General applicability of a new treat-to-target treatment strategy in Dutch patients with early Rheumatoid Arthritis: results from the DREAM remission induction cohort II


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Introduction

Despite wide implementation of treat-to-target (T2T) strategies in rheumatoid arthritis (RA), a proportion of patients still fails to achieve early remission.

This study aimed to identify baseline predictors of reaching remission in Dutch patients with early RA following a T2T strategy.

Methods

• Baseline demographics, clinical and patient-reported outcome measures and one-year follow-up data were used from patients with early RA

• Survival analyses and simple and multivariable logistic regression analyses were used to examine remission rates and significant predictors of achieving remission.

Results

• 137 patients from the DREAM registry were included

• After 1 year of follow-up, remission was reached at least once in 77.2% of the patients, and median time to first remission was 17 weeks.

Conclusion

• Almost 80% of patients achieved their first remission within 12 months of follow-up

• Baseline patient- and clinical characteristics were poorly predictive of time to remission

• Together with the high proportion of responders, this provides additional evidence for the general applicability of T2T strategies in patients with early RA.

• None of the examined baseline variables were significantly associated with achieving remission within 1 year.

• Lower ESR (p=0.007), male gender (p=0.057), and fewer tender joints (p=0.175) were significantly or marginally associated with achieving fast remission within 17 weeks.

• In multivariable analysis, however, only ESR remained significantly predictive (p=0.006).

Patients in remission in ≤17 weeks

<table>
<thead>
<tr>
<th>Variable</th>
<th>OR</th>
<th>95% CI</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESR</td>
<td>0.978</td>
<td>0.963 – 0.994</td>
<td>0.006</td>
</tr>
<tr>
<td>Gender, female</td>
<td>0.506</td>
<td>0.245 – 1.045</td>
<td>0.066</td>
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<tr>
<td>TJC</td>
<td>0.958</td>
<td>0.904 – 1.016</td>
<td>0.153</td>
</tr>
<tr>
<td>Nagelkerke $R^2$</td>
<td>0.129</td>
<td></td>
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