

Study Results: Predictors of patient reported decision to discontinue anti-rheumatic medication in patients with rheumatoid arthritis: Data from a rheumatoid arthritis cohort

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Abstract: Discontinuation of rheumatoid arthritis (RA) medications is often associated with higher disease activity and increased healthcare utilization. This study used OBRI data to evaluate factors contributing to patient decisions to stop taking their RA medications. Data from patients enrolled in the OBRI for two or more years were included in the analysis. Statistical methods were used to determine factors contributing to the patient's decision to stop taking their RA medication. A total of 1,762 patients were included in the analysis with an average age of 57.4 years and average disease duration of 8.5 years at the time of enrollment in OBRI. Of those included in the analysis, 77% were female, 55.3% had post-secondary education, and 67.2% had private insurance. Patients with higher disease activity, those who were taking multiple other medications and those who used non-steroidal anti-inflammatory drugs (NSAIDs) were more likely to discontinue using their RA medications. Patients with a positive rheumatoid factor and those married were less likely to stop taking their RA medications. Results of this research can be used to inform individual treatment regimens and support programs for patients.