



RA NarRAtive Patient Survey United States Fact Sheet

What is the RA NarRAtive?

The RA NarRAtive is an international initiative aimed at better understanding and supporting the important role of the patient in the successful management of rheumatoid arthritis (RA). Sponsored by Pfizer, the RA NarRAtive initiative is led by a Global Advisory Panel comprised of 27 RA experts – including physician and patient group leaders. Its mandate is to identify the barriers experienced by patients in achieving optimal disease management and to suggest strategies to improve outcomes. In 2014, Pfizer completed a survey of more than 3,600 patients with RA in 13 countries, including the United States (US), to inform the RA NarRAtive initiative.

RA NarRAtive Patient Survey US Overview

This survey was conducted online by Harris Poll in 13 countries on behalf of Pfizer from September 4–29, 2014, December 11–24, 2014 and January 9–13, 2015, among 3,649 adults 18 years of age or older who have been diagnosed with RA. In the US, 526 adults with RA were surveyed from September 4–18, 2014. For complete research method, including weighting variables, individual country sample sizes, and subgroup sample sizes, please [contact Steven Danehy (212-733-1538) OR visit Pfizer.com/RANarRAtive].

US Findings Highlights

Shared Decision-Making and Treatment Goals

Furthermore, although shared decision-making when establishing treatment goals is a widely acknowledged best practice, the survey suggests that patients may not be communicating goals and/or concerns to their HCPs, especially surrounding RA disease management and treatment options.

- Although the majority of patients who currently see an HCP to manage their RA¹ state they are satisfied with the communication they have with their HCP about their RA treatment (89%),² the majority (70%) also note that there are some things that would help them more successfully manage their RA when it comes to their relationship with their HCP.³
 - While 89% of all adults with RA indicate they have goals for managing their RA,⁴ of those who currently see an HCP to manage their RA:
 - 76% have not set treatment goals for their RA with their HCP.⁵
 - 80% have not developed a disease management plan with their HCP.⁶
- Of surveyed patients who currently see an HCP to manage their RA:
 - About 2 in 5 (41%) report feeling uncomfortable raising concerns and fears with their HCP.⁷
 - About 1 in 5 (22%) worry that if they ask too many questions, their HCP will see them as a difficult patient and it will affect the quality of their care.⁸

Self-Reported Treatment Satisfaction and Status of Disease

The RA NarRAtive patient survey data suggest that there is a disconnect between patient self-reported treatment satisfaction and status of disease, which can impact their RA management.

- This is underscored by the survey finding that while more than 4 in 5 patients who are taking prescription medicines for their RA are satisfied with their medication regimen (83%)⁹, only 26% of those would self-describe their RA as “under control.”¹⁰
- Further, of RA patients surveyed who are currently taking prescription medicines for their RA would ideally like to change something about their current RA medications¹¹, wish they could take fewer medications¹², and wish they had more medication choices.¹³

The Burden of Disease

The RA NarRAtive survey suggests that some people with RA who are currently taking prescription medications may not be achieving optimal disease management.

- The survey data suggest that the burden of RA on peoples’ lives remains high, revealing that:
 - 42% of all patients with RA surveyed have stopped doing or participating in certain activities.¹⁴
 - About 1 in 4 (23%) of all respondents have retired from work completely, switched jobs, or quit a job as a result of their RA.¹⁵
 - When asked about RA medication, 29% of all respondents agree that treating their RA is as difficult as living with the disease.¹⁶

A Greater Need in Moderate to Severe and Severe RA Patients

The results of the RA NarRAtive survey are more pronounced in moderate to severe and severe RA patients.

- The disconnect between professed satisfaction and perceived control is even more pronounced in patients with RA whose HCP has described their RA as moderate to severe or severe: 82% of those who are currently taking prescription medication say they are satisfied with their medication regimen, but only 20% of those who are satisfied self-describe their RA as “under control.”^{17,18}
- Patients with moderate to severe and severe RA are nearly 5 times as likely as those with mild disease to have retired from work completely, switched jobs, or quit a job as a result of their RA (39% vs. 8%, respectively).¹⁹

A Global Look at Disease Management

The RA NarRAtive survey data show that across 13 countries, including the US, patients’ perceptions of their RA, as well as their relationship with their HCP, can positively impact the management of their disease.

- Compared with patients with RA who are currently taking prescription medications and feel uncomfortable raising concerns and fears with their HCP, those who feel comfortable are more likely to be satisfied with their RA medication regimen (90% vs. 71%)²⁰

- In fact, compared with patients with RA who are currently taking prescription medications and feel uncomfortable raising concerns and fears with their HCP, those who feel comfortable are less likely to:
 - Sometime worry their RA medications will fail (44% vs. 65%)²¹
 - Wish they had more medication choices (46% vs. 63%)²²
 - Feel treating their RA is as difficult as living with the disease (26% vs. 52%)²³
 - Feel their RA medication regimen is too complex (12% vs. 32%)²⁴
 - Feel their RA medication regimen does not accommodate their busy lifestyle (11% vs. 33%)²⁵

Visit: [Pfizer.com/RANarRative](https://www.pfizer.com/RANarRative) to learn more and download resources about the RA NarRative initiative.

¹ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 805. P21
² Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 831_2. P51
³ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 825. P45
⁴ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 727. P14
⁵ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 818. P33
⁶ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 818. P34
⁷ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 840. P64
⁸ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 831_5. P54
⁹ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 941_3. P105
¹⁰ Pfizer Data on file. RA NarRative Patient Survey Banner 6 US Analysis by Severity/DMARD/Biologic. Question 715. P9
¹¹ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 935. P87
¹² Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 941_4. P106
¹³ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 941_6. P108
¹⁴ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 726. P13
¹⁵ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 726. P13
¹⁶ Pfizer Data on file. RA NarRative Patient Survey Banner 9. Question 941_8. P97
¹⁷ Pfizer Data on file. RA NarRative Patient Survey Banner 6 US Analysis by Severity/DMARD/Biologic. Question 941. P104
¹⁸ Pfizer Data on file. RA NarRative Patient Survey Banner 6 US Analysis by Severity/DMARD/Biologic Mod to Severe Only. Question 715. P9
¹⁹ Pfizer Data on file. RA NarRative Patient Survey Banner 6 US Analysis by Severity/DMARD/Biologic. Question 726. P13
²⁰ Pfizer Data on file. RA NarRative Patient Survey Banner 6. Question 941_3. P110
²¹ Pfizer Data on file. RA NarRative Patient Survey Banner 6. Question 941_1. P108
²² Pfizer Data on file. RA NarRative Patient Survey Banner 6. Question 941_6. P113
²³ Pfizer Data on file. RA NarRative Patient Survey Banner 6. Question 941_8. P115
²⁴ Pfizer Data on file. RA NarRative Patient Survey Banner 6. Question 941_5. P112
²⁵ Pfizer Data on file. RA NarRative Patient Survey Banner 6. Question 941_2. P109