

## **Study Results: Use of Disease Measurement Tools and Treat-to-Target Strategies in RA Patients**

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Treat to Target (T2T) is an effective RA treatment strategy that emphasizes remission as the main goal of treatment. Remission means complete or close to complete reduction of RA symptoms. T2T requires that Rheumatologists treat their patients with the goal of achieving remission in as short a time period as possible. It is carried out by customizing and delivering therapies specific to remission treatment goals (e.g. prevention of joint damage, fatigue and pain management). Rheumatologists regularly measure RA disease activity by using multiple proven tools such as lab work (e.g. inflammatory markers), observational data (e.g. number of swollen/tender joints) and questionnaires (e.g. patient self-assessment). As part of the T2T strategy, the results of these measures can be compared to pre-set goals and used to make decisions on treatment changes. An important part of T2T is open communication between doctor and patient regarding treatment options and their potential risks and benefits.

OBRI is currently studying RA treatments and outcomes by reviewing data from 59 Rheumatologists across Ontario that was collected during 3,000 patient visits. The aim is to determine which disease activity measurement tools Rheumatologists use most often, which are most effective, and whether Rheumatologists are following T2T recommendations. The impact of the T2T approach will also be studied. Results of this study will be discussed with Rheumatologists and patients to examine enablers and barriers to the regular use of the T2T strategy. This will help increase our understanding of Ontario Rheumatology practices and how best to support T2T in daily care.