



Striving for the highest level of care

How to get the best out of your RA treatment

This aid has been developed by a group of expert rheumatologists and patient representatives, as part of the EVEREST initiative, to help patients with rheumatoid arthritis manage their condition, and does not replace medical examination and/or advice. Please reach out to your healthcare professional if you need any help with managing your rheumatoid arthritis.



Striving for the highest level of care

How to get the best out of your RA treatment

RA treatment goal discussion aid

This aid has been developed by a group of expert rheumatologists and patient representatives, as part of the EVEREST initiative, to help patients with rheumatoid arthritis manage their condition, and does not replace medical examination and/or advice. Please reach out to your healthcare professional if you need any help with managing your rheumatoid arthritis

ABV-IE-00048-MC
V1.0 Approved: July 2024



How to get the best out of your RA treatment

Treatment goal discussion aid

Rationale:

To help you and your patient better understand each other's perspectives regarding progress toward your and your patient's goals

How the tool works:

This tool is an interactive work mat to be used as a printout (separate digital version also available)

1. Fill in the name of your patient and the date of the visit in the spaces provided
2. Select the most appropriate disease activity target for your patient, and ask your patient to prioritize the most important personal goal for them (Note: Goals can be changed if they are achieved or no longer a priority)



Healthcare Professional's goal (HCP): Disease activity target based on specific disease activity measure used



Patient's goal: Personal goal, eg, an activity your patient would like to be able to do

3. Write down the dates you and your patient would like to achieve the goals (both dates do not have to be the same)
4. One side of the mountain is for you (the HCP) to climb, and the other is for your patient. The coloured flags up the mountain represent **progress toward achieving the chosen goal**. Mark both goals at the appropriate levels on the mountain by **drawing a star** and writing the date to achieve the goal. At each appointment **draw a cross and write down the date of the visit** at the appropriate level. The aid will highlight occasions where the patient does not feel they are doing as well as the you believe they are, and vice versa
5. After each visit, **file the aid either physically or electronically**, so you can refer back to it at the next visit. You may wish to note down progress toward the goals in the **EMR**

It may be beneficial for your patient to have a copy to take home (paper copy or a photo on their phone), so they can reflect on their goals and their progress

EMR, electronic medical record; RA, rheumatoid arthritis

Patient's name:	Patient number:
Healthcare Professional's name:	Date:

**Healthcare Professional's goal
(based on disease activity measures):**

Patient's goal (choose the most important goal for you right now): **Date to achieve patient's goal:**

(Think about how you want to improve your quality of life and specific goals you want to work toward)

Date to achieve goal:	Please tick one from each row
Disease activity measure	CDAI SDAI DAS28-CRP DAS28-ESR Other (please specify):
Target	Remission Low disease activity Other (please specify):

Categories	Suggested areas to consider	Specific details (please add below)
Physical wellbeing	Daily activities (eg, shopping, cleaning)	
	Independence/mobility	
	Quality of sleep; fatigue	
	Exercise/sport	
	Pain	
	Weight loss or gain; appetite	
	Other	
Emotional wellbeing	Stress/mental wellbeing	
	Concern over appearance	
	Mood (eg, loneliness, feeling down or misunderstood)	
	Other	
Social life	Hobbies	
	Family, friends, and other relationships	
	Travel, going out	
	Other	
Work life and study	Study and student life	
	Applying for, keeping, or switching, a job	
	Traveling to and from work	
	Daily tasks, work performance	
	Other	
Personal	Self-care: Personal hygiene, getting dressed	
	Intimacy (eg, sexual intimacy)	
	Pregnancy	
	Caregiving	
	Other	
Disease activity	Remission	
	Low disease activity	
	Other	
Other		

CDAI, Clinical Disease Activity Index; CRP, C-reactive protein; DAS28, Disease Activity Score in 28 joints; ESR, erythrocyte sedimentation rate; SDAI, Simple Disease Activity Index



Draw stars to mark both goals, and crosses to mark progress, noting down the dates beside them



Healthcare
Professional

Clinical
remission

I am at my
best!

Patient



Low disease
activity

I can almost
do this

Moderate
disease
activity

I am not
comfortable
doing this

High disease
activity

I am unable
to do this



Striving for the highest level of care

How to get the best out of your RA treatment

Benefit–risk decision aid

This aid has been developed by a group of expert rheumatologists and patient representatives, as part of the EVEREST initiative, to help patients with rheumatoid arthritis manage their condition, and does not replace medical examination and/or advice. Please reach out to your Healthcare Professional if you need any help with managing your rheumatoid arthritis.

ABBV-IE-00048-MC
V1.0 Approved: July 2024



How to get the best out of your RA treatment

Benefit-risk decision aid

Rationale:

To help you and your patient discuss the pros and cons of their treatment options

How the tool works:

This tool will be an interactive work mat and may be used digitally or as a printout

1. Write down up to **5 notable potential benefits and risks** of the treatment of interest in the boxes on the scales
 - You are advised to focus on benefits and risks of **particular relevance to your patient**. A list of potential benefits and risks are provided for your reference
 - You may use the space provided to note down patient-specific considerations, for example any relevant comorbidities or patient preferences (eg, route of drug administration)
2. Discuss with your patient to reach a **shared decision** on the **importance of each benefit and risk** and whether the **benefits of the treatment outweigh the risk**

RA, rheumatoid arthritis

Key benefits and risks of drugs commonly used to treat RA

(Please also refer to the most up-to-date drug label)



Benefits:

Improvement in fatigue	Improvement in work productivity
Improvement in joint pain	Preferred method and frequency of taking the treatment
Improvement in mental wellbeing	Reduced swelling
Improvement in overall symptoms	The treatment works quickly
Improvement in stiffness/function/mobility	

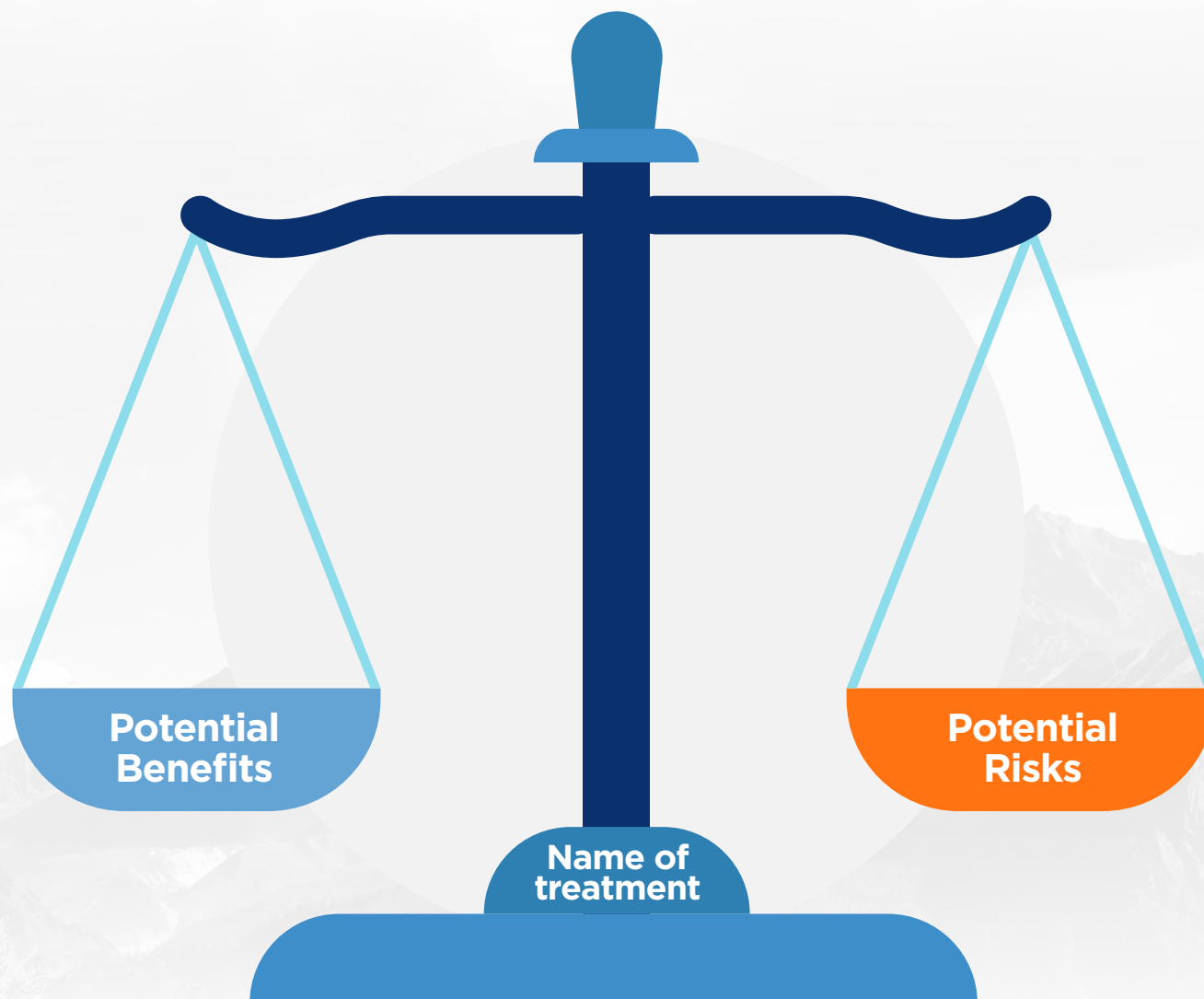


Risks:

Abnormal blood test values	Headaches
Allergic reactions	Infections
Cancer	Nausea and stomach problems
Cardiovascular events	Skin symptoms
Fatigue	Venous thromboembolic events
Fertility issues	Weight changes
Fever	
Hair thinning/loss	

Disclaimer: The risks and benefits of a particular treatment are dependent on the characteristics of the individual patient, and therefore may not predict how an individual patient may respond to a treatment. Please note the lists above are not exhaustive.

Patient's name:	Patient number:
Healthcare Professional's name:	Date:
Patient-specific considerations:	





Striving for the highest level of care

How to get the best out of your RA treatment

Icon array discussion aid

This aid has been developed by a group of expert rheumatologists and patient representatives, as part of the EVEREST initiative, to help patients with rheumatoid arthritis manage their condition, and does not replace medical examination and/or advice. Please reach out to your Healthcare Professional if you need any help with managing your rheumatoid arthritis.

ABBV-IE-00048-MC
V1.0 Approved: July 2024



How to get the best out of your RA treatment

Icon array discussion aid

Rationale:

To help your patients visualise the chances of achieving a benefit, or experiencing a serious AE (or specific AE of interest), across RA treatment options

How the tool works:

This tool is an interactive work mat to be used as a printout (separate digital version also available)

1. Find out the % of patients who achieve LDA or remission (or any specific benefit), using the relevant drug label in your country (include the time period if applicable)
2. Find out the % of patients who experience a serious AE (or specific AE of interest), using the relevant drug label in your country (include the time period if applicable)
 - Note down types of serious AE to consider (if applicable)
3. Colour in or circle the number of people out of 100 who experience the benefit (blue) or AE (red) for the drug of interest
4. Discuss with your patient the likelihood of them experiencing the selected benefit or AE, using the aids to visually communicate the probabilities
 - You should ensure your patient understands that the estimations are based on population-level data and therefore cannot predict exactly how an individual patient will respond to a drug
5. You may wish to use multiple copies of the aid to compare different treatment options
6. File the aid either physically or electronically so you can refer back to it at future visits



You can learn more about icon arrays here: <https://iconarray.com/about>

An online icon array (not affiliated with AbbVie) is also available to use here: <https://iconarray.com/>

Disclaimer: Please note that AbbVie is not responsible for the accuracy or reliability of any external resources

AE, adverse event; LDA, low disease activity; RA, rheumatoid arthritis



Colour in or circle the number of people out of 100 who experience the benefit (blue) or adverse event (red) for the drug of interest

The estimated number of people out of 100 expected to experience an improvement in their RA, or an adverse event, over _____ (add time period)

Name of Treatment

Benefit

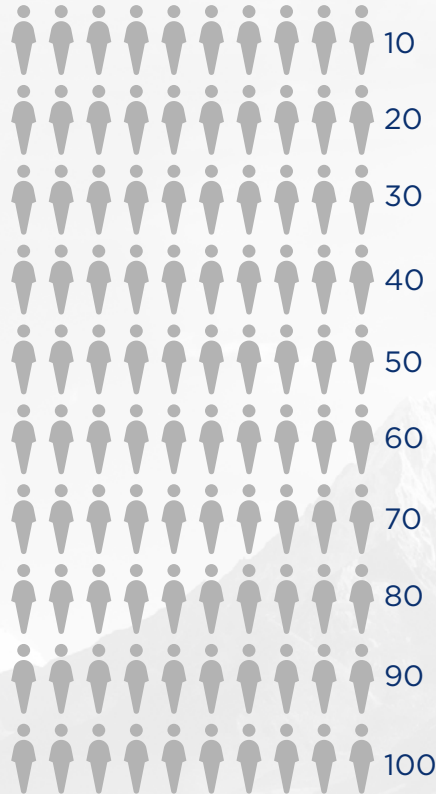


____ (add number) people like you will achieve:

Remission

Low disease activity

Other benefit:



____ (add number) people like you will **NOT** achieve:

Remission

Low disease activity

Other benefit:



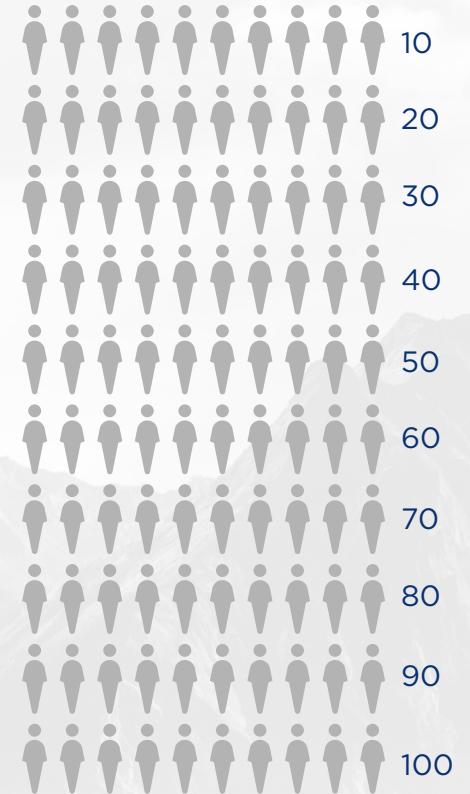
____ (add number) people like you will experience a serious AE^a, or a specific AE of interest:



____ (add number) people like you will **NOT** experience a serious AE, or a specific AE of interest:

Types of serious AE to consider:

Adverse Event



Disclaimer: The risks and benefits of a particular treatment are dependent on the characteristics of the individual patient, and therefore may not predict how an individual patient may respond to a treatment

AE, adverse event; RA, rheumatoid arthritis

^aAn adverse reaction that results in death, is life-threatening, requires hospitalization or prolongation of existing hospitalization, results in persistent or significant disability or incapacity, or is a birth defect¹

1. Serious adverse reaction. Available at: <https://www.ema.europa.eu/en/glossary/serious-adverse-reaction> (last accessed: July 2024)