

L19 Randomized Trial of Stopping TNF-Inhibitors in Rheumatoid Arthritis Patients with Stable Low Disease Activity in the Netherlands. POET study

Ghiti Moghadam M, Vonkeman HE, ten Klooster PM, van Riel PLCM, van de Laar MAFJ, Jansen TL.

BACKGROUND

This is one of the first studies of discontinuing TNFi in RA patients with stable low disease activity (LDA) en probably de largest.

Given the potential risk of serious side-effects and complications and the high costs of TNFi, it is important to examine whether patients in stable LDA can effectively stop TNFi. It is not yet clear whether TNFi can be restarted effectively and safely.

	Stop TNFi (n=532)	Continuing TNFi (n=287)
Vrouw	68.2%	65.5%
Leeftijd in jr, M (SD)	59.8 (12.1)	59.7 (10.6)
Ziekte duur in jr, M (SD)	11.9 (8.8)	11.1 (8.4)
Laatste DAS-28, M (SD)	1.86 (0.68)	1.89 (0.63)
Voorlaatste DAS-28, M (SD)	1.83 (0.76)	1.84 (0.76)
RF +	67.4%	67.3%
Anti-CCP +	68.1%	67.7%
Erosie +	62.4%	57.7%
Adalimumab	51.1%	44.9%
Etanercept	40.3%	46.3%
Infliximab	4.7%	4.9%
Golimumab	2.8%	3.1%
Certolizumab	1.1%	0.7%

METHODS

Multicenter open-label randomized study.

Inclusion criteria:

- Diagnosed rheumatoid arthritis (RA) according to the ACR 1987 criteria.
- TNFi use for at least 1 year and with stable dose DMARDs for at least 6 months.
- Low disease activity in the 6 months prior to inclusion, with at least 2 DAS28 scores <3.2 in this period.
- Patients were randomized to stop or continuing their current TNFi in a 2:1 ratio.
- DAS28 flare was defined as DAS28 ≥ 3.2 with an increase ≥ 0.6 compared to the previous DAS28.

RESULTS

- In total 817 patients from 47 centers were included: 531 patients (65%) in the discontinuation group and 286 patients (35%) in the continuation group.
- Median time to the first flare in the discontinuation group was 24 weeks.
- Most patients have reached LDA pretty quickly after restart TNFi.
- Median time to regained LDA in the stop group after restart TNFi was 13 weeks (95% CI 12,612-13,388)

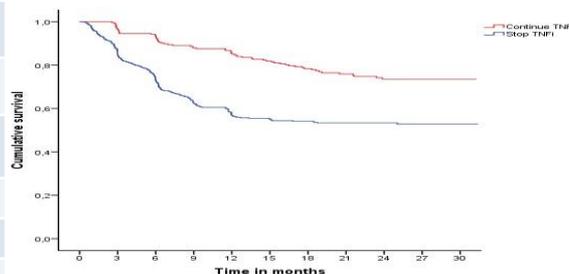
CONCLUSIONS

Flare-free discontinuation of TNF-inhibitors was possible in 53% of patients with stable low disease activity rheumatoid arthritis.

Predictors of flare free survival

	RR	95.0% CI
Female sex	1.37	1.06-1.79
Age (>60 yrs.)	1.11	0.87-1.40
Disease duration (>10 yrs.)	1.20	0.94-1.52
Concomitant DMARD	0.74	0.40-1.35
Anti-CCP positive	1.03	0.80-1.32
>1 TNFi	1.25	0.90-1.72
Discontinuation group	2.39	1.80-3.17

Figure 1. Flare free survival over time.



Time to regained LDA in the stop group after restart TNFi.

