

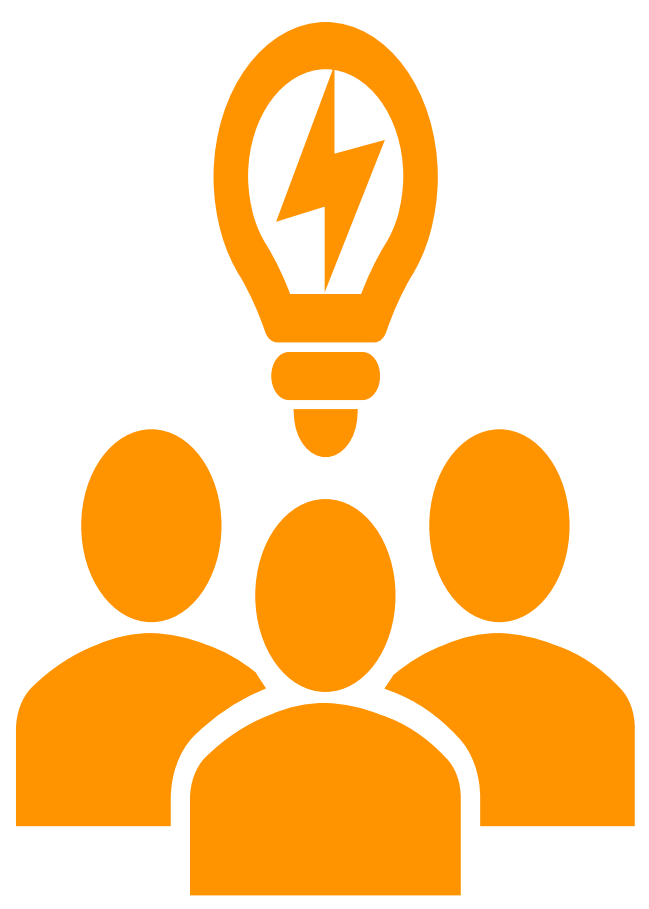


Starting Methotrexate...

What do people with Rheumatoid Arthritis want to know?

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Methotrexate (MTX) is recommended as **first line Disease Modifying Anti-Rheumatic Drug** treatment for **Rheumatoid Arthritis (RA)**¹. Despite receiving information about MTX many people with RA do not take it, resulting in pain, disability and poor outcomes². It is not known whether the way that people currently receive information about Methotrexate meets individual needs. The NHS Long-term Plan³ recognizes the need to move away from a one-size-fits all approach to NHS healthcare service delivery and develop services that are personalized and tailored to meet individual needs. Personalised care can enable people to be actively involved in their care and treatment which has been shown to improve healthcare experience, health and wellbeing³. We aim to explore people’s experiences of receiving information about MTX, what information is important for people when starting MTX and whether current services are meeting expectation and need.



Methods

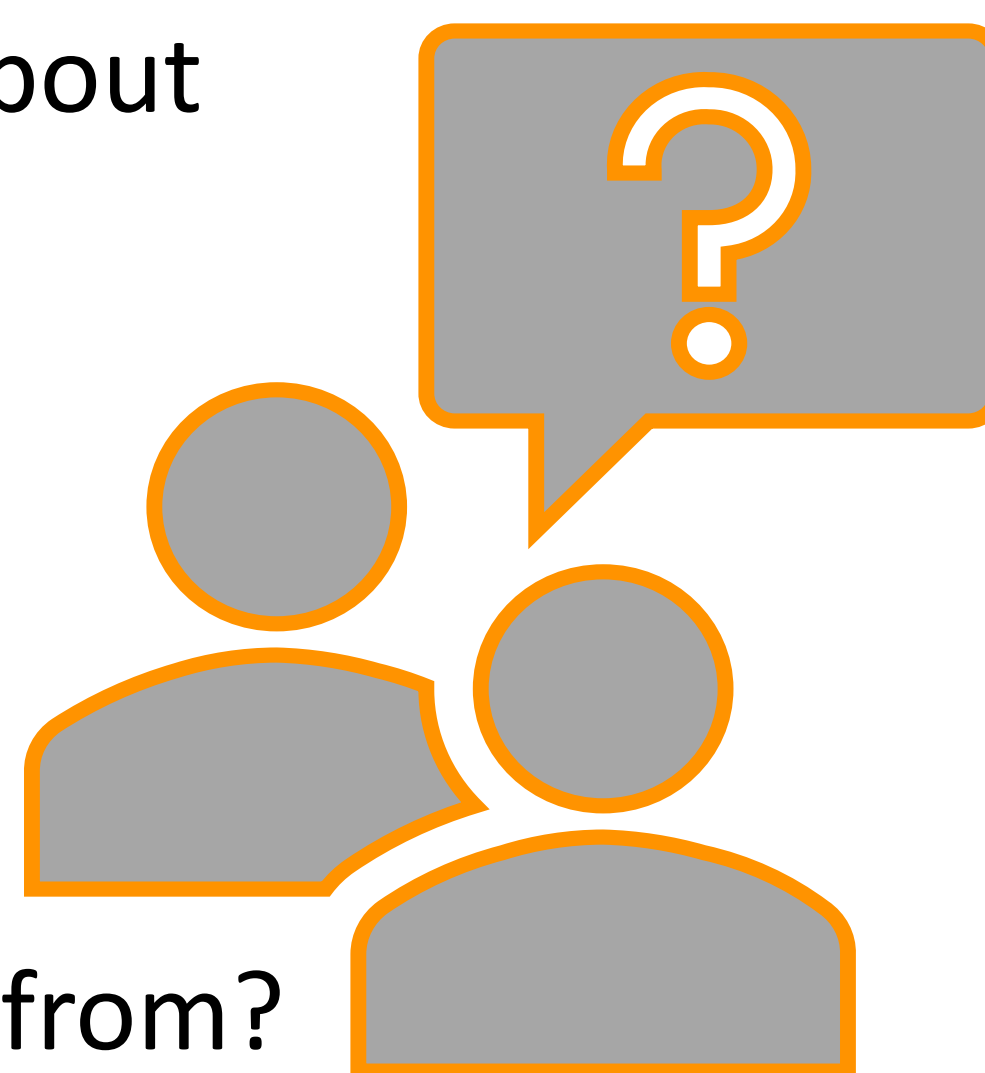
Adults with RA starting Methotrexate at two NHS Rheumatology Units in England will be recruited to take part in a **qualitative semi-structured interview BEFORE and AFTER receiving information about MTX** to elicit expectations of the MTX drug counselling appointment and afterwards to explore their experiences and whether the experience matched their expectations. **Thematic analysis** will be used to analyse the interview data. **Research findings** will be categorized as **themes** and findings checked with a participant stakeholder group for accuracy.

Semi-structured Interviews will explore

WHAT do people want to know about Methotrexate?

WHO should provide the information?

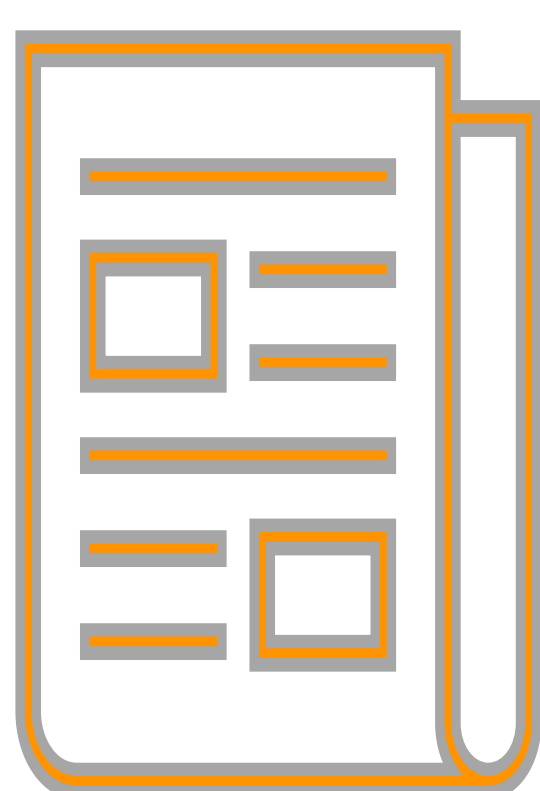
WHERE do people want to get information from?



HOW do people want to get information about Methotrexate?

WHEN do people want to get information?

WHY is this important to people?



Results

Research findings will be used to work with a stakeholder group comprising of people with RA, healthcare practitioners and healthcare service managers. The stakeholder group will co-work to develop recommendations for providing personalised information about MTX for people with RA.



References:
1 NICE (2018) www.nice.org.uk/guidance/ng100
2 Curtis et al (2016) Adherence and Persistence with Methotrexate in Rheumatoid Arthritis: A Systematic Review DOI:<https://doi.org/10.3899/jrheum.151212>
3 NHS (2019) <https://www.longtermplan.nhs.uk/areas-of-work/personalised-care/>