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Project: *Personalizing the choice of therapy in rheumatoid arthritis*



Background

Rheumatoid arthritis is a chronic autoimmune form of arthritis that can affect adults of any age. People living with rheumatoid arthritis experience pain and swelling in their joints, fatigue, and difficulty functioning. Despite multiple therapeutic options available for RA, treatment selection is currently driven largely by physicians, leading to unwarranted variation in care. Patient decision aids provide an opportunity to educate patients on their treatment options and help them clarify their treatment related values, which can facilitate shared decision-making in clinic. Shared decision-making also

has the potential to increase health equity by better aligning treatment decisions with patient values, which often differ by sociodemographic characteristics.

In this study we will develop a personalized decision aid to help patients identify the treatment option that suits them best. We will start by analyzing data from all the randomized trials conducted to date, including individual patient data. We will then analyze data from over 10,000 patients treated in routine practice in Canada. From these

2 analyses we will generate a risk calculator that will allow us to estimate treatment benefits and risks tailored to each patient. These risk calculators will be incorporated into decision aids and linked to guidelines to promote their use in clinical practice. The ultimate goal of this work is to promote a more ‘personalized’ approach to treatment.