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), mental 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.

Results: Seventy-nine 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 (ρ:0.40, p<0.001), BASDAI (ρ:0.48, p<0.001), ASDAS (ρ:0.46, p<0.001), BASFI (ρ:0.59, p<0.001), ASQoL (ρ:0.60, p<0.0001), LEI (ρ:0.31, p<0.02) and ASAS health index (ρ: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 (ρ:0.49, p<0.001), ASDAS (ρ:0.58, p<0.001), BASFI (ρ:0.57, p<0.0001), DAS28 (ρ:0.50, p<0.001), LEI (ρ:0.36, ρ:0.04) and ASAS health index (ρ: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.

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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

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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"; 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

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

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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 the healthcare providers, while patients outcomes are probably more 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 rheumatoid 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 calculated.

Results: Respondents (N=501, 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.
Table 1. Respondent characteristics.

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>All patients (n=591) (%)</th>
<th>Inflammatory rheumatic disease patients (n=453) (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female gender, n (%)</td>
<td>286 (63.1)</td>
<td>201 (44.2)</td>
</tr>
<tr>
<td>Age, median (IQR), years</td>
<td>59.0 (51.0-67.0)</td>
<td>60.0 (51.0-67.0)</td>
</tr>
<tr>
<td>Biologics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adalimumab</td>
<td>220 (37.2)</td>
<td>164 (36.1)</td>
</tr>
<tr>
<td>Etanercept</td>
<td>196 (33.2)</td>
<td>189 (41.7)</td>
</tr>
<tr>
<td>Infliximab</td>
<td>43 (7.3)</td>
<td>8 (1.8)</td>
</tr>
<tr>
<td>Tocilizumab</td>
<td>21 (3.6)</td>
<td>17 (3.8)</td>
</tr>
<tr>
<td>Ustekinumab</td>
<td>21 (3.6)</td>
<td>7 (1.5)</td>
</tr>
<tr>
<td>Other</td>
<td>90 (15.2)</td>
<td>68 (15.0)</td>
</tr>
<tr>
<td>Biologic therapy</td>
<td>Methotrexate</td>
<td>195 (33.0)</td>
</tr>
<tr>
<td>Corticosteroids</td>
<td>65 (11.0)</td>
<td>51 (11.3)</td>
</tr>
<tr>
<td>Thiopurines</td>
<td>41 (6.9)</td>
<td>10 (2.2)</td>
</tr>
<tr>
<td>No combination</td>
<td>231 (39.1)</td>
<td>157 (34.7)</td>
</tr>
<tr>
<td>Therapy</td>
<td>Other</td>
<td>123 (20.8)</td>
</tr>
<tr>
<td>Indications for biologic therapy</td>
<td>Rheumatoid arthritis</td>
<td>277 (46.9)</td>
</tr>
<tr>
<td>Psoriatic arthritis</td>
<td>111 (18.8)</td>
<td>111 (24.5)</td>
</tr>
<tr>
<td>Ankylosing spondylitis/axSpA</td>
<td>83 (14.0)</td>
<td>83 (18.3)</td>
</tr>
<tr>
<td>Other</td>
<td>159 (26.9)</td>
<td>17 (3.8)</td>
</tr>
</tbody>
</table>

IQR: interquartile range; axSpA: axial spondyloarthritis.

Figure 1. The preferences of patients on the communication of the reported adverse drug reaction information resulting from the Dutch Biologic Monitor.

Conclusion: Participants of the Dutch Biologic Monitor use that a biologic for their IMID prefer to receive ADR information tailored to their own biological and IMID. Furthermore, they want to obtain insight in the course of ADRs. Therefore, we advocate to generate disease-specific information on ADRs for IMID patients.

References:

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Other orphan diseases

OP0268-HPR

ASSOCIATION OF SARC-F PERFORMANCE WITH COMORBIDITIES, PHYSICAL DISABILITY AND LOWER ALBUMIN LEVELS IN SYSTEMIC SCLEROSIS PATIENTS

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Background: Systemic sclerosis (SSc) is a multisystem autoimmune disease of complex etiopathogenesis, heterogeneous in its phenotypic expression and with a limited prognosis (1). The loss of muscle mass is a serious consequence of many chronic diseases and also is observed in SSc (2). This body composition alterations results in weakness, limitations and physical disability (3). SARC-F simple questionnaire, validated, is a key diagnostic feature for the fast assessment of geriatric syndromes associated with skeletal muscle wasting. However, there is no data about the SARC-F in SSc.

Objective: To assess the association between the SARC-F questionnaire with clinical features in patients with systemic sclerosis (SSc).

Methods: Ninety-four patients diagnosed with systemic sclerosis were recruited and evaluated. Sarcopenia was assessed by the SARC-F questionnaire. Clinical features as disease duration time, comorbidities, body mass index (BMI), functional capacity by the Health Assessment Questionnaire (HAQ), inflammatory markers (C-reactive protein (CRP), erythrocyte sedimentation rate (ESR), creatinine phosphokinase (CPK), hemoglobin, creatinin and albumin) were medical record. Frequency analysis, descriptive analysis and Pearson’s correlation were performed. Statistical significance was considered as p<0.05.

Results: Of the 94 patients analyzed, most were women (87/94; 92.6%) with mean age of 60.5±10.3 years, median disease duration time of 11.2 (7.5-18.9) and median number of comorbidities was 1.00 (1.00-2.00). The mean of BMI was 25.9±4.7 Kg/m². Twenty-one of the patients were classified as active or passive smokers, thirty-five said they were former smokers and thirty-eight never smoked. Sixty-nine (80, 2%) out of the ninety-four patients in the study had at least one type of comorbidity (mean 1, 44±1, 04). Eighty-three patients (88.3%) showed a SARC-F score without signs suggestive of sarcopenia (0-5) and eleven patients (11.7%) showed suggestive to sarcopenia (6-10). In HAQ, fifty-seven (60.6%) patients had mild incapacity, thirty-five (37.2%) had moderate incapacity, and two patients (2.2%) had severe incapacity. Higher SARC-F scores were associated with greater number of comorbidities (r=0.2; p=0.027), higher physical disability by HAQ (r=0.5;p=0.000) and lower albumin levels (r=-0.3; p= 0.048). On other hand, SARC-F was not associated with time of diagnosis, C-reactive protein (CRP), erythrocyte sedimentation rate (ESR), creatinine phosphokinase (CPK), hemoglobin, creatinin and creatinine.

Conclusion: SARC-F scores were associated with comorbidities, physical disability and lower albumin levels in systemic sclerosis patients. Considering that comorbidities, physical disability and the albumin deficit enhances the patient’s muscle loss, SARC-F appears to be a good tool to screen sarcopenia risk factors in systemic sclerosis patients. Longitudinal studies are necessary to validate the SARC-F questionnaire in this population.

References:

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Other rheumatic diseases

OP0270

TREUMA REGISTRY EXPLORES CHARACTERISTICS AND SUITABLE DIAGNOSTIC AND THERAPEUTIC MANAGEMENT OF RHEUMATIC IMMUNE-RELATED ADVERSE EVENTS (IRAES)

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