

Treat to Target: Rheumatoid Arthritis Management in a Value-Based Healthcare System

This supplement to *The American Journal of Managed Care* discusses the significance of undifferentiated arthritis (UA), predictive factors associated with progression of UA to rheumatoid arthritis (RA), the clinical and economic implications of treating UA, and the importance of early, aggressive treatment of RA. It also reviews the roles of primary care physicians and managed care organizations in achieving the best outcomes in RA.

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Promotional speaker's bureau:

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The planning staff from the Center for Independent Healthcare Education, Vemco MedEd, and *The American Journal of Managed Care* have no relevant financial relationships to disclose.

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Estimated time to complete activity: 1.5 hours

This activity is supported by an educational grant from Genentech and Biogen Idec.

Intended Audience

This educational activity is designed for healthcare professionals, including managed care professionals, rheumatologists, and others involved in the management of patients with rheumatoid arthritis.

Statement of Educational Need

Rheumatoid arthritis, a chronic, progressive disease, continues to be associated with significant morbidity, mortality, and debilitating comorbid conditions despite the paradigm changes in diagnosis and treatment that now make disease remission possible. This is due to a failure to realize the true potential of:

- Early aggressive treatment
- Delaying/halting disease progression in patients with undifferentiated arthritis at risk of progressing to rheumatoid arthritis
- Individualizing therapy based on individual patient factors (like comorbidities) and treat-to-target goals

Success of individualized treatment based on patient-specific factors and target goals to maximize long-term, health-related quality of life is contingent on partnership among all stakeholders in the management of rheumatoid arthritis, including (1) rheumatologists and other healthcare professionals who are responsible for patient care, and (2) managed care professionals who continuously assess treatment success to make formulary and patient care-related decisions.

Educational Objectives

After completing this activity, the learner should be better able to:

- Evaluate halting disease progression in patients with undifferentiated arthritis at risk of progressing to rheumatoid arthritis.
- Assess the importance of early aggressive treatment.
- Recognize the value of individualizing therapy based on patient factors and treat-to-target goals.

Disclosure of Conflicts of Interest

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Physician Continuing Medical Education

Accreditation Statement

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Pharmacist Continuing Education

Accreditation Statement



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Type of activity: Knowledge-based



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