

Get to Goal Survey Global Factsheet

This factsheet provides a summary of the key results from the Get to Goal survey, which was conducted to evaluate the opinions and attitudes of people living with rheumatoid arthritis (RA). The survey provides insights on the impact the disease has on the day-to-day lives of patients and gauges opinions on treatment, and the role of goal-setting in enabling patients to better manage their RA.

Overview of Global Survey Results

- *Patients with rheumatoid arthritis (RA) say they would benefit from setting goals and targets for their RA treatment*
- *Most patients say that their doctor does not currently discuss approaches that achieve personal targets, and many patients have not heard of 'treat-to-target'* as a concept*
- *The majority of patients would like more control over how their disease is managed and would like more in-depth conversations about their condition with their doctor*

Key Results

Setting RA Treatment Goals

- A **high rate** of patients say they currently **set their own treatment goals**
- **Most patients** have **not heard of the treat-to-target approach** and say their healthcare professional (HCP) has not discussed treating to target with them
- The **vast majority** of patients agree that **setting goals / targets** would be of benefit

	GLOBAL	France	Germany	Italy	Spain	UK	USA
Patient sets own treatment goals	90.8%	93.8%	91.1%	92.5%	94.4%	82.0%	91.1%
HCP has NOT discussed treating-to-target / goals	72.8%	65.0%	70.1%	71.6%	75.0%	83.0%	71.9%
Setting goals/targets would be of benefit	80.4%	80.1%	77.3%	84.6%	78.3%	77.5%	84.5%
Patient has NOT heard of treat-to-target approach	60.4%	50.7%	49.3%	46.4%	70.7%	78.4%	67.0%

*'Treat-to-Target' is a concept that has been successfully used in other disease areas, such as diabetes, hypertension and coronary heart disease, where a doctor and patient agree treatment targets and goals that enable the healthcare professional to monitor and assess how well a patient is responding to treatment as well as other disease management strategies.

Patient-HCP Interaction

- **Most patients** would like **more control** of how their RA is managed and **more in-depth conversations** with their HCP

	GLOBAL	France	Germany	Italy	Spain	UK	USA
HCP currently manages RA with strict goals and timeframes in place	39.4%	45.1%	41.1%	52.3%	48.7%	19.0%	30.0%
Patient would like more control over how RA is managed	82.0%	85.0%	77.6%	89.2%	85.5%	76.1%	78.2%
Patient would like more in-depth conversations with HCP about RA	76.1%	77.8%	68.1%	84.0%	83.9%	69.9%	72.9%
Currently make shared decisions with HCP on managing RA	62.2%	62.1%	65.1%	72.5%	52.0%	52.0%	69.3%

Impact of RA on Relationships

- Around a third of all respondents agree that RA has **negatively impacted a relationship**

	GLOBAL	France	Germany	Italy	Spain	UK	USA
RA has negatively impacted relationship	32.1%	47.5%	22.4%	26.5%	36.8%	25.2%	34.3%

RA Medication – Current Situation and Future Aspirations

- Over two-thirds of patients are currently taking medication for RA
- Three-quarters **expect to feel an improvement** in RA symptoms – which suggests that a **quarter of patients do not**
- **Half of all patients** agree that finding the right treatment option is the **biggest obstacle to controlling RA**

	GLOBAL	France	Germany	Italy	Spain	UK	USA
Currently taking medication for RA	70.5%	79.4 %	62.8%	54.9%	76.3%	73.5%	75.9%
Taking pain killers	74.4%	71.6%	75.9 %	77.4%	77.2%	77.3%	68.3%
Taking DMARDs	35.9%	42.0%	27.7%	32.7%	35.8%	30.7%	41.3%
Taking anti-TNFs	20.6%	23.0%	18.3%	17.9%	10.8%	17.3%	34.8%
EXPECT to feel an improvement in RA symptoms in 3 months with treatment	75.1%	74.5%	69.4%	64.1%	82.9%	76.8%	83.2%
WANT to feel an improvement in RA symptoms in 3 months with treatment	81.2%	80.7 %	79.9%	61.8%	85.9%	89.5%	89.4 %

Finding right treatment option biggest obstacle to controlling RA	53.7%	58.5%	54.3%	44.1%	56.3%	53.6%	55.4%
--	-------	-------	-------	-------	-------	-------	-------

Impact of RA on Employment

- Only a third of patients are in full time employment and over half of all patients say **RA has negatively impacted their employment status**

	GLOBAL	France	Germany	Italy	Spain	UK	USA
In full-time employment	36.0%	43.5%	30.6%	41.2%	50.7%	19.0%	31.0%
Unemployed / receiving benefits	10.3%	6.9%	8.2%	4.2%	7.9%	22.5%	12.2%
RA has negatively impacted employment status	57.7%	68.6%	57.2%	44.4%	58.6%	61.1%	56.4%

About the Survey

The Get To Goal survey was conducted to evaluate the opinions and attitudes of people living with rheumatoid arthritis (RA), to understand the impact the disease has on their day-to-day life, and to gauge opinions on treatment and the role of goal-setting in enabling patients to better manage their RA.

- The survey was conducted in August 2010 with responses from a total of 1,829 people living with RA (1,242 females and 587 males).
- Respondents came from 6 countries (USA [n=303], UK [n=306], Germany [n=304], Spain [n=304], France [n=306] and Italy [n=306]).
- Mean responses to each question were calculated for the overall population of respondents (indicated as the 'global' results below).