# Online CME Improves Clinical Decision-Making in the Management of Patients With Psoriatic Disease

**ELAINE BELL, PHD; GWEN S LITTMAN, MD,** Medscape LLC, New York, NY, USA; **ALICE BENDIX GOTTLIEB, MD, PHD,** Dept of Dermatology, Icahn School of Medicine at Mount Sinai NY, NY, USA; **PHILIP J MEASE, MD,** Swedish Medical Center/Providence St. Joseph Health and University of Washington, Seattle, WA, USA; **MARK VIA,** Chichester Associates Inc, Phoenix, AZ, USA.

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## BACKGROUND

Psoriatic arthritis is a complex inflammatory disease characterized by clinical manifestations in a number of different domains.[1] Up to 30% of patients with psoriasis will develop psoriatic arthritis, which can have a major impact on patient quality of life.[2] Psoriatic arthritis can be a challenging condition for rheumatologists to manage.

## METHODS

A CME-certified virtual patient simulation (VPS) of 2 patient cases in which rheumatologists chose diagnostic and treatment options from an extensive database and received evidence-based feedback. Clinical decisions were compared pre- and post-clinical guidance (CG) using McNemar's tests to determine statistical significance ($P$ <.05 was considered significant).

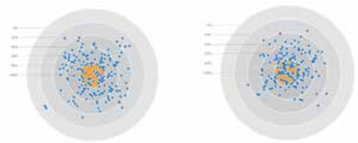
### OBJECTIVES

We assessed whether an online VPS activity could improve the performance of rheumatologists in ordering appropriate tests, tailoring treatment options, and selecting an evidence-based treatment for patients with PsA.

- An online VPS activity with 2 patient cases.
- The activity launched on 28 February 2019 with data collection through 16 May 2019.

## RESULTS

Pre/post comparison of relative increase in appropriate decisions made by each participant (orange bullseye represents 100% appropriate decisions)



### PATIENT CASE 1 (n = 48 RHEUMATOLOGISTS)

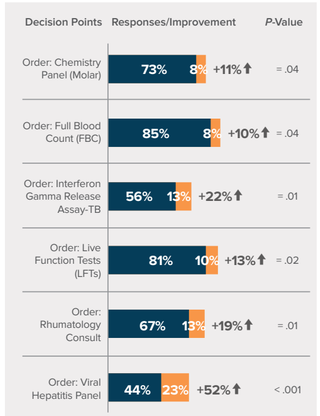
AMELIA P.

CASE SUMMARY

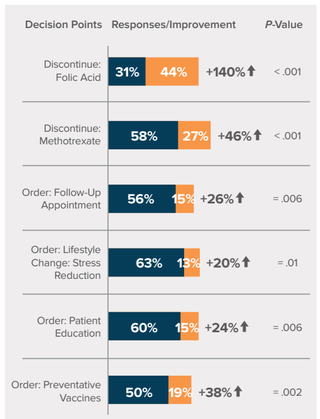
45-year-old woman diagnosed with psoriasis 5 years ago. Current treatment with methotrexate 15 mg and folic acid once weekly, plus ibuprofen. Experiencing nausea and increasing skin lesions. Recently showing signs and symptoms of psoriatic arthritis.

Age: 45 years
Gender: Female
Weight: 85.0 kg
Height: 162.6 cm
BMI: 32.71
Allergies: None

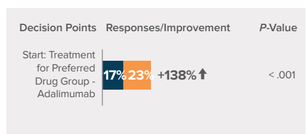
**Ordering appropriate tests to evaluate patients with signs and symptoms of psoriatic arthritis**




**Tailoring treatment options based on individual patient characteristics and available evidence**




**Selecting an evidence-based treatment to manage a patient with psoriasis and psoriatic arthritis**




■ % Correct Pre-CG ■ % Correct Increase Post-CG

### PATIENT CASE 2 (n = 116 RHEUMATOLOGISTS)

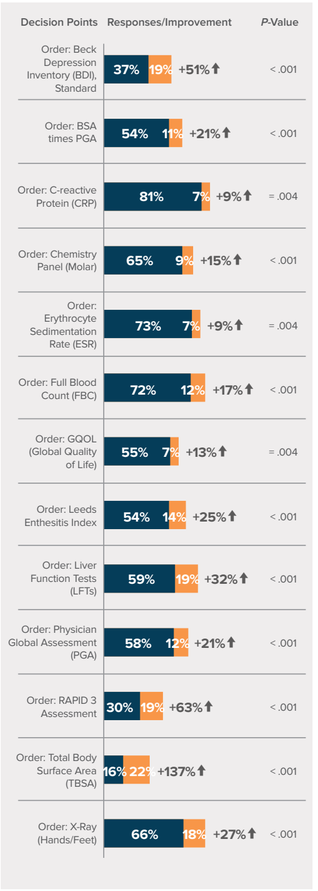
FINLEY R.

CASE SUMMARY

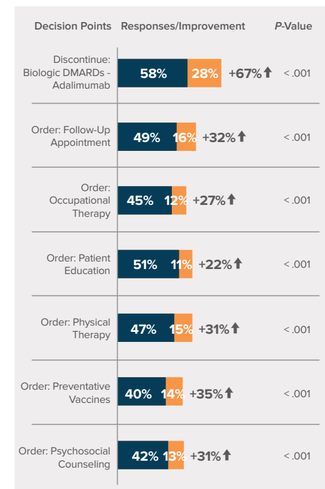
55-year-old man who has had psoriasis for 9 years. Developed joint symptoms 1 year ago. Diagnosed with psoriatic arthritis and treated with methotrexate and folic acid. Elevated liver enzymes noted after 9 months; treatment switched to adalimumab. Skin lesions much improved but ongoing issues with pain and stiffness in hands. Current medications are citalopram, adalimumab, simvastatin, and triamcinolone for skin flares.

Age: 55 years
Gender: Male
Weight: 100.0 kg
Height: 175 cm
BMI: 32.7
Allergies: None

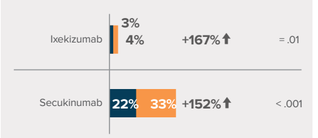
**Ordering appropriate tests to evaluate patients with signs and symptoms of psoriatic arthritis**




**Tailoring treatment options based on individual patient characteristics and available evidence**




**Selecting an evidence-based treatment to manage a patient with psoriasis and psoriatic arthritis**

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## CONCLUSION

**These results demonstrate the success of immersive, online VPS education that engages physicians in a practical learning experience in improving their performance in managing patients with PsA.**

### DISCLOSURES

Elaine Bell, PhD, has disclosed no relevant financial relationships.

Alice Bendix Gottlieb, MD, PhD, has disclosed the following relevant financial relationships:

Served as an advisor or consultant for: Avotres Therapeutics; Beiersdorf; Boehringer Ingelheim; Bristol-Myers Squibb Co.; Incyte; Janssen; LEO Pharma; Eli Lilly; Novartis; Sun Pharmaceutical Industries, Inc.; UCB; and Xbiotech (only stock options which she has not used).

Served as a speaker or a member of a speakers bureau for: AbbVie Inc.; Allergan, Inc.; Bristol-Myers Squibb Company; Celgene Corporation; Dermira Inc.; Dr. Reddy's Laboratories Ltd.; Eli Lilly and Company; Incyte Corporation; Janssen Pharmaceuticals; LEO Pharma Inc.; Novartis Pharmaceuticals Corporation; Sun Pharmaceutical Industries, Ltd.; UCB Pharma, Inc.; Valeant Pharmaceuticals International; Xbiotech USA, Inc.

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Mark Via has disclosed no relevant financial relationships.

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For more information, please contact Elaine Bell, PhD Director, Clinical Strategy, Medscape, at *ebell@webmd.net*

### REFERENCES

1. Ritchlin CT, Colbert RA, Gladman DD. Psoriatic arthritis. *N Engl J Med*. 2017;376:957-970
2. Gladman DD. Psoriatic arthritis. *Dermatol Ther*. 2009;22:40-55.

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