

- The objectives of this retrospective US claims-based study were to examine the use of anti-tumor necrosis factor (anti-TNF) monotherapy, adherence with non-biologic disease-modifying anti-rheumatic drugs (nbDMARDs) in patients receiving concomitant anti-TNF therapy, and persistence with anti-TNF medications in 9,764 patients with rheumatoid arthritis.
- Approximately one-third of patients received an anti-TNF as monotherapy.
- Among biologic-naïve combination therapy patients, 53% adhered to nbDMARD therapy <80% of the time while receiving anti-TNF therapies and 33% had <60% adherence.
- There was no significant association between adherence to concomitant nbDMARDs and anti-TNF persistence; however, lack of adherence with nbDMARDs resulted in poorer anti-TNF persistence in the period >90 days after starting anti-TNF therapy.
- As there is a large proportion of patients who take anti-TNF as monotherapy even when it is prescribed as a combination, physicians should consider prescribing a biologic that is known to be equally efficacious with or without concomitant nbDMARD therapy.

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