

Patients with Rheumatoid Arthritis Acquire Sustainable Skills for Home Monitoring: A Prospective Dual-country Cohort Study (ELECTOR Clinical Trial I)

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My name is Marie Skougaard and I am a medical doctor at The Parker Institute, Frederiksberg Hospital. And I'm the first author of this article aiming to assess the reliability and agreement of patient-performed joint assessment in comparison with joint assessments performed by healthcare professionals and ultrasound.

At baseline, all patients receive video instructions and individual guidance on how to perform joint assessments of 28 joints and enter the results on the online platform. Only half of the patients received repeated video instructions at follow-up; the other half received no training in order to evaluate whether repeated training was necessary to sustain joint assessment skills. Patients assessed finger joints, wrists, elbows, shoulders, and knees at 4 different timepoints.

Results show that patient-performed joint assessments were reliable and comparable to joint assessments performed by healthcare professionals and by ultrasound.

Seen in the light of the pandemic, healthcare systems worldwide have been forced to rethink how we can ensure relevant monitoring of patients' disease activity. Home monitoring may be a part of the solution, and results from this study support the usage of patient-performed joint assessment for use in a future solution.

We believe that future home monitoring will require establishment of home-monitoring safety nets to catch patients not reporting through the system and at risk the worsening of symptoms. Patients with increasing disease activity will require visits at the outpatient clinics.

Can we further ensure this, it might be the next step to home-based monitoring of rheumatoid arthritis that will create value to healthcare systems and patients.

Thank you for watching this video. If you want to learn more, please feel free to contact us through the contact information provided in the article.