

Moussa K.A.

OUTPATIENT MANAGEMENT OF PATIENTS WITH RHEUMATOID ARTHRITIS: CURRENT TRENDS

Tutor: senior lecturer Aliakseyeva A.S.

*Department of Outpatient Therapy with Advanced Training Course and Retraining
Belarusian State Medical University, Minsk*

Relevance. Rheumatoid arthritis (RA) is a chronic autoimmune disease-causing inflammation in small joints, leading to joint destruction and systemic complications. It is more common in females and has a high prevalence in Belarus. The exact cause is unknown, but it is thought to result from genetic factors, environmental triggers, infections, and autoimmune mechanisms.

Aim: is to focus on the current trends of management of patients with RA in outpatient department.

Materials and methods. This review article synthesizes current research on management of patients with RA in outpatient department through a comprehensive literature search in databases such as PubMed, Cochrane Library, and Scopus.

Results and their discussion. Arthritis (RA) is a chronic inflammatory disease characterized by symmetrical joint involvement, morning stiffness, swelling, tenderness, and warmth. It can also manifest as extra-articular rheumatoid nodules, interstitial lung disease, pleuritis, pericarditis, scleritis, episcleritis, anemia of chronic disease, thrombocytosis, peripheral neuropathy, and cervical spine instability. Systemic symptoms include fatigue, low-grade fever, and weight loss. Diagnosis is based on the 10 ACR/EULAR Criteria, with a score of $\geq 6/10$ confirming the diagnosis. Biomarker discovery is being made using novel autoantibodies, multi-biomarker panels, microRNA profiling, imaging advances like ultrasound, MRI, NIRF imaging, AI, machine learning, EHR, genetic and epigenetic profiling, synovial fluid and tissue analysis, proteomics and metabolomics, point-of-care testing, and personalized diagnostics. Early identification in at-risk populations is possible using predictive biomarkers and imaging. Digital health tools like wearable devices and mobile apps can help detect early signs of RA. Outpatient management of Arthritis (RA) flares involves controlling inflammation, alleviating symptoms, and minimizing long-term joint damage while maintaining quality of life. Flares can be mild, moderate, or severe, and can be assessed through patient history, physical examination, laboratory tests, and imaging. Management strategies include pharmacologic treatments like NSAIDs, corticosteroids, DMARDs, biologic DMARDs, JAK inhibitors, pain relief, rest and joint protection, physical therapy, anti-inflammatory diet, stress management, and smoking cessation. Monitoring and follow-up are crucial, with short-term reassessments and long-term adjustments if flares become frequent or severe. Patient education is essential, teaching patients to recognize early flares, use medications properly, and encourage communication with healthcare providers.

Conclusion. Early diagnosis and treatment of rheumatoid arthritis (RA) are crucial for improving patient outcomes and quality of life. RA is a progressive autoimmune disease that can lead to joint damage, disability, and systemic complications. Advances in diagnostic tools and targeted therapies can help identify RA early, reducing the need for costly interventions. Early diagnosis empowers patients to maintain independence, productivity, and overall well-being. A proactive approach emphasizes awareness, timely referral to rheumatologists, and access to advanced diagnostic and therapeutic tools.