

EULAR
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GAMING FOR ADHERENCE TO MEDICATION: USING E-HEALTH IN RA

New study data presented at the 2022 EULAR Congress

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Effectiveness of treatment for rheumatoid arthritis (RA) is limited by inadequate adherence. Medication adherence can be influenced by implicit attitudes of personal medication needs and concerns about adverse events. The GAMER study targeted these attitudes using a serious puzzle game.

Data released at the 2022 EULAR Congress in Copenhagen has revealed results from the GAMER study.

Bart Pouls and colleagues assessed the effectiveness of a serious game compared to usual care to improve adherence to disease-modifying antirheumatic drugs (DMARDs) in 229 patients with RA. Participants in the intervention group were invited to play the serious puzzle game at will.

This randomized clinical trial was performed with a 3-month follow-up period. Of the 85 intervention participants, 82% played the game for at least 1 hour, with median overall playtime of 9.7 hours. Overall, 69% of intervention participants showed at least 40 days of gaming activity.

Key findings suggest that medication adherence in the control and intervention groups did not differ at 3 months, and there was no change in beliefs about medication or clinical outcomes.

Source

Pouls B, et al. Gaming for Adherence to Medication using E-health in Rheumatoid arthritis (GAMER) study – a randomised clinical trial. Presented at EULAR 2022; abstract OP0118-HPR.

About EULAR

EULAR – the European Alliance of Associations for Rheumatology – is the European umbrella organisation representing scientific societies, health professional associations and organisations for people with rheumatic and musculoskeletal diseases (RMDs). EULAR aims to reduce the burden of RMDs on individuals and society and to improve the treatment, prevention and rehabilitation of RMDs. To this end, EULAR fosters excellence in education and research in the field of rheumatology. It promotes the translation of research advances into daily care and fights for the recognition of the needs of people with RMDs by the EU institutions through advocacy action.

About the EULAR European Congress of Rheumatology

Since its introduction in 2000, the annual EULAR European Congress of Rheumatology has become the primary platform for exchange of scientific and clinical information in Europe. It is also a renowned forum for interaction between medical doctors, scientists, people with arthritis/rheumatism, health professionals and representatives of the pharmaceutical industry worldwide. The EULAR congress is usually held in June in one of the major cities in Europe.

The scientific programme covers a wide range of topics on clinical innovations, clinical, translational and basic science. Meetings set up by associations of people with arthritis/rheumatism, health professionals and the health care industry complement the programme. The poster sessions, offering lively interaction between presenters and participants, are regarded by many as the heart of the congress.

Over the years, the EULAR Congress has gained a reputation of being a most innovative platform for the practicing physician particularly with respect to the acquisition of information on novel clinical research. The congress attracts more than 18,000 delegates from more than 130 countries.

The aim of the EULAR European Congress of Rheumatology is to provide a forum of the highest standard for scientific, both clinical and basic, educational, and social exchange between professionals involved in rheumatology, liaising with patient organisations, in order to achieve progress in the clinical care of people with rheumatic diseases.

Contact

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