RESULTS

- A total of 78 patients with mean age of 64 years (sd 11.9 years) participated in the study.
- Approximately 55% (n=43) of the patients were prescribed synthetic disease modifying anti-rheumatic drugs (DMARDs) whereas 45% (n=35) were on biological DMARDs either prescribed alone or in combination with synthetic DMARDs.
- Methotrexate was the most commonly used synthetic DMARD whether prescribed as monotherapy or in combination with other DMARDs (67%; n=29).
- The mean score of the total RhMAT adherence rate achieved at phase 1 (baseline) was documented as 81.7% indicating high adherence to the RhMAT.
- The gaps and pharmaceutical care issues identified by the pharmacist during phase 1 were discussed with the clinician and action taken to resolve them. This resulted in a statistically significantly increased mean total RhMAT adherence rate documented at 85.2% (p value < 0.05 Wilcoxon signed rank test) at phase 2.

CONCLUSION

The RhMAT takes approximately 15 minutes to complete and can be used by pharmacists working in a busy clinical setting. The RhMAT is able to capture the degree of adherence to evidence-based guidelines and identify gaps leading to non-adherence. The pharmacist can use the RhMAT as a quality system tool to identify and resolve pharmaceutical care issues to further improve the quality of care of rheumatoid arthritis patients within a multidisciplinary care setting.

REFERENCE: