



► SHIELDS OUTCOMES

# Rheumatoid Arthritis (RA)

RA is an autoimmune and inflammatory disease where the immune system attacks healthy cells in the body, causing inflammation and painful swelling in the affected parts of the body.<sup>1</sup>

### TREATMENT

Treatment for RA includes a combination of provider exams, laboratory work, and various combinations of medications that help slow disease progression and prevent joint deformity. Disease severity determines vital treatments needed to achieve low disease activity or near remissions with fewer or no RA symptoms, which is the goal of therapy.<sup>1</sup>



**What we measure:** We measure Routine Assessment of Patient Index Date 3 (RAPID3) scores because it is consistent with the American College of Rheumatology 2021 guidelines treat to target approach for rheumatoid arthritis. RAPID3 evaluates 3 domains including global assessment, pain, and physical function. Evaluation of RAPID3 at baseline and follow up provides our pharmacists and the care team with valuable information regarding the patients' disease activity and response to treatment. The score calculated using RAPID3 correlated to disease activity categories defined as high, moderate, low or near remission.

**Why it matters:** Monitoring a patient's disease activity is vital in treatment. RAPID3 helps the patient and care team assess each patients response to therapy and is part of the information that can be used to determine if treatment is working or if adjustments might be needed. An integrated and collaborative approach to care involving the patient, the pharmacist, and prescriber is necessary to help patients achieve positive outcomes through a shared decision-making process.

1.3 MILLION RA PATIENTS IN THE U.S.<sup>4</sup>



### 3 Common Barriers to the Treatment & Management of Rheumatoid Arthritis

- 1 Lack of financial resources
- 2 Lack understanding of disease progression
- 3 Medication adherence

### Breaking Down Barriers to Care

### OUR SHIELDS CARE MODEL

Majority of Shields RA patients have a copay of \$10 or less.

Shields time to therapy is less than 3 days vs. 7-10 days in non-integrated specialty pharmacies

Shields RA patients report that they feel very well/well with how their treatment is helping their RA.

>14,500 RA patients with access to the Shields Care Model

► SHIELDS OUTCOMES

# Rheumatoid Arthritis (RA)

OUR PROVEN CARE MODEL BREAKS DOWN BARRIERS TO CARE TO OPTIMIZE PATIENT OUTCOMES.

Shields Health Solutions' dedicated clinical team of pharmacists, liaisons and patient support advocates, engages patients and their families to help educate, coordinate care and ensure patients receive specialty medication without significant delays.

**ENGAGE**

Our clinical team engages with patients at the clinic and through telehealth appointments.

**INTERVENE**

Clinical pharmacists intervene to improve the patient's care plan when drug interactions, related side effects, barriers to adherence or other instances are identified.

**COORDINATE**

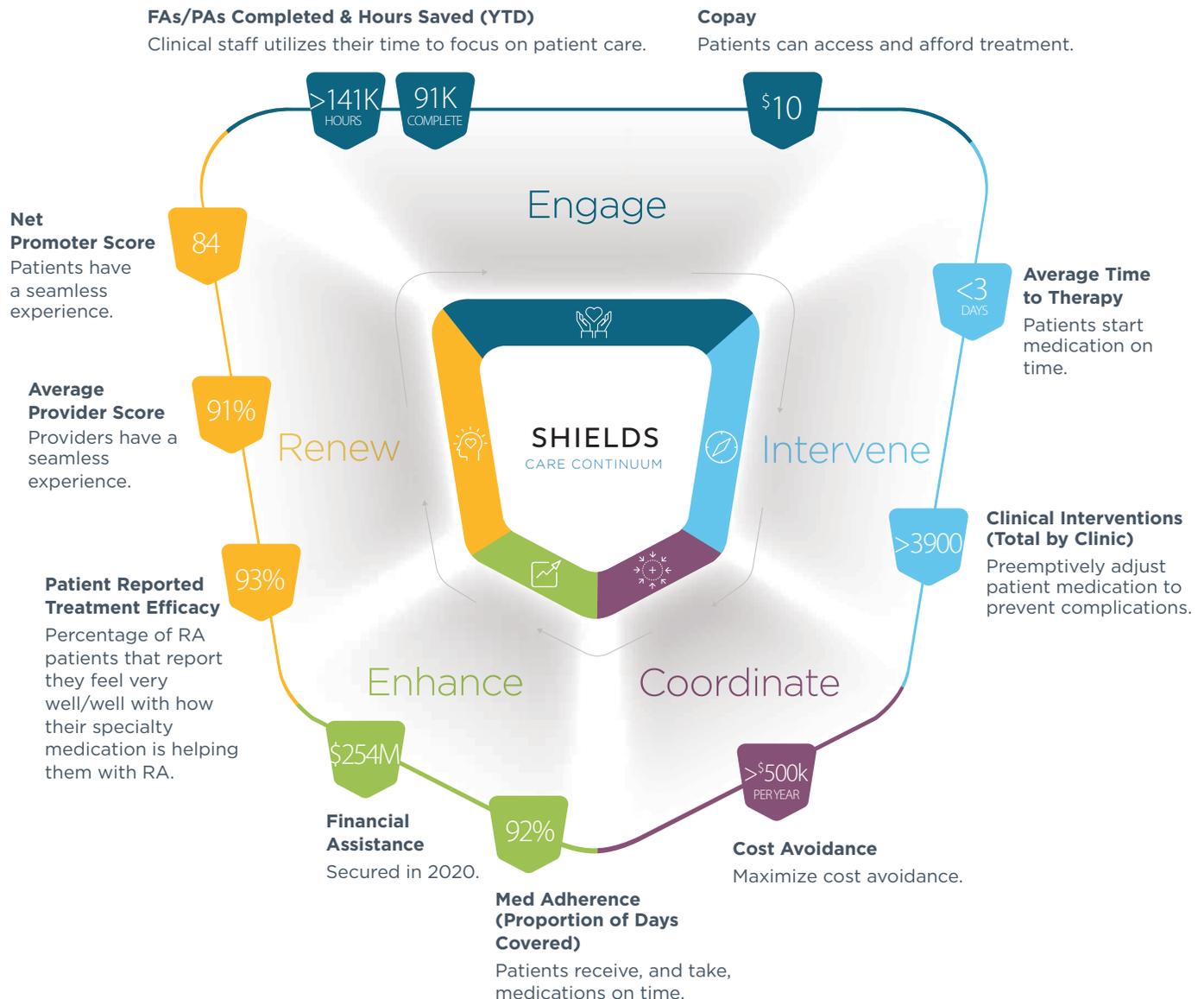
Liaisons investigate patient benefits, complete prior authorizations and identify financial assistance, minimizing barriers to optimal therapy.

**ENHANCE**

Through clinical pharmacist interventions, we can enhance patient care by providing support, education, and optimizing therapy when challenges arise, and treatment goals are not met.

**RENEW**

Ongoing interactions beyond refills; proactively identify opportunities to improve patient care and outcomes at each touchpoint.



1 Rheumatoid Arthritis (RA) | Arthritis | CDC. Accessed 5/14/21  
 2 Singh et al. Arthritis Care & Research. 2015; 1-25 DOI 10.1002/acr.22783.  
 3 Rheumatoid Arthritis by the Numbers: Facts, Statistics, and You. Healthline. Updated July, 21, 2021. Accessed May 27th, 2021. <https://www.healthline.com/health/rheumatoid-arthritis/facts-statistics-infographic>