Background: Spondylarthritides are diseases with a pathophysiologic focus in enthesis with a different extent of synovial component. In the event of therapeutic failure with DMARDs, the clinician may consider biological therapy with anti-TNF drugs or other targets such as IL-23. Despite this, most patients receive first-line anti-TNFs. Given that IL19 and IL23 activity is recognized at the level of the enthesis, drugs or other targets such as IL23. Despite this, most patients receive first-line anti-TNFs.

Methods: A secondary analysis of a previous study was performed based on an electronic survey completed by patients with PsoA and distributed among members of the patient association ‘Rheum Psoriasis’. Records from 191 respondents who had received at least one biological therapy were included. Patients were grouped according to the presence or absence of dactylitis or enthesitis. The rate of need to progress to the next therapeutic biologic line was compared.

Results: 61 patients reported dactylitis and 155 enthesitis. Distribution of treatments in patients with dactylitis: 33 patients received an anti-TNF-alpha, 11 Secukinumab and 12 Ustekinumab. 15 patients in the group receiving an anti-TNF-alpha had to substitute another treatment within 2 years (45.4%). Patients in each of the remaining groups had to substitute treatment within 2 years (27.2% and 25%, respectively). Compared to those receiving anti-TNF-alpha therapy, patients treated with Secukinumab or Ustekinumab had greater therapeutic persistence at 2 years (P<0.001, in both cases). Distribution of treatments in patients with enthesitis (not including dactylitis): 115 received an anti-TNF-alpha, 25 received Secukinumab and 18 received Ustekinumab. 38 patients who received an anti-TNF-alpha had to substitute it within 2 years (24.5%). 4 patients who received Secukinumab and 3 who received Ustekinumab had to substitute their treatments in less than 2 years (16% and 16.6%, respectively). Compared to patients receiving anti-TNF-alpha therapy, patients treated with Secukinumab and Ustekinumab had a higher proportion of therapeutic persistence at 2 years (P<0.05 for both cases).

Conclusion: The presence of dactylitis more than enthesitis, is associated with a higher proportion of therapeutic persistence in those patients treated with anti-IL17 or anti-IL23 therapies. Although there are multiple factors that condition the choice of biological therapies in patients with PsoA, the presence of enthesitis and dactylitis (understood as polynesthesis) should be considered among the most important ones.

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TREATMENT PERSISTENCE OF BIOLOGIC AGENTS AMONG PATIENTS WITH PSORIATIC ARTHRITIS (PSA)

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Background: Persistence in biologic therapy in psoriatic arthritis is critical to optimize symptom remission, functional capacity and health care costs.

Objectives: To estimate the persistence to biologic treatment prescribed to PsA patients in a real-life setting as well as factors associated with improved biologic drug survival in these patients.

Methods: Patients with PsA from a large health care provider database with at least two consecutive dispensed prescriptions of a biologic agent indicated for PsA from January 1st, 2002 until December 31st, 2018 were identified and followed until the medication stop date or the end of observation period. Patients were considered non-persistent whenever a new prescription was dispensed and a permissible gap of 6 months was exceeded prior to starting on this biologic agent from the prescription date. Treatment changes were based on physician decisions and patient preferences. Demographic data including age, sex, BMI, ethnicity, smoking history and socio-economic status as well as Charlson comorbidity index were retrieved. Data regarding use of steroids and non-biologic disease-modifying anti-rheumatic drugs were also extracted. Descriptive statistics, including means (standard deviations) for continuous variables and frequencies (%) for categorical variables, were used. Persistence estimates were derived using non-parametric survival analysis using Kaplan-Meier functions, with treatment discontinuations as failure events. Cox regression hazard ratio models were conducted to investigate factors associated with drug persistence.

Results: 2301 PsA patients with 2958 treatment periods were identified and included in the analyses. The mean age was 50.3±14 years of whom 54% were females, 70.4% of the study population had a BMI>25, and 36% were obese (BMI>30), 40% were current smokers, and 76% had a Charlson comorbidity index higher than 1. The most commonly prescribed drug was etanercept, followed by adalimumab, golimumab, secukinumab, ustekinumab and infliximab at 33%, 29%, 12%, 10%, 8% and 8%, respectively. Only about 20% of patients maintained on a particular biologic agent for 5 years, whereas about 40% persisted on therapy following 20 months of treatment. A Kaplan-Meyer survival analysis with pairwise comparisons of all treatment choices with respect to lines of therapy was conducted. When analyzing the data for all treatment periods and taking into account all lines of therapy, secukinumab had a higher persistency than adalimumab, infliximab and ustekinumab, with a Log Rank of 0.022, 0.047 and 0.001, respectively, as is shown in figure 1. Female sex and smoking were associated with lower drug persistence (HR=1.25, 95%CI 1.13-1.38 and HR=1.109, 95%CI 1.01-1.21, respectively). When analyzing the data regarding second-line biologic agents, secukinumab was found to be superior to adalimumab, etanercept, infliximab and ustekinumab but not to golimumab with a Log-Rank P value of 0.001, 0.004, 0.025 and 0.002, respectively (figure 2). On analyzing the data using only the first indicated biologic line, no superiority of any single anti-Tumor Necrosis Factor-alpha (anti-TNFα) agent was observed.

Conclusion: In this large observational cohort, in the era of biologic therapy, a relatively low persistence was observed, with female sex and smoking having a negative impact on persistency. None of the anti-TNFα agents as first line therapy was found to be more persistent than others, while secukinumab was found to be superior to other biologics when indicated as second line of therapy.

References: None

AB0781 OPTIMIZATION OF APREMILAST USE IN DAILY PRACTICE BY EXPECTATION MANAGEMENT

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Figure 1.

Figure 2.
Background: Apremilast is an oral phosphodiesterase 4 inhibitor and approved drug for treatment of Psoriatic Arthritis (PsA). Previous studies show apremilast to be efficacious and safe. (1) However, physician are sometimes reluctant to prescribe apremilast in clinical practice due to its perceived side effects, and relatively small effect size (1).

Objectives: In this study we investigated the occurrence and frequencies of adverse events, and the effects of patient expectation management on drug survival for PsA patient starting apremilast.

Methods: From March 2017 to December 2019, 21 consecutive patients have been included in the apremilast PsA cohort at Reade in Amsterdam, the Netherlands. The initial high dropout rate that was observed with usual care led to a revision in the baseline visit with more emphasis placed on patient expectation management.

Results: From the usual care group (UCG; n=12), 10 patients (83%) stopped apremilast within the first year: 6 (50%) due to adverse events, 4 (33%) due to inefficacy. Only 2 patients (17%) completed one year of follow-up. In contrast, in the expectation management group (EMG; n=9), only 1 patient (11%) dropped out due to adverse events, and none stopped due to inefficacy. 2 patients (22%) completed one year of follow-up, the other 6 patients (67%) are within the first year of treatment (median 5 months, range 1-10; figure 1). In total 55 adverse event were reported during the study, of which 40% were gastro-intestinal (table 1). There was one serious adverse event (within in the EMG group, stroke leading to hospitalization) which was considered not related to apremilast, and the patient remained on drug.

Conclusion: The most common adverse event for apremilast are gastrointestinal side effects that subsided during prolonged use. Managing patient expectations before start of apremilast increases drug survival and is helpful for optimizing apremilast use in daily practice.

References:

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Table 1. Patient reported adverse events apremilast

<table>
<thead>
<tr>
<th>Adverse events</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
<th>SAE</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gastro-intestinal AE</td>
<td>15</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>22 (40%)</td>
</tr>
<tr>
<td>Mood complaints</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>3 (5%)</td>
</tr>
<tr>
<td>Infections</td>
<td>8</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>9 (17%)</td>
</tr>
<tr>
<td>Headache</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>5 (9%)</td>
</tr>
<tr>
<td>Others</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>16 (29%)</td>
</tr>
<tr>
<td>Total</td>
<td>44</td>
<td>11</td>
<td>1</td>
<td>1</td>
<td>55 (100%)</td>
</tr>
</tbody>
</table>

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