The TC+T2T strategy resulted in greater improvements in DAS28 and CDAI scores from inclusion to 12 months follow up (p<0.025 and p=0.026 respectively; Figure 1). Beyond improvements in DAS28 and CDAI, a significant decrease in patient-reported outcomes (fatigue and pain) during 12 months from diagnosis was observed (Figure 1).

Conclusion: Compared to routine rheumatology practice, the implementation of a “tight control” and “treat to target” strategy resulted in a greater improvement in disease activity and an early and sustained improvement in patient-reported outcomes. Our results suggest that this type of strategy should be integrated into daily clinical practice of new-onset RA.

Disclosure of Interests: Jon Thorkell Einarsson: None declared, Katarina Friberger Pajalic: None declared, Carolin Bengtsson: None declared, Elisabet Lindqvist: None declared, Carmen Roseman: None declared, Olafur Palsson: None declared, Johan K Wallman Consultant of: AbbVie, Pfizer, GSK, Grant/research support from: unrestricted grants from Pfizer and Roche.

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