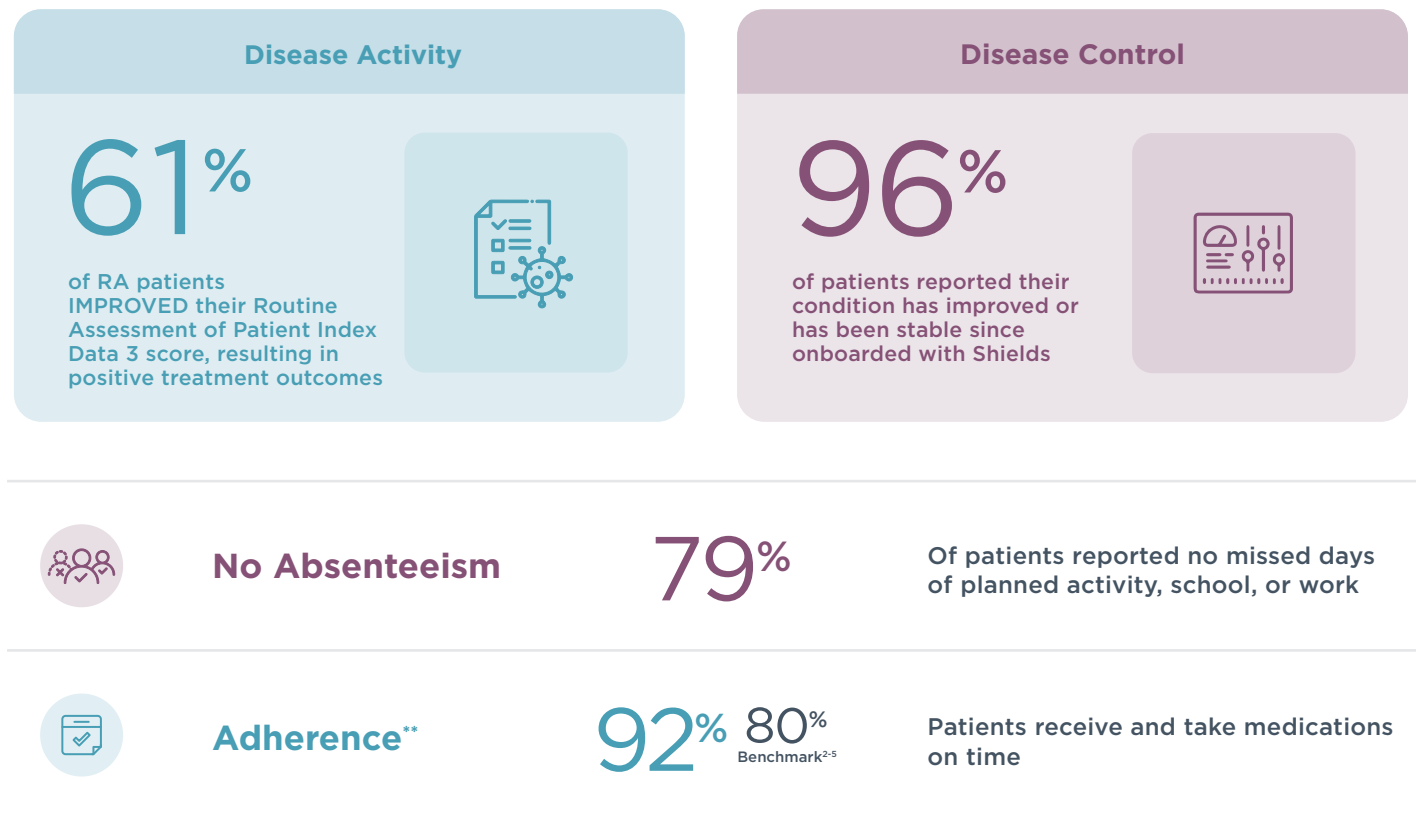


# Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is an autoimmune and inflammatory disease in which the immune system attacks healthy cells, causing inflammation and painful swelling in the affected parts of the body.<sup>1</sup> Management of RA includes a combination of clinician exams, laboratory work, and various combinations of medications that help slow disease progression and prevent joint deformity. This management approach plays a vital role in determining disease severity and achieving low disease activity or near remission with few or no RA symptoms, which is the goal of therapy.<sup>1</sup>

## What We Measure



## Why It Matters

Measuring disease activity and patient response enables healthcare teams to evaluate the success of RA treatments and identify needed changes. These scores support a collaborative effort among the patient care team, facilitating shared decisions to improve patient health outcomes. Tools like RAPID3, supplemented by patient-reported outcomes (PROs), provide valuable insights into disease management from patients' perspectives. This contributes to a holistic understanding of patient experiences, ensuring optimum patient care and enhancing patient outcomes. Measuring absenteeism and adherence is crucial in identifying gaps in care, ensuring timely interventions, and improving overall health outcomes.

\* Shields Health Solutions Network includes data from a collective of member health systems that partner with Shields to elevate an integrated specialty pharmacy model.

\*\* All metrics are reflective of data collected in 2024.

\*\* Adherence is measured by the proportion of days covered (PDC)

<sup>1</sup> Rheumatoid Arthritis (RA) | Arthritis | CDC Accessed 12/14/24

<sup>2</sup> Jin Y, Chen SK, Lee H, Landon JE, Merola JF, Kim SC. Patient characteristics associated with use of TNF vs interleukin inhibitors as first-line biologic treatment for psoriatic arthritis. *J Manag Care Spec Pharm.* 2021;27(8):1106-1117. doi:10.18553/jmcp.2021.27.8.1106.

<sup>3</sup> Zuckerman AD, Whelchel K, Kozlicki M, et al. Health-system specialty pharmacy role and outcomes: A review of current literature. *Am J Health Syst Pharm.* 2022;79(21):1906-1918. doi:10.1093/ajhp/zxac212.

<sup>4</sup> Zuckerman AD, DeClercq J, Choi L, et al. Adherence to self-administered biologic disease-modifying antirheumatic drugs across health-system specialty pharmacies. *Am J Health Syst Pharm.* Published online August 18, 2021. doi:10.1093/ajhp/zxab342.

<sup>5</sup> PQA measure overview. Pharmacy Quality Alliance. Published 2024. Accessed October 21, 2024. Available at: [https://www.pqaalliance.org/assets/Measures/PQA\\_Measures\\_Overview.pdf](https://www.pqaalliance.org/assets/Measures/PQA_Measures_Overview.pdf).