week was 30 (IQR 14-40), absenteeism 0% (IQR 0-7), presenteeism 30% (IQR 2.5-58), WPL 30% (IQR 5-52) and activity impairment 20% (IQR 0-40). A positive correlation was found between WPL and: HAQ ($\rho:0.49$, $p<0.001$), ASDAS ($\rho:0.58$, $p<0.001$), ASQoL ($\rho:0.57$, $p<0.0001$), DAS28 ($\rho:0.50$, $p<0.001$), LEI ($\rho:0.36$, $p:0.04$) and ASAS health index ($\rho:0.52$, $p<0.001$). No statistically significant differences were found in absenteeism, presenteeism, WPL and activity impairment between axSpA and pSpA.

Conclusion: Our study showed that WPL in this national cohort was 30% in both groups of patients and is associated with disease activity, enthesitis, health status, quality of life and functional ability.

Disclosure of Interests: None declared

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OP0267-HPR

"I NEVER THOUGHT EXERCISE COULD HELP IMPROVE MY SLEEP": EXPERIENCES OF PEOPLE WITH RHEUMATOID ARTHRITIS ON THE IMPACT OF EXERCISE ON SLEEP

S. McKenna^{1,2}, L. Larkin^{1,2}, A. Donnelly^{2,3}, A. Fraser^{4,5}, B. A. Esbensen^{6,7}, N. Kennedy^{1,2}. ¹University of Limerick, School of Allied Health, Limerick, Ireland; ²University of Limerick, Health Research Institute, Castletroy, Ireland; ³University of Limerick, Department of Physical Education and Sport Sciences, Limerick, Ireland; ⁴University Hospitals Limerick, Department of Rheumatology, Limerick, Ireland; ⁵University of Limerick, Graduate Entry Medical School, Limerick, Ireland; ⁶Rigshospitalet, Center for Rheumatology and Spine Diseases, Copenhagen, Denmark; ⁷University of Copenhagen, Department of Clinical Medicine, Copenhagen, Denmark

Background: OMERACT has identified sleep quality as one of the key outcomes for people with RA [1]. Poor sleep and reduced total sleep time (TST) are common complaints among people with RA. Poor sleep can in turn lead to deterioration in function, reduce activity levels and also impact mental health. Although sleep and mental health outcomes have been identified as important, they are frequently not measured in clinical trials. Involving key stakeholders, like people with RA, is important when designing exercise interventions as it allows consideration of particular issues that may influence future intervention delivery. This study involved people with RA who participated in a pilot RCT group exercise class to improve sleep quality.

Objectives: To explore participants experiences of an exercise intervention in improving sleep quality and TST, to capture their reality.

Methods: A descriptive qualitative study design of face-to-face semi-structured interviews was employed. The interview schedule explored a number of areas: experience of the intervention; outcome measures used; views regarding the intervention; perceptions regarding exercise and sleep and the impact on sleep.

Interviews were transcribed verbatim by a professional transcriber. Inductive thematic analysis was used as an analytical approach. Interview transcripts were read, notes made, and ideas formulated to facilitate coding. The research team searched for patterns, analysed and coded the data, and generated themes and sub-themes. Themes were reviewed by the research team to check if they worked in relation to the coded extracts and the entire data set. The COREQ checklist provided guidance.

Results: Twelve females participated with a mean age of 58 (SD 7.4); mean RA diagnosis of 9.9 (SD 7.4) years; moderate to severe disability (HAQ-DI: 1.5 (SD 0.60)). Four main themes were generated: 1) Positive impact of exercise on sleep - "I really didn't think any type of exercise would help me sleep better if I'm honest"; 2) Positive experiences of exercise intervention to improve sleep - "I learnt so much regarding walking that I didn't even think about it"; 3) Clear mental health benefits - "If you don't sleep well then it will have a knock-on effect to your mental health"; 4) Achieving empowerment and ownership when exercising - "I feel empowered now and confident that I'm not doing harm to myself". The findings demonstrated that participants were clearly surprised that exercise could improve sleep.

Conclusion: In a variety of inflammatory conditions exercise is recommended as an effective intervention for the treatment of sleeping disorders. Although there is a growing consensus that exercise will benefit sleep, research is severely lacking in those with RA. This study demonstrates that participants were clearly surprised that exercise could improve their sleep. Due to the multifactorial nature of RA, engaging in exercise may not only improve sleep quality but also mitigate some of its symptoms.

References:

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OP0268-HPR

RHEUMATIC DISEASE PATIENTS' PREFERENCES IN ADVERSE DRUG REACTION INFORMATION REGARDING BIOLOGICS

G. Weits¹, L. Kosse¹, H. Vonkeman², P. Spuls³, B. Van den Bernt^{4,5}, S. Tas⁶, F. Hoentjen⁷, M. Nurmohamed⁸, M. Van Doorn⁹, E. Van Puijenbroek^{1,10}, N. Jessurun¹. ¹Netherlands Pharmacovigilance Centre Lareb, 's-Hertogenbosch, Netherlands; ²Rheumatology, Medisch Spectrum Twente, Enschede, Netherlands; ³Dermatology, Amsterdam University Medical Centers, Amsterdam, Netherlands; ⁴Sint Maartenskliniek, Nijmegen, Netherlands; ⁵Radboud University Medical Center, Nijmegen, Netherlands; ⁶Rheumatology, Amsterdam University Medical Centers, Amsterdam, Netherlands; ⁷Gastroenterology, Radboud University Medical Center, Nijmegen, Netherlands; ⁸Reade Rheumatology, Amsterdam, Netherlands; ⁹Dermatology, Erasmus Medical Center, Rotterdam, Netherlands; ¹⁰Groningen Research Institute of Pharmacy, University of Groningen, Groningen, Netherlands

Background: Patient-reported outcomes (PROs) are increasingly used in studies and medical practice to obtain information on patients' perspectives towards their treatment or disease. However, study outcomes are primarily directed at and shared with healthcare professionals, even though the results may also be relevant for patients.

Objectives: The objective of this study was to obtain insight in which results patients with immune-mediated inflammatory diseases (IMIDs), including inflammatory rheumatic disease patients, prefer to receive after participating in the Dutch Biologic Monitor.

Methods: The Dutch Biologic Monitor is a PRO-based prospective cohort event monitoring study focused on adverse drug reactions (ADRs) [1]. A survey was conducted among the participants of the Dutch Biologic Monitor who wanted to be informed about the results. Patients' preferences were identified using twelve statements and rated with five-point Likert-type scales. Averages described the preference per statement. Preference for the results per IMID or altogether was assessed using Mann-Whitney U Test.

Results: Respondents (N=591, response rate 67.6%) preferred results per IMID over aggregated results ($p<0.001$). Information on whether patients with the same IMID experience ADRs (average 4.5), which biologics are most likely to cause ADRs (4.4) and whether the ADRs subside or disappear (4.4) were regarded as most interesting. Outcomes of patients with other IMIDs (3.5), patient characteristics (3.7) and injection site reactions (3.8) were least interesting.