

***Rheumatoid Arthritis***  
***(16-203)***

**Needs:** Rheumatoid arthritis is a systemic inflammatory disease characterized by joint damage and pain. There's no cure, so treatment focuses on pain relief, controlling inflammation, and slowing or preventing joint destruction. Ultimately, the goal of treatment is to minimize disease activity or, ideally, cause disease remission. Treatment options range from NSAIDs and corticosteroids to manage pain and control inflammation to nonbiologic disease-modifying antirheumatic drugs (DMARDs) and biologic agents that work by blocking the production or activation of immune cells involved in joint destruction and inflammatory processes elsewhere. These agents can be used alone or in combination, and these combinations can lead to complex regimens that give pharmacists an important opportunity to educate patients about their disease and medications.

**Target Learners:** This activity is intended for pharmacists in any practice setting. There are no prerequisites.

**Goals and Objectives:** The goal of this application-based activity is to help pharmacists in all practice settings treat patients with rheumatoid arthritis. Upon completion of this course, the learner will be able to:

1. Assess the signs and symptoms, lab results, and x-ray results to determine likelihood of a rheumatoid arthritis diagnosis.
2. Explain the goal of treatment in a patient with rheumatoid arthritis.
3. Explain the differences between the classifications of DMARDs.
4. Discuss the different DMARD medication options for rheumatoid arthritis.
5. Recommend appropriate monitoring for patients on DMARDs.

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## Course Information, Goals and Objectives



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### **Time to Complete**

It should take participants about one hour to read the material and answer the questions.

### **Date of Release**

February 1, 2016

### **Date of Expiration**

January 31, 2019

### **Date of Last Review**

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