

# Development & Dissemination of a Resource about Methotrexate

## Use for and by Patients With Inflammatory Arthritis

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## Background

In the management of inflammatory and other types of arthritis, methotrexate is often one of the first therapies prescribed<sup>1,2</sup>. Methotrexate is a therapy used long-term - often taken throughout one's life with arthritis and used in combination with other medications<sup>3,4</sup>. As people who live with arthritis, we know that for a variety of reasons, including potential side effects, many people do not use methotrexate as prescribed by their health care provider and as a result, they may not be experiencing its maximum benefits.

Knowing the importance of methotrexate in the treatment of inflammatory arthritis, we set out to build and disseminate a resource about methotrexate and its use from the patient perspective. It is our aim to help patients find ways to deal with taking their methotrexate by sharing other patients' experiences and tips with them.

## Methods

We surveyed people who live with arthritis about their attitudes and coping mechanisms related to taking methotrexate. We specifically asked for "tips and tricks" that could be shared with others. A Board member acted as a project manager and created a survey that was medically reviewed (in English and French). The online survey was circulated via newsletter, social media, and emailed to other arthritis patient organizations, where people were invited to respond. Following the analysis of survey responses, a resource was developed (with another Board member) and reviewed by 2 rheumatologists and a pharmacist. The resource is being disseminated using similar methods to the survey.



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## Results & Discussion

### The survey

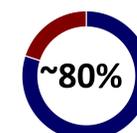
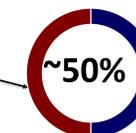


363  
Responses



63% Canada  
37% International

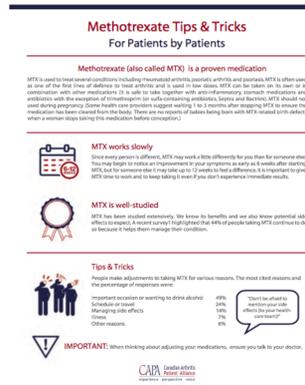
"Do not like taking methotrexate, but it helps me manage my arthritis."



Have not talked to their physician or pharmacist about finding the most appropriate solution with respect to taking methotrexate.

### The resource (English, French, Spanish\*)

www.arthritispatient.ca/information-resources/medications/



\*The Spanish translation was provided by



### Dissemination



- CAPA's newsletter, social media feeds, poster and oral presentations (Canadian Agency for Drugs and Technologies in Health, April 2018)
- Grassroots approach to sharing with CAPA's network, including: the Arthritis Society, patient organizations (global), Canadian Rheumatology Association, Ontario Rheumatology Association, Arthritis Health Professionals Association, Arthritis Alliance of Canada
- Personalized mails to Canadian rheumatologists
- More than 600 webpage visits to the tool since launch.

## Conclusion

CAPA created a resource about taking methotrexate that was informed by patients' experiences who live with inflammatory arthritis. A medically-reviewed, web-based resource to help people better manage taking methotrexate was created and is currently being disseminated through CAPA's network. Given that CAPA is a virtual organization, all dissemination is done via email, newsletters, social media, and conference presentations. We are in the process of personally emailing Canadian rheumatologists so they can also print and share the resource with their patients.

## References

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2. Maksymowych WP, et al.: The Canadian Rheumatology Association/Spondyloarthritis Research Consortium of Canada treatment recommendations for the management of spondyloarthritis: a national multidisciplinary stakeholder project. *J. Rheumatol.* 34, 2273-2284 (2007)
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### About CAPA

The Canadian Arthritis Patient Alliance (CAPA) is a grass-root, patient-driven, independent, national organization with members across Canada and supporters both Canadian and International. CAPA believes the first expert on arthritis is the individual who has the disease, as theirs is a unique perspective. We assist members to become advocates not only for themselves but all people with arthritis.