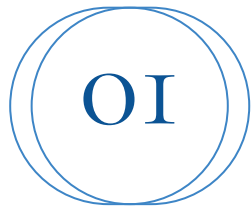


Patient Activation and its Effect on Compliance and Disease Activity: A National Cross-Sectional Survey

Presented by: **Maha M. Alshehri & Nouf A. Altokhais**

Supervised by: Haya M. Almalaq, Lubna A. Aljuffali, & Mohammed A. Omair

Outlines



Background



Methodology



Results & Discussion



Conclusion

Background

- Rheumatoid Arthritis (RA) is a chronic autoimmune disease that burdens patients' lives, compliance to treatment is essential to achieve the desired goal.
- The study aims to evaluate compliance and related factors in a large, diverse population using a simple validated tool.

Methodology

Study design:

The **CO**mpliance and **P**atient **A**ctivation in **R**heumatoid **A**rthritis (**COPARA**) study

Multi-center nationwide cross-sectional study that assess compliance and patient activation.



Methodology

Settings:



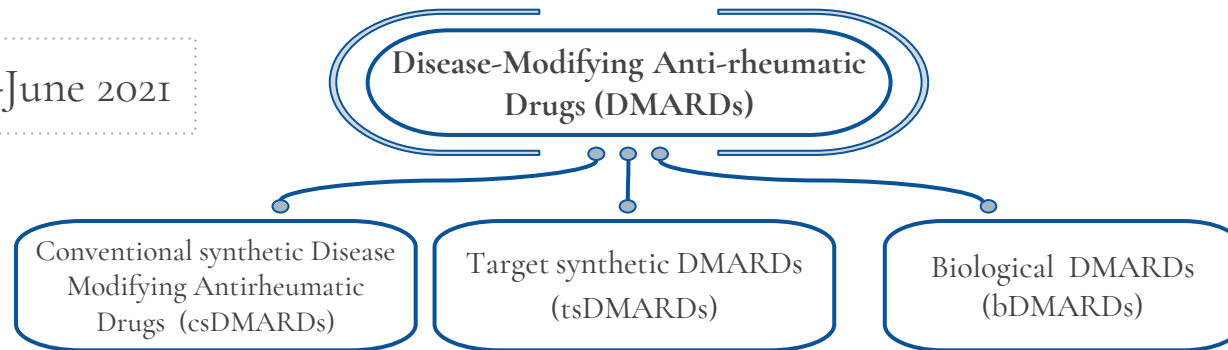
Methodology

Participants:

✓ Inclusion criteria

Aged ≥ 18 years, Diagnosed with RA, Received any DMARDs

May-June 2021

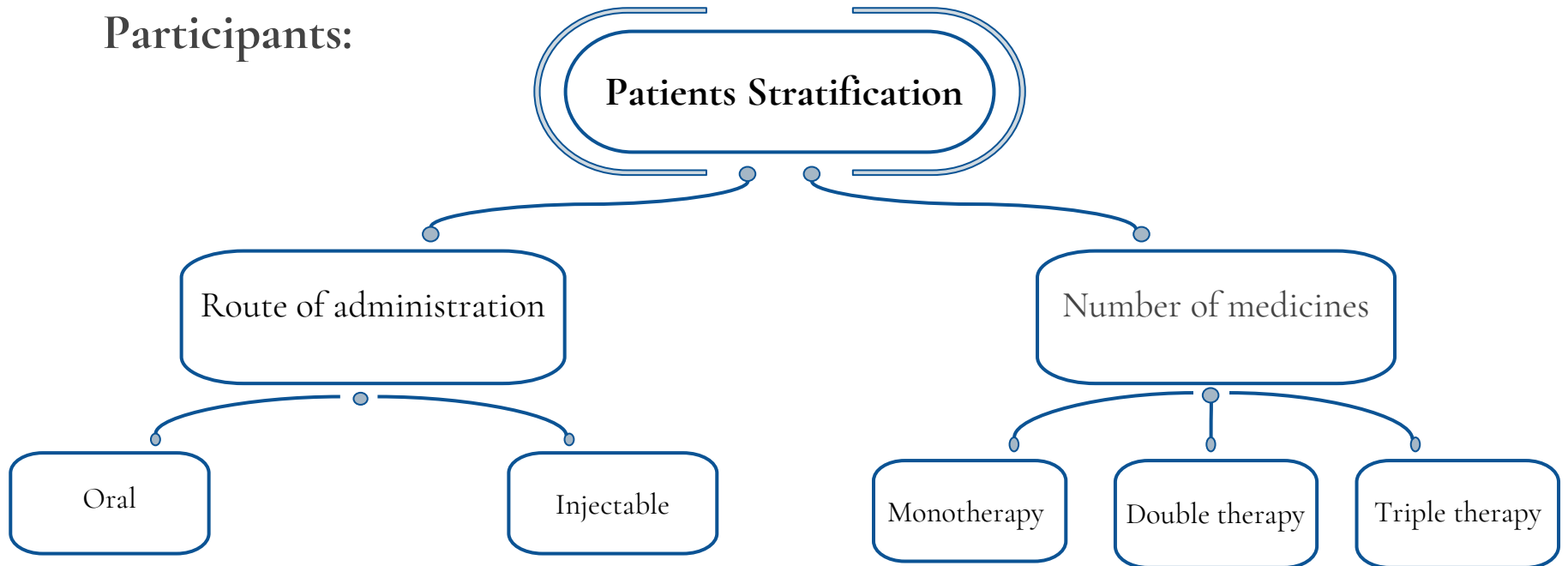


✗ Exclusion criteria

Drug-free remission, Rituximab monotherapy, Incomplete data

Methodology

Participants:



Methodology

Instrument:

<p>Arabic Compliance Questionnaire for Rheumatology (ACQR₅)</p> <ul style="list-style-type: none"> - Measures the patient adherence - Score of (1 to 4) (1) "Definitely don't agree" (4) "Definitely agree" 	<p>Rheumatoid Arthritis Impact of Disease (RAID₇)</p> <ul style="list-style-type: none"> - Measures the patient disability - Scale of (0 to 10) (0) "Did not cause me pain" (10) "Caused me severe pain" 	<p>Patient Activation Measurement (PAM₁₃)</p> <ul style="list-style-type: none"> - Measures the patient activation - Scale of (0 to 4) (0) "Not applicable" (4) "Strongly agree"
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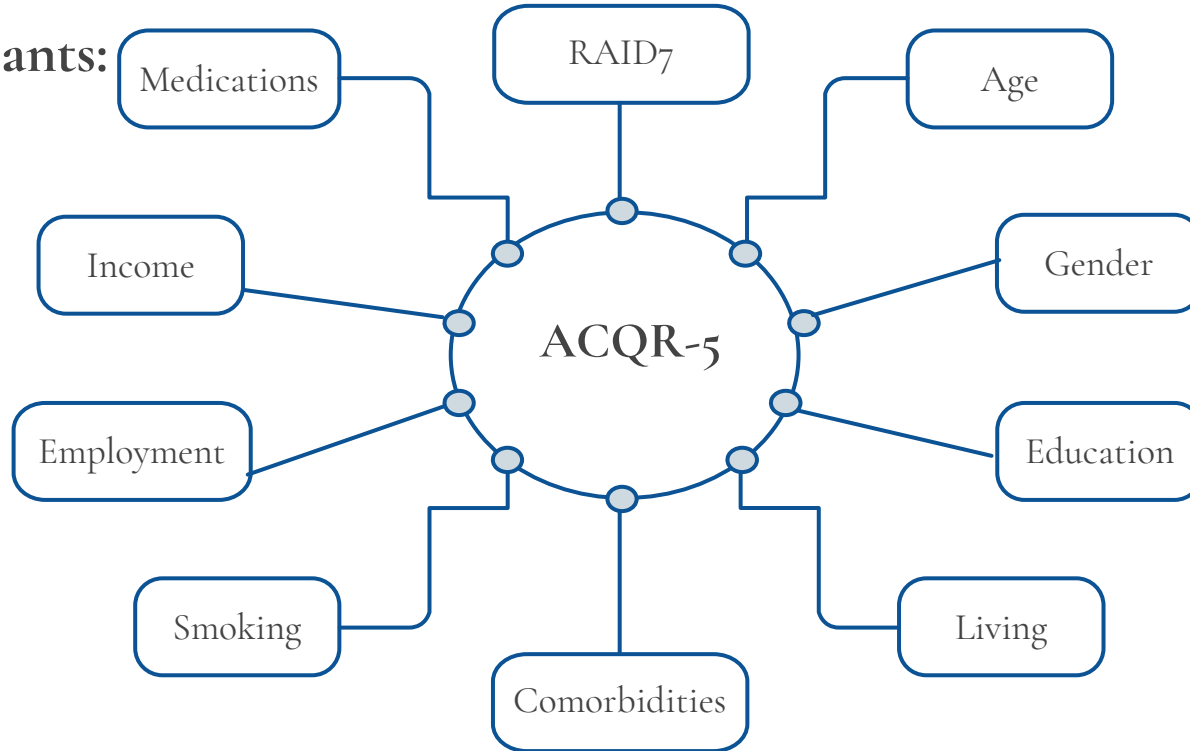
Methodology

Outcomes:

- The primary outcome is measured the level of high compliance by the ACQR₅.
- The secondary outcomes include the relation between the level of ACQR₅ and patients' demographics, disease characteristics, medication used, and treatment strategy.

Methodology

Participants:





Methodology

Statistical analysis:

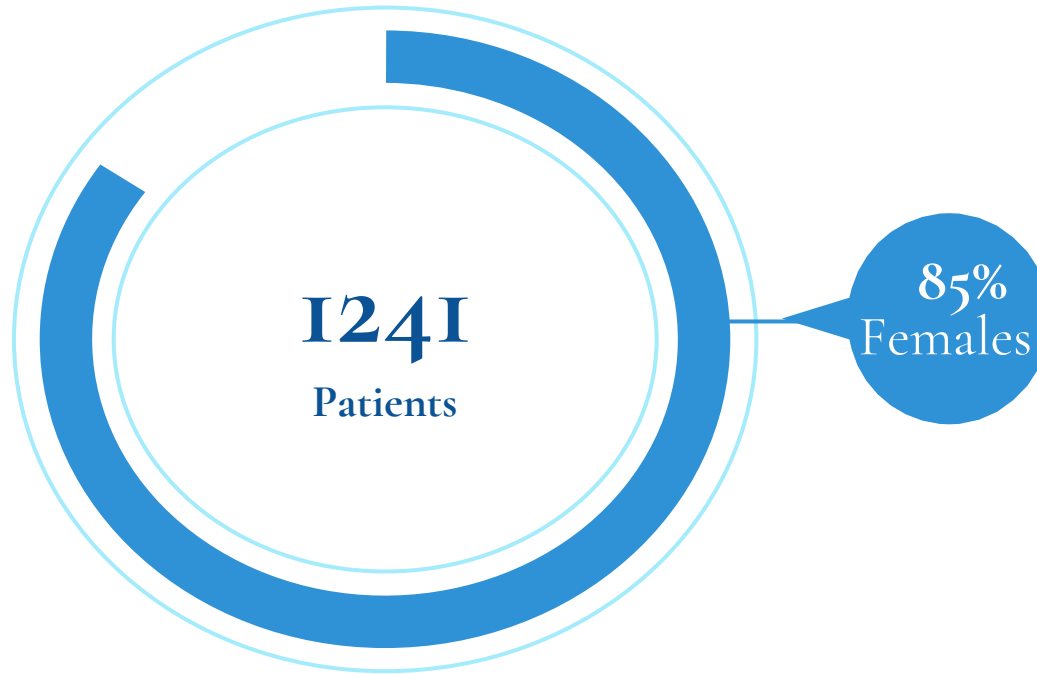
- Data were cleaned,coded, and statistically analyzed using the SPSS.
- Continuous variables were displayed as mean.
- Categorical variables were displayed as numbers.
- Variables associated with high or low compliance were selected for logistic regression analysis.
- PAM13 analysis still in progress.

Methodology

Ethical consideration:

-  Institutional Review Board (IRB) of King Saud University in Riyadh
-  Electronic consent from all participants

Results



Results

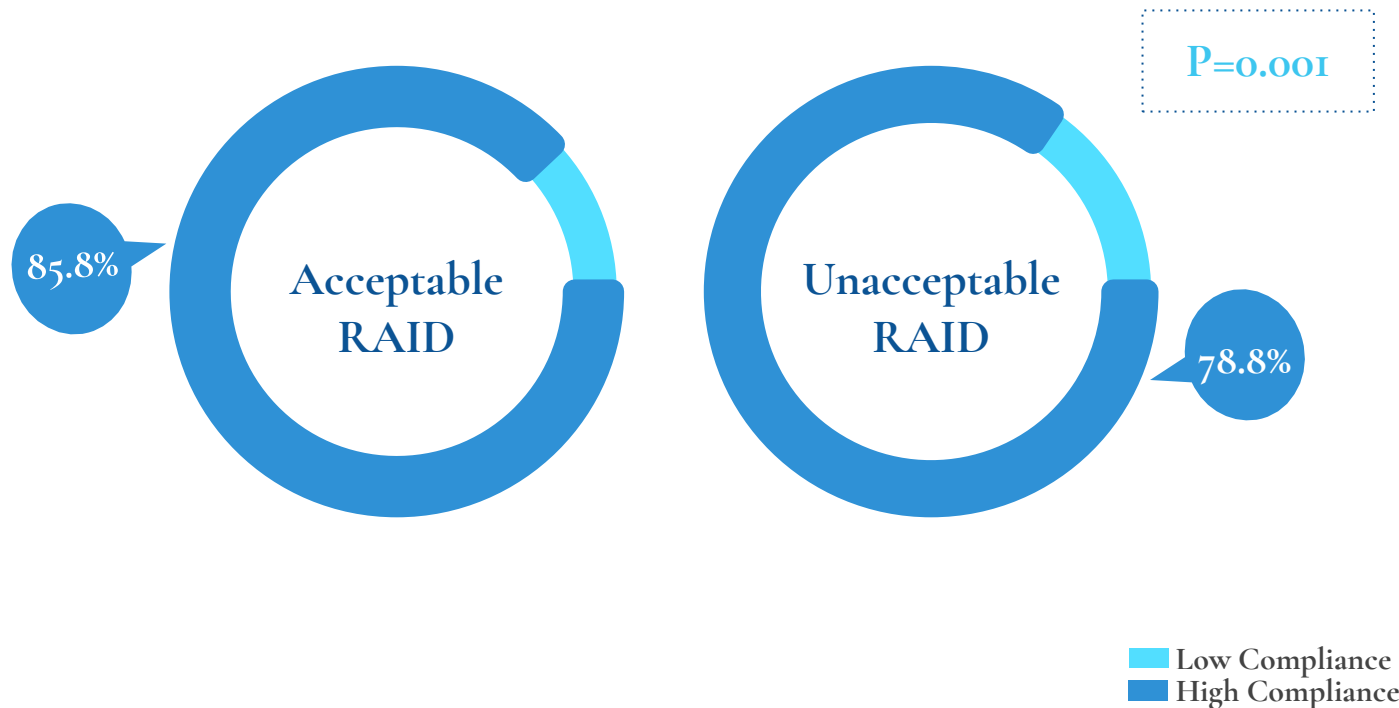


Results





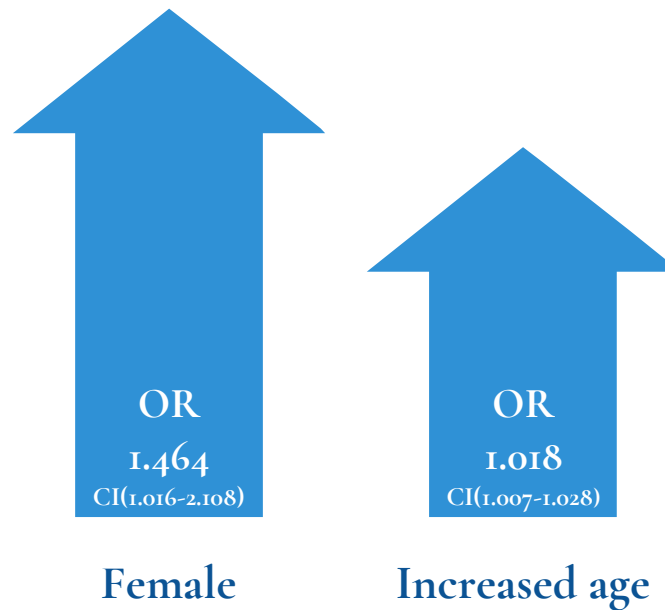
Results





Results

Compliance



Results

Compliance

Working

OR
0.669
CI(0.497-0.900)

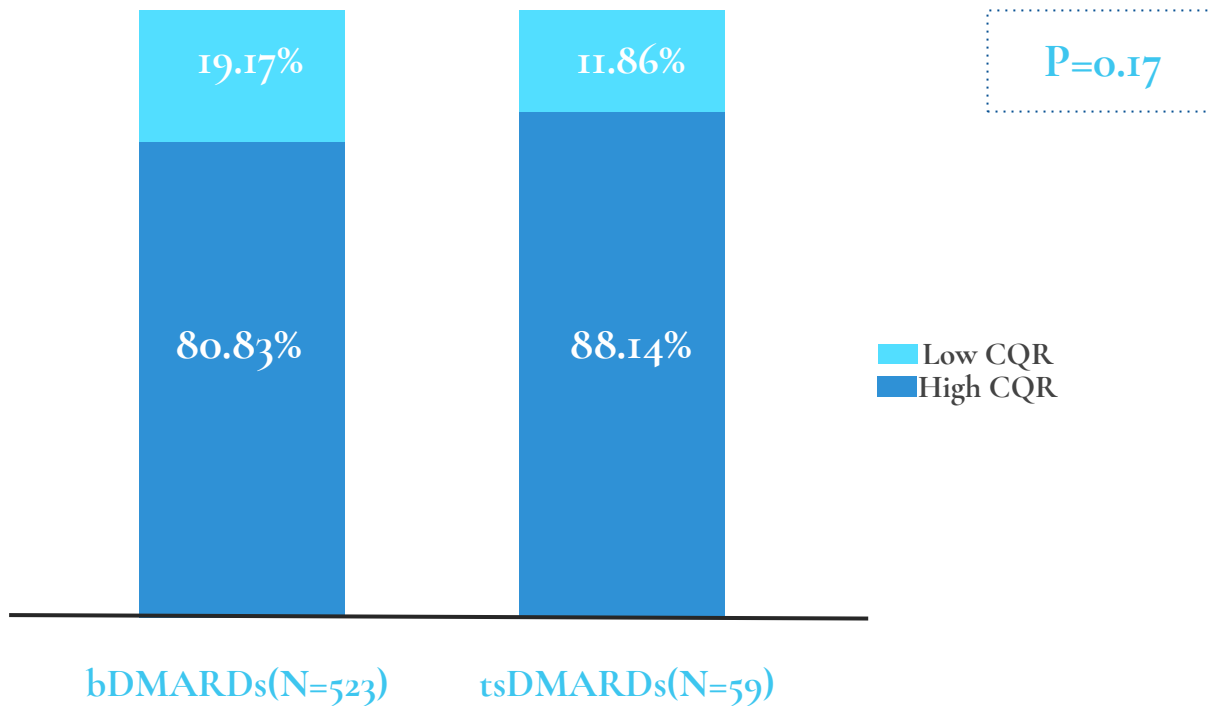
Higher education

OR
0.595
CI(0.368-0.962)



Results

Compliance





Results

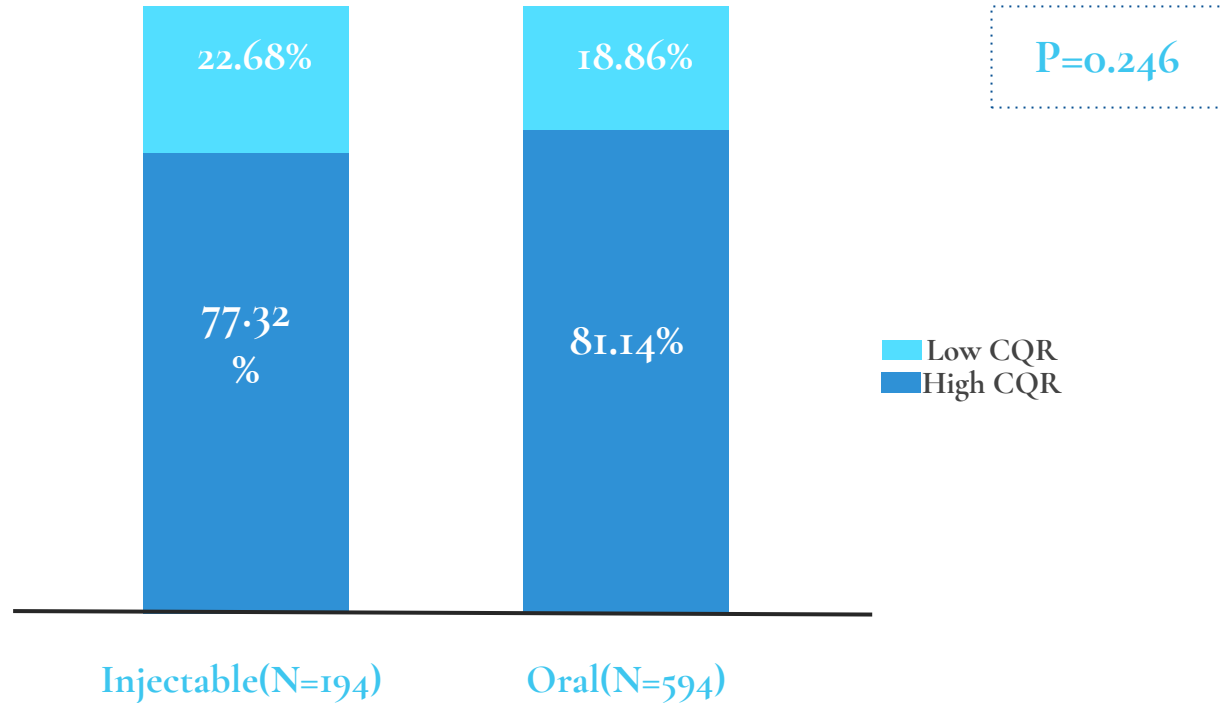
Compliance



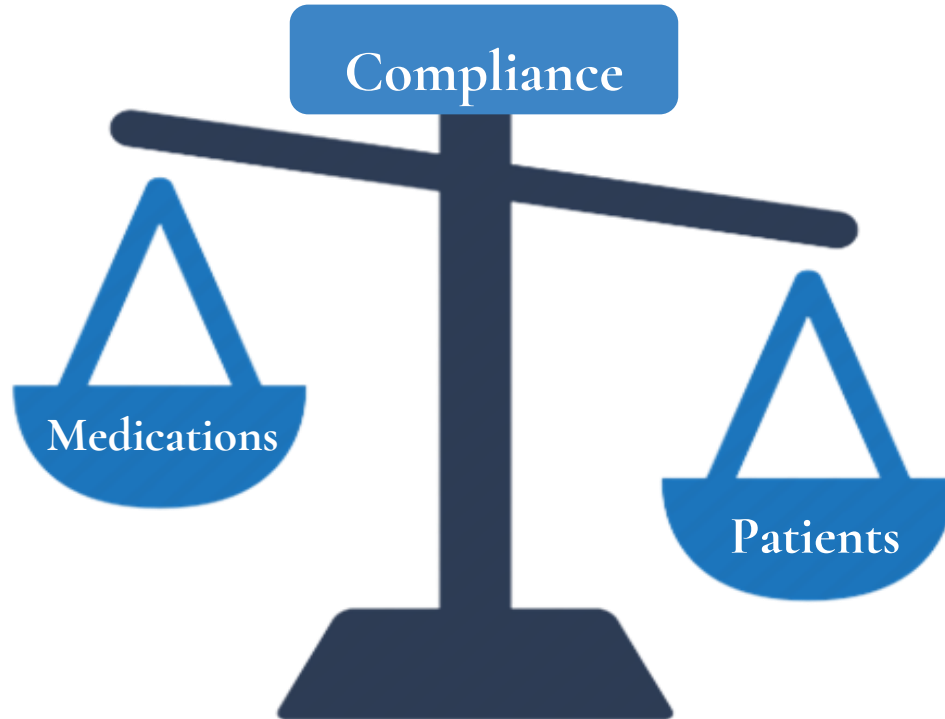


Results

Compliance



Discussion



Discussion

Strengths	Limitation
<ul style="list-style-type: none">● Large sample size● Adequate representation of Saudi Arabia's regions● Evaluated many factors	<ul style="list-style-type: none">● Study design as a cross-sectional study● ACQR-5 is a subjective measure that may overestimation compliance● Unmeasured important factors

Conclusion

- A high compliance level was observed in our population and aiming to increase compliance can be guided by the identified patients' characteristics rather than medication background.
- The **COPARA** study may guide future clinical research projects and international studies.

Acknowledgments

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- All of the patients and coordinators
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Thank you

Any questions?



Maha Alshehri
Nouf Altokhais