Background: Osteoarthritis is a very common chronic disease. The information needs of patients vary depending on the health issue. Social media sites represent a novel source of health information and advice for patients with chronic diseases, such as osteoarthritis. Almost half of them use the internet to look for health-related information [1]. No study has assessed the impact of social media on osteoarthritis and its treatment.

Objectives: The purpose of this study was to evaluate frequently discussed osteoarthritis treatments on the social media Twitter.

Methods: We retrospectively analyzed tweets, published between 1st and 31st January 2020, containing the keywords “osteoarthritis”. Only English language tweets were included. Tweets referred to veterinary medicine were excluded.

Results: 3587 tweets were analyzed. We identified 1737 tweets related to osteoarthritis treatment between 1st and 31st January 2020 (49.8%) (Figure 1). Dietary interventions were the most discussed treatment (18.3%, n=319/1737), including fruits, vegetables, and plants (n=101), dietary supplements and vitamins (n=80), and spices (n=19). Physical medicine and rehabilitation (17.6%, n=305/1737) including sport (n=151), physiotherapy (n=70) and rehabilitation (n=57), were commonly discussed. Local therapies for osteoarthritis were also discussed by Twitter users (15.8%, n=274/1737). These included topical treatments such as anti-inflammatory gels and creams (n=23), and more invasive local treatments including intra-articular joint injections with corticosteroid (n=56), hyalurontes (n=29), stem cells (n=97), and Platelet-Rich Plasma (n=52). The frequently used systemic drugs were analgesia and non-steroidal anti-inflammatory drugs (n=113). Surgery and interventional radiology (gonic arteri embolization) were also discussed (11.5%, n=199/1737). 5.6% tweets (n=97/1737) were related to alternative therapies. Predominant themes were related to marijuana (n=23), acupuncture treatment (n=17), homeopathy (n=10). Last but not least, 356 tweets (20.5%) referred to other websites including health programs.

Conclusion: Our results demonstrate that osteoarthritis treatment is frequently discussed in published tweets. Therefore, social media could have an impact on behaviors and adherence on medication, and it seems interesting that learned societies, involved in osteoarthritis treatment, communicate more using social media.

Figure 1. Osteoarthritis treatment discussed in published tweets

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PADOVA PREDICTION SCORE COMBINED WITH SERUM ALBUMIN FOR THE IDENTIFICATION OF VENOUS THROMBOEMBOLISM OF HOSPITALIZED PATIENTS IN THE DEPARTMENT OF RHEUMATOLOGY
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Background: Venous thromboembolism (VTE) includes thrombotic disease of venous system, but primarily includes lower extremity deep vein thrombosis (DVT) and pulmonary embolism (PE). Population-based epidemiological studies have shown an association between systemic autoimmune diseases and VTE[1]. The Padua prediction score (PPS) is a new 20-point risk assessment model proposed by Professor Barbar et al[2] in 2010. A large number of researches have shown that low serum albumin concentration is associated with an increased risk of VTE [3], but there is a lack of studies on serum albumin in VTE and there are no reports on PPS in rheumatology inpatients.

Objectives: To investigate the status of VTE in patients in the department of rheumatology, and to explore the value of PPS combined with serum albumin in the identification of VTE in this patient population.

Methods: Baseline data of inpatients in rheumatology department were collected at Sichuan Provincial People’s Hospital from September 2018 to September 2020. Occurrence of VTE was compared between high and low risk groups. PPSs were analyzed in VTE and non-VTE patients. Multivariate logistic regression was used to analyze the independent risk factors of VTE. The receiver operating characteristic curve was used to evaluate the probability of value of rheumatic inpatients with VTE assessed by PPS, serum albumin and PPS with serum albumin. P<0.05 indicates that the difference was statistically significant.

Results: A total of 2282 patients were included in this study, and 50(2.2%) had symptomatic VTE. Among the symptomatic VTE cases, 38(1.6%) had DVT only, 8(0.4%) had PE only, and 4(0.2%) were diagnosed with DVT and PE. PPSs in VTE and non-VTE groups were 3.00(2.00~6.00) and 2.00(1.00~2.00) respectively (P< 0.05). One hundred and eighty-eight cases was divided into high-risk group of VTE (PPS≥4), while 2094 cases was divided into high-risk group of VTE (PPS<4) were in the low-risk group. Multivariate logistic regression was used to analyze the independent risk factors of VTE. The receiver operating characteristic curve was used to evaluate the probability of value of rheumatic inpatients with VTE assessed by PPS, serum albumin and PPS with serum albumin. P<0.05 indicates that the difference was statistically significant.

Conclusion: The incidence of symptomatic VTE was relatively higher in hospitalized patients in rheumatology department. Serum albumin was the protective factor. The combination of albumin and PPS can improve the accuracy of screening for VTE in rheumatology in-patients.

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