

Snehal Mohile, Swapnil Kumar

ASSESSMENT OF QUALITY OF LIFE IN PATIENTS WITH RHEUMATOLOGICAL DISEASES RECEIVING NOVEL ANTI-INFLAMMATORY AGENTS

Tutor: senior lecturer Repina Y.V.

*Department of Propaedeutics of Internal Disease with Advanced Training Course and Retraining
Belarusian State Medical University, Minsk*

Relevance. Rheumatoid arthritis (RA) is a chronic autoimmune disease that significantly impacts patients' quality of life (QoL) due to persistent inflammation and joint pain. The introduction of biological and targeted synthetic disease-modifying antirheumatic drugs (DMARDs) has revolutionized the management of RA, leading to improved therapeutic outcomes.

Aim: to evaluate the impact of novel anti-inflammatory agents on the QoL of patients undergoing treatment for RA. By assessing the effectiveness of these therapies, the research seeks to highlight their role in enhancing patient well-being and managing disease symptoms.

Materials and methods. A cohort of 17 patients receiving treatment with novel anti-inflammatory agents, including biologics, was assessed using the EuroQol 5D-5L (EQ-5D-5L) questionnaire. This instrument captures five dimensions of health—mobility, self-care, usual activities, pain/discomfort, and anxiety/depression—allowing for a comprehensive assessment of the impact of treatment. Data collection was conducted over a period of 2 months to track changes in patients' well-being over time, providing insights into the effectiveness of the prescribed anti-inflammatory therapies. Patient interviews and self-reported experiences were gathered to better understand their perspectives on treatment outcomes and daily challenges. The study focused on various biologic therapies, such as tumor necrosis factor (TNF) inhibitors, interleukin (IL) blockers, and Janus kinase (JAK) inhibitors, which work by modulating immune response pathways to reduce inflammation.

Results and their discussion. Patients exhibited significant improvements across multiple health domains, including mobility, self-care, pain/discomfort, and anxiety/depression, indicating enhanced overall well-being compared to conventional therapies. The targeted mechanisms of biologic agents effectively controlled disease activity, reduced systemic inflammation, and mitigated long-term disability. Additionally, patients reported increased satisfaction with their treatment due to improved daily functioning and decreased reliance on analgesics. Despite these benefits, the use of biologic therapies is associated with risks such as immunosuppression and heightened susceptibility to infections, necessitating careful monitoring. Ongoing long-term studies are crucial to assess the sustained effects of these treatments on QoL and to refine treatment protocols.

Conclusion. This research underscores the transformative impact of biological and targeted anti-inflammatory agents in improving patient outcomes in RA. It advocates for personalized therapeutic strategies tailored to individual disease profiles, emphasizing the importance of optimizing treatment to enhance the QoL of patients living with this chronic condition.