

Regarding “Effectiveness and Persistence of Anti-TNF α Treatment in Patients with Rheumatoid Arthritis – A 7 Years Real-World Cohort Study” [Response to Letter]

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Dear editor

With great interest, we read the letter to the editor by Joaquín Borrás-Blasco et al regarding “Effectiveness and Persistence of Anti-TNF α Treatment in Patients with Rheumatoid Arthritis – A 7-Year Real-World Cohort Study” published in your journal.^{1,2}

The authors of the letter are right, as adherence and persistence must be taken into account when evaluating the efficacy/effectiveness of a drug for chronic disease.

From the perspective of our multidisciplinary care model, the topic of treatment adherence and persistence is very important to us. Precisely, because the success of our multidisciplinary care model largely depends on it. Therefore, within the care model, at least two consultations per year for medication education/conciliation with a Pharmaceutical Chemist are performed. Furthermore, patients have three to four visits per year to psychologist, who emphasizes patient self-management of their illness, and for this reason, a strong emphasis is placed on proper adherence to treatment.

We define treatment adherence as a patient receiving the medication at least 90% of the time during a year (medication possession rate) and also accomplishing the parameters of correct dosage, frequency, route, storage conditions, etc. For this reason, in the manuscript’s methods section, patients were removed from the analysis if they exceeded more than 30 days per year without taking the medication properly, as it was considered that in that case, adherence was lost.

One of the study’s shortcomings is that an analysis of these cases was not performed to determine whether the loss of adherence was due, for example, to a lack of medication delivery, an adverse event, or any other circumstance that affected adherence. Regarding persistence, we agree with the definition proposed by the authors of the letter, as it depends greatly on the patient’s adherence to treatment.

For future studies related to the real-life effectiveness of medications, it is important that methodological aspects take into account these definitions of adherence and persistence highlighted by Joaquín Borrás-Blasco et al.

Thank you for your valuable comments and contributions to our paper.

Disclosure

The author has no conflict of interest to disclose for this communication.

References

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2. Borrás-Blasco J, Valcuende-Rosique A, Cornejo-Uixeda S. Regarding “Effectiveness and persistence of anti-TNF α Treatment in Patients with rheumatoid arthritis - a 7 years real-world cohort study” [Letter]. *Biologics*. 2025;19:413–414. doi:10.2147/BTT.S545727

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