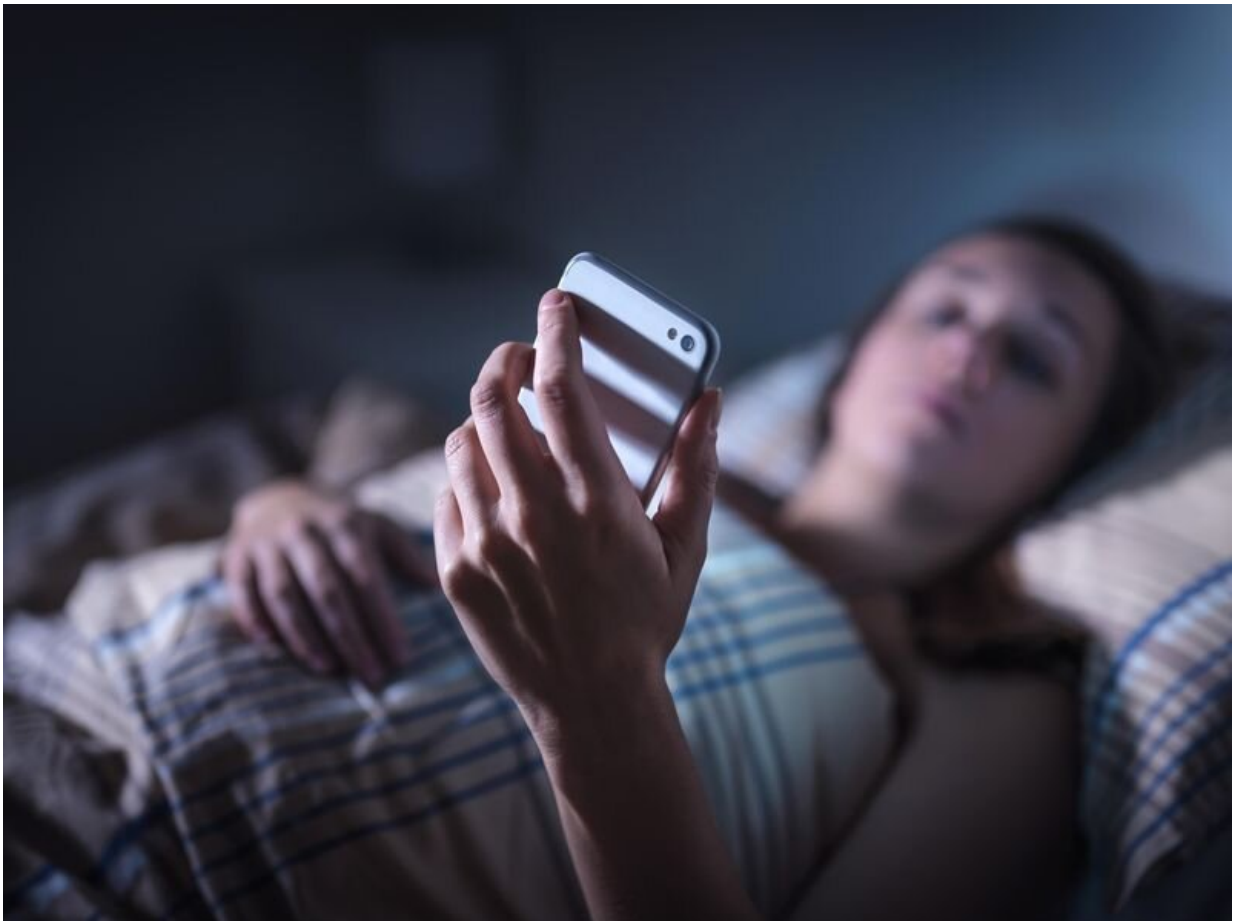


App aids self-monitoring of some rheumatoid arthritis patients

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Patient-initiated care supported with smartphone self-monitoring is

noninferior to usual care for rheumatoid arthritis (RA) in patients with stable low disease activity, according to a study published online July 11 in *Arthritis & Rheumatology*.

Bart Seppen, M.D., from Reade Rheumatology in Amsterdam, and colleagues assessed the safety and efficacy of a smartphone app for patients with RA, which allows them to self-monitor their disease activity in between clinic visits. The analysis included 102 patients randomly assigned to either app-supported patient-initiated care with a scheduled follow-up consultation after a year (app group) or usual care.

The researchers found that after a year, noninferiority of the disease activity score 28 (DAS-28) was established with the mean Δ DAS-28 between the groups within the noninferiority limit: -0.04 in favor of the app group (95 percent confidence interval, -0.39 to 0.30). In the app group, the number of rheumatologist consultations was significantly lower (visit ratio: 0.62 ; 95 percent confidence interval, 0.47 to 0.81).

"Our results show that [it] is possible to optimize RA health care delivery by letting [patients](#) initiate consultations and self-monitor their disease," the authors write. "Our [intervention strategy](#) may reduce the workforce that is needed per RA patient and could therefore decrease [health care costs](#) per patient, which will be evaluated in a separate analysis."

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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