12. TREAT- TO- TARGET STRATEGY IN THE TREATMENT OF RHEUMATOID ARTHRITIS

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Introduction. Rheumatoid arthritis (RA) is a chronic autoimmune condition characterized by progressive joint inflammation and structural damage that frequently results in severe disability.

Aim of study. The "Treat-to-Target" (T2T) strategy is a paradigm in the management of RA, with an emphasis on how well it works to improve clinical outcomes and how to apply it practically.

Methods and materials. The data were collected from literature searches of Pubmed, Embase and Cochrane Library for studies published up to October 2023. The search strategy was composed of both controlled vocabulary such as Medical Subject Headings and keywords. The total number of 51 literature sources was analyzed.

Results. According to our literature review, the target strategy is used to acquire data on the results of RA patients treated with a T2T approach, including disease activity measures, radiographic progression, functional status, and patient-reported outcomes. This strategy has a positive influence on both the prevention of long-term joint damage and the achievement of low disease activity or sustained remission. The main objective of T2T strategy is achievement of sustained remission by DAS28 and radiological data. Implementation of new therapeutic agents, such as biologic and targeted synthetic disease-modifying anti-rheumatic drugs (DMARDs) help reach T2T objectives. Some authors report difficulties of incorporating T2T into standard clinical practice. According to the results of our review, the comprehension of T2T as a flexible and patient-focused method of managing RA can substantially contribute to better prognosis and outcome of the patients with RA. Healthcare providers are strongly advised to optimize their treatment strategies, ultimately improving the long-term outcomes and quality of life for individuals with rheumatoid arthritis. The data from our review show this by clarifying the clinical benefits and addressing implementation challenges.

Conclusion. Treat-to-Target (T2T) strategy is changing the landscape of management of rheumatoid arthritis (RA). The summary of available data highlights the effectiveness of T2T in enhancing clinical outcomes, with a focus on maintaining remission or low disease activity, halting radiographic progression, and improving overall patient well-being. The examination of T2T's practical application exposed the complexities and difficulties involved in incorporating this dynamic approach into standard clinical practice. Although the advantages are obvious, obstacles like patient preferences, resource limitations, and the practicality of frequent monitoring call for thoughtful analysis and well-thought-out solutions in order to ensure successful adoption.

Keywords. "Rheumatoid arthritis" "Treat-to-target strategy", "disease activity", "outcome"