Management of corticosteroid therapy for patients with rheumatoid arthritis.

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INTRODUCTION:

- Rheumatoid arthritis (RA) is a chronic inflammatory rheumatic disease, the therapy strategy relies on disease-modifying therapies that can improve the prognosis of this disease in combination with corticosteroid therapy, which constitutes an adjunctive treatment in RA.
- The aim of this study was to characterize the management of corticosteroid therapy by rheumatoid arthritis patients followed in our training.

METHODS:

- This was a cross-sectional study of 79 patients with rheumatoid arthritis treated with oral corticosteroids in the rheumatology department.
- RA patients meeting ACR-EULAR 2010 classification criteria were included.

RESULTS:

The general characteristics of patients are summarized in the following table:

Variables	characteristics
Female gender (%)	89,9
Erosive RA (%)	70,9
Ant i-ccppositive (%)	73,4
Rheumatoid factor positive (%)	68,4
Active RA (DAS28>3.2) (%)	75,8
The average DAS28	5,32
Patients on methotrexate (%)	62
Patients on biological therapy (%)	6,3
Patients on corticosteroid therapy (%)	100
Average dose of corticosteroid (mg/d)	7,8
Average duration of corticosteroid (years)	5,6

Table 1: General characteristics

- Corticosteroid therapy was prescribed by a rheumatologist in 89.8% of patients, and by a general practitioner in 5.1%.
- The results of corticosteroid therapy management are summarized in figure 1:

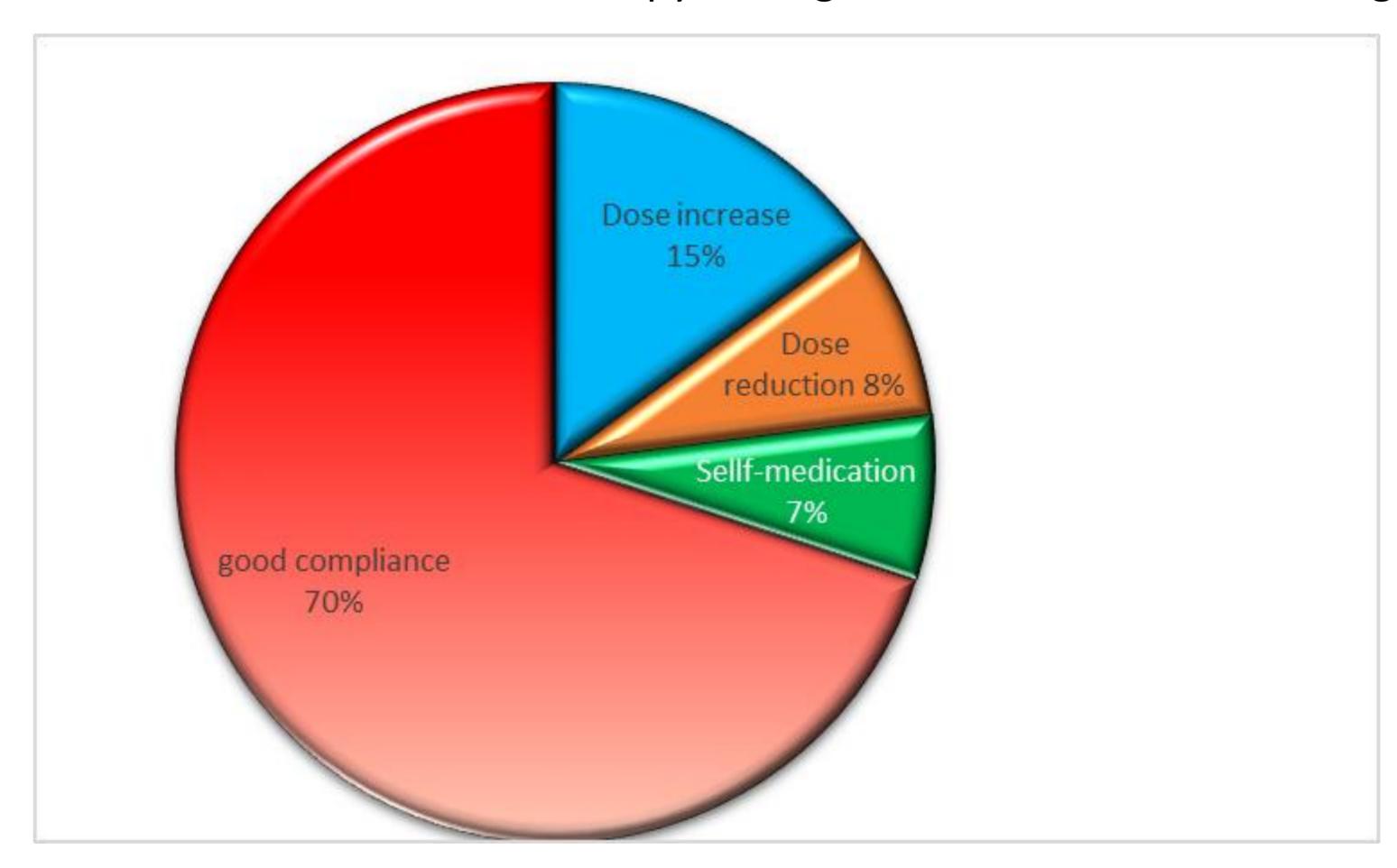


Figure 1: The management of coticotherapy by RA patients

Factors associated with good corticosteroid management	P value
Sexe male	0,048
Younger age	0,03
Low-dose of corticosteroid therapy	0.045

Table 2:Factors associated with good corticosteroid management

CONCLUSION:

In our study, male gender, younger age and low initial corticosteroid dose were the factors statistically significantly associated with good corticosteroid management in RA patients.