Outcomes Summary

Online Enduring Activity
Grant #:16627051
March 17, 2015 – March 17, 2016

Accreditation Details:
This program was certified for 0.5 AMA PRA Category 1 Credits™.
Total credits claimed by learners: 597.75
Roundtable Participants

**Moderator**
Barbara Goldstein, MD, MMS
Assistant Professor
National Jewish Health and Denver Health

**Faculty**
Kristen Demoruelle, MD (Panelist)
Assistant Professor
University of Colorado Denver & National Jewish Health

Jason Kolfenbach, MD (Panelist)
Assistant Professor
University of Colorado Denver

**Patient**
Ruth Clymor, CPhT (RA patient)
Executive Summary – Activity Details

Background:
The Office of Professional Education along with the Division of Rheumatology, who are considered to be key opinion leaders in the field, partnered to produce Rheumatoid Arthritis: Pathophysiology, Treatment Strategies, and the Patient Perspective.

The goal of this online, interactive and innovative program was to improve the health care team’s knowledge and competence and close gaps related to treating patients with rheumatoid arthritis (RA), including the pathophysiology of RA, the emerging strategies for DMARD therapy, including emerging inflammation therapies, and the communication with patients about their disease and treatment plans. The roundtable panel discussion incorporated unique perspectives from experts selected to maximally impact learning on how we manage and treat patients with RA. Rheumatologists representing clinician, researcher, and clinical educator perspectives were joined in the discussion by a patient with RA. The collaborative input from these panelists improved knowledge and competence of the target audience, which included specialists as well as primary care physicians and allied health professionals.

Target Audience:
This activity was developed for rheumatologists and primary care physicians who treat RA, as well as nurses, physician assistants, and nurse practitioners who work in rheumatology and primary care practices and treat patients with RA.
Executive Summary – Activity Details

Method of Learning:
The *roundtable panel discussion* was a professionally filmed program, featuring a 30-minute video of a moderated dialogue between a key opinion leader moderator (a rheumatology clinician) and three panelists (a rheumatology researcher, a clinical educator experienced in rheumatologic education for medical students, primary care physicians, and other allied health providers, and a patient with RA). The activity provided an ideal vehicle to assess and summarize the impact of recent research on clinical practice, offer an in-depth exploration of issues and access to expert opinions, and highlight recommendations for patient care.

Generally, educational panel discussions include only members of the healthcare team as faculty; however, we decided to use a unique approach that provided valuable perspective from an important and often overlooked component: *the patient.*
Executive Summary: Outcomes and Learning Objectives

Educational Outcomes Strategy:
National Jewish Health and Medscape designed the activity to measure knowledge and competence. The success of the program was measured by the following:

• Pre-test
• Post-test
• Evaluation

Learning Objectives:
1. Identify the different mechanisms by which factors involved in the pathophysiology of RA can be modulated.
2. Describe the new and emerging therapies for RA and their mechanisms of action.
3. Elucidate strategies for the selection of therapeutic agents following failure of TNF inhibitors.
4. Describe guideline recommendations for the treatment of RA.
5. Discuss the epidemiology and burden of disease of RA.
6. Demonstrate effective patient communication skills.
Rheumatoid Arthritis: Pathophysiology, Treatment Strategies, and the Patient Perspective

Upon completion of this activity, participants will be able to:

1. Identify the different mechanisms by which factors involved in the pathophysiology of RA can be modulated.
2. Describe the new and emerging therapies for RA and their mechanisms of action.
3. Elucidate strategies for the selection of therapeutic agents following failure of TNF inhibitors.
4. Describe guideline recommendations for the treatment of RA.
5. Discuss the epidemiology and burden of disease of RA.
6. Demonstrate effective patient communication skills.

Faculty and Disclosures

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Introductory screen included all of the CME and Accreditation information
The video roundtable included corresponding slides throughout the 30 minute activity.
Projected Scope:
- 500 physician CME test-takers
- 2,000 physician learners
- 5,000 non-physician learners (HCPs)

Activity Results:
- 1,307 physician CME test-takers
- 6,176 physician learners
- 2,862 non-physician learners (HCPs)

9,143 Total Learners
1,206 Physician Certificates
Overall Participation (N=9,143)

Rheumatologists: 802
Primary Care Physicians: 4035
Orthopaedists & Orthopaedic Surgeons: 479
NP: 105
PA: 251
Nurses: 1987
Pharmacists: 43
Other Physicians: 1088
Other Health Care Providers: 85
Other: 43

Level 1 Outcomes: Participation
Rheumatoid Arthritis: Pathophysiology, Treatment Strategies, and the Patient Perspective

Level 1 Outcomes: Participation
Physician CME Certificates Awarded (N=1,206)

- Primary Care Physicians: 775
- Rheumatologists: 189
- Orthopaedists & Orthopaedic Surgeons: 154
- Other Physicians: 88
Rheumatoid Arthritis: Pathophysiology, Treatment Strategies, and the Patient Perspective

Level 2 Outcomes: Satisfaction

Analysis of Participants’ Responses Related to Learning Objectives

Participants were asked whether the activity supported achievement of each learning objective:

- Describe guideline recommendations for the treatment of RA. (53% Agree, 39% Strongly Agree)
- Discuss the epidemiology and burden of disease of RA. (52% Agree, 38% Strongly Agree)
- Demonstrate effective patient communication skills. (51% Agree, 37% Strongly Agree)
- Elucidate strategies for the selection of therapeutic agents following failure of TNF inhibitors. (54% Agree, 37% Strongly Agree)
- Describe the new and emerging therapies for RA and their mechanisms of action. (52% Agree, 41% Strongly Agree)
- Identify the different mechanisms by which factors involved in the pathophysiology of RA can be modulated. (52% Agree, 42% Strongly Agree)

Measured in %
Level 2 and 3 Outcomes: Satisfaction and Learning

Level 2 and 3 outcomes were measured by comparing participants’ pre- and post-test answers. The attendees’ responses to these questions demonstrated that participants gained knowledge as a result of the activity.

The overall average increase in correct responses from pre- to post-activity (knowledge gain) was 40%.

[Graph showing pre-test and post-test results with percentages]
Level 3 Outcomes: Learning
Pre/Post Test Comparison: Indication of Knowledge Gained

Question Example Addressing Learning Objective #5

Question: How much of the risk of RA can be explained by genetics?

Answer: The correct answer is c, 60%. Only 31% of participants that responded selected the correct answer during the pre-test, compared to 90% in the post-test.
Question: True or false: Biosimilars are FDA approved in the United States for RA.

Answer: The correct answer is B, False. Only 50% of participants that responded selected the correct answer during the pre-test, compared to 95% in the post-test.
92% of participants stated that they are very to somewhat committed to make changes to their practice based on the content presented.

The changes I intend to make in my practice include:

- Modify treatment plans: 36%
- Change my screening/prevention practice: 25%
- Incorporate different diagnostic strategies into patient evaluation: 18%
- Use alternative communication methodologies with patients, families, and/or the team: 10%
- Other: 3%
- None; the activity validated current practice: 8%
Overall Activity Impact

Main Findings: The attendees’ responses to post-test evaluation questions demonstrated the following:

- 91% of participants indicated that the materials were presented objectively and free of commercial bias (7% of participants responded “No Opinion”).
- 89% of participants indicated that the content learned from this activity will impact my healthcare team.
- 97% of participants indicated that the activity promoted improvement in patient outcomes.
- 93% of participants stated that they would recommend this activity to others.
- 93% of participants stated that the online format was appropriate for the subject matter and I was able to access all components of the activity without difficulty.
Participant Comments

• “Excellent CME lecture on Rheumatoid Arthritis that discusses the pathophysiology, treatment strategies, and the patient perspective.”

• “Panel and patient - good touch.”

• “Loved listening to the patient. She added an important dimension to the discussion.”

• “Really really good moderator and presenters. Just the right length, very clear. Great slides.”

• “Knowledgeable and useful topic.”

• “Excellent. Thanks for the CME topic.”