

## Biennial report

### Study Groups

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#### **Title of the study group: Therapeutic Drug Monitoring of Biopharmaceuticals in Rheumatology**

Study Group Leader's name: Prof J Isaacs

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#### **Background**

Therapeutic Drug Monitoring (TDM) of biopharmaceuticals refers to the principle of utilising serum biopharmaceutical levels and, optionally, anti-drug antibodies, to guide patient dosing. TDM has the potential to personalise dosing, avoiding over- and under-treatment, which could reduce the costs of therapy as well as adverse effects. However little guidance exists as to whether, or how, to apply TDM in clinical practice.

#### **Summary of last year's activities**

Our Study Group received confirmation in March 2019 of a grant award to develop consensus recommendations as a Task Force. Consequently, during the past 12 months, a subgroup of our Study Group has focussed on these activities. The EULAR standardised operating procedures for development of recommendations has been followed. A multidisciplinary task force from seven European countries was convened. We held our first meeting in September 2019, with members from across Eastern and Western Europe, including a patient research partner. After a number of iterations, this two day meeting produced a panel of 12 research questions relevant to the potential application in practice of Therapeutic Drug Monitoring. Over the past 6 months, a team of four fellows, led by a methodologist, has distilled these research questions into a smaller number of core questions. Literature searches were performed, one focussed on the technologies used for Therapeutic Drug Monitoring (independent of disease), and one on its potential clinical utility, confined to adult patients with rheumatoid arthritis, spondyloarthritis and psoriatic arthritis. Data were extracted from selected papers and developed into evidence tables. The results of the literature searches, and the evidence tables, were to be presented and discussed at our second Task force meeting at the end of March 2020 but that meeting has now been postponed for public health reasons, and will be reconvened later in the year. In the meantime, the information gathered will be circulated amongst Task Force members.