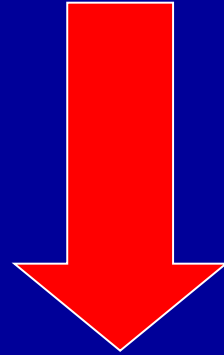




Clinimetría en Artritis Reumatoidea

10 de Septiembre 2013

Clinimetría



Conjunto de herramientas de medición clínica, que permiten obtener información cuantitativa sobre diferentes aspectos de la enfermedad, validadas en la región y a nivel mundial.

Clinimetría.

Cúal es su utilidad en AR?

- Ausencia de una herramienta Gold Estándar.
- Limitación en el valor de las pruebas de laboratorio.

Clinimetría.

Cúal es su utilidad en AR?

- Observación sistemática permite un mejor control de la enfermedad...
... por lo que se han consensuado herramientas para cuantificar:

*Función, Actividad, Daño Radiológico y
Calidad de Vida*

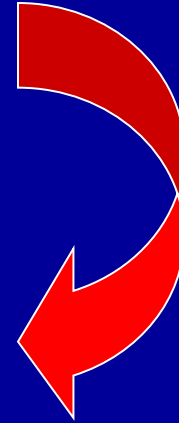
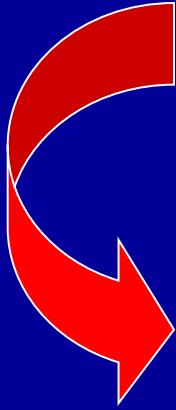
Las herramientas de evaluación deben cumplir con cuatro criterios

- Éticos
- Validez
- Sensibilidad al Cambio
- Reproductibilidad o Confiabilidad

Parámetros para evaluación de la AR recomendados por OMERACT 1993

- **Número de Articulaciones Dolorosas**
- **Número de Articulaciones Tumefactas**
- **Dolor**
- **Evaluación Global de la enfermedad realizada por el paciente**
- **Evaluación Global de la enfermedad realizada por el médico**
- **Reactantes de Fase Aguda**
- **Capacidad Funcional Física**
- **Daño radiológico**

Actividad de AR



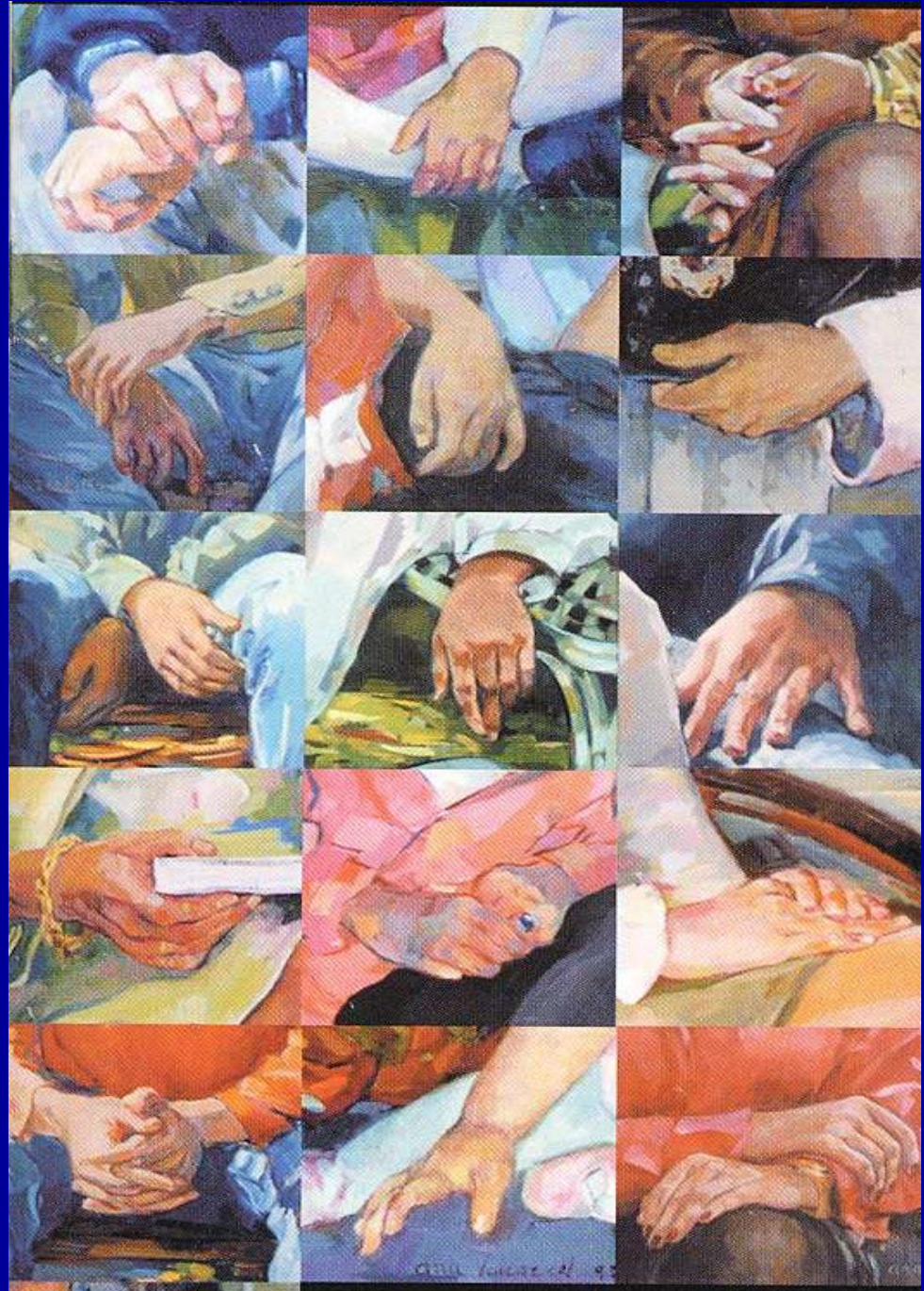
Variables Individuales

Variables Compuestas

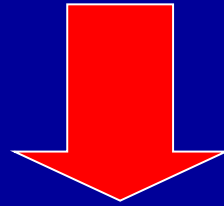
Actividad Inflamatoria: Variables individuales

- Número de Articulaciones Dolorosas
- Número de Articulaciones Tumefactas
- Dolor
- Evaluación Global de la enfermedad realizada por el paciente
- Evaluación Global de la enfermedad realizada por el médico
- Reactantes de Fase Aguda

Evaluación Articular



Recuento Articular



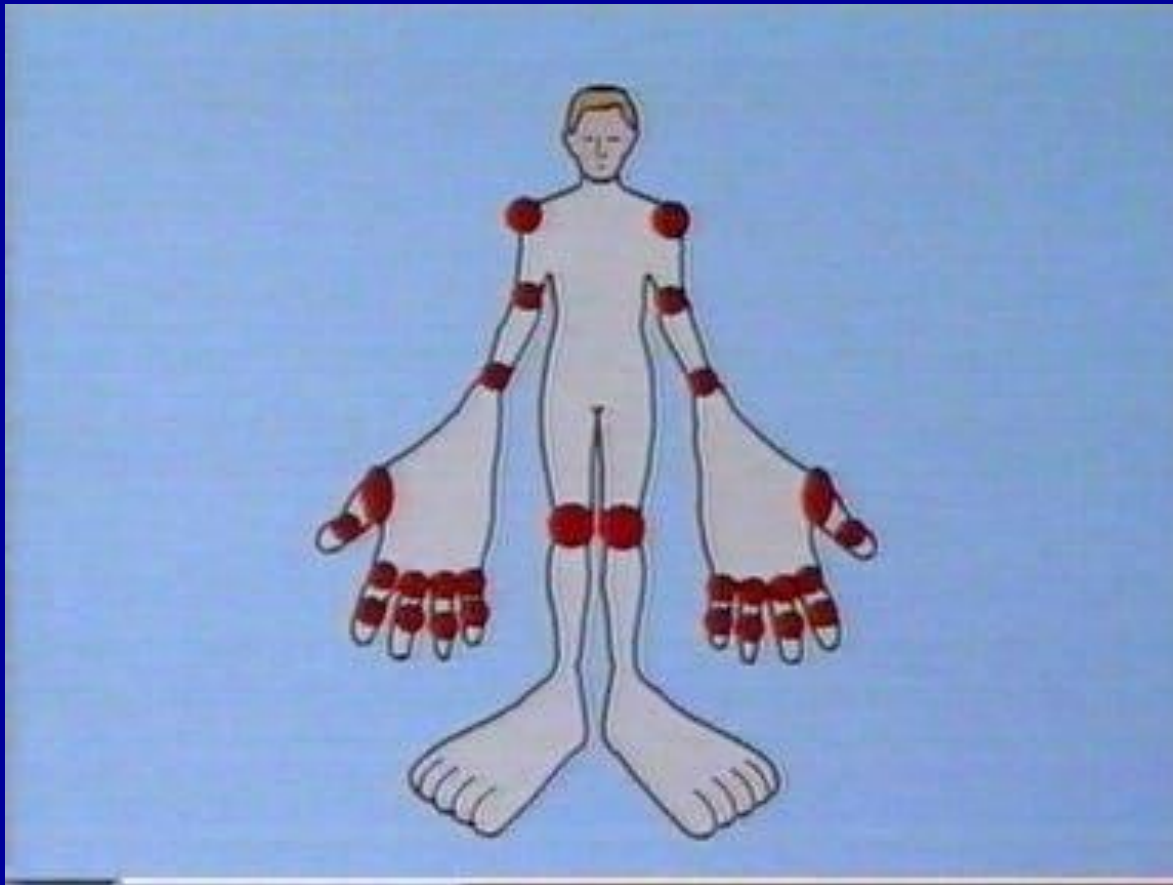
Regla del Pulgar



Índices Articulares

- Asociación Americana de Reumatología (ARA) 1965: 68D/ 66T articulaciones (excluyen caderas)
- Índice Articular de Ritchie 1968: 53 articulaciones (26 áreas) grados 1 a 3. Puntaje máximo de 78
- Índice de Fuchs 1989

Índice de Fuchs



Actividad Inflamatoria: Variables Compuestas

- DAS
- DAS28
- SDAI (Simplified Disease Activity Index)
- CDAI (Clinical Disease Activity Index)
- RAPID3

Medidas de Actividad

Compuestas recomendadas ACR

Table 2. Required components of rheumatoid arthritis disease activity measures recommended for point-of-care clinical use*

	Physician joint count	Patient global VAS	Provider global VAS	HAQ version	Pain	Defined remission criteria
Patient-driven composite tools						
PAS		•		HAQ	•	•
PAS-II		•		HAQ-II	•	•
RAPID-3		•		MDHAQ	•	•
Patient and provider composite tool						
CDAI	•	•	•	N/A		•
Patient, provider, and laboratory composite tools						
DAS28 (ESR or CRP)	•	•		N/A		•
SDAI	•	•	•	N/A		•

* Measures are not shown in order of preference. VAS = visual analog scale; HAQ = Health Assessment Questionnaire; PAS = Patient Activity Scale; RAPID-3 = Routine Assessment of Patient Index Data with 3 measures; MDHAQ = Multidimensional HAQ; CDAI = Clinical Disease Activity Index; N/A = not applicable; DAS28 = Disease Activity Score with 28-joint counts; ESR = erythrocyte sedimentation rate; CRP = C-reactive protein; SDAI = Simplified Disease Activity Index.

Medidas de Actividad Compuestas recomendadas ACR

Table 3. Disease activity cutoffs for each American College of Rheumatology–recommended disease activity measure*

Disease activity measure	Scale	Remission	Low/minimal	Moderate	High/severe
Patient-driven composite tools					
PAS	0–10	0.00–0.25	0.26–3.70	3.71 to <8.0	8.00–10.00
PAS-II	0–10	0.00–0.25	0.26–3.70	3.71 to <8.0	8.00–10.00
RAPID-3	0–10	0–1.0	>1.0 to 2.0	>2.0 to 4.0	>4.0 to 10
Patient and provider composite tool					
CDAI	0–76	≤2.8	>2.8 to 10.0	>10.0 to 22.0	>22.0
Patient, provider, and laboratory composite tools					
DAS28 (ESR or CRP)	0–9.4	<2.6	≥2.6 to <3.2	≥3.2 to ≤5.1	>5.1
SDAI	0–86	≤3.3	>3.3 to ≤11.0	>11.0 to ≤26	>26

* PAS = Patient Activity Scale; RAPID-3 = Routine Assessment of Patient Index Data with 3 measures; CDAI = Clinical Disease Activity Index; DAS28 = Disease Activity Score with 28-joint counts; ESR = erythrocyte sedimentation rate; CRP = C-reactive protein; SDAI = Simplified Disease Activity Index.

1. DAS

- Primera variable continua incorporada para evaluar actividad
- Utiliza el Índice Articular de Ritchie
- Complejo y poco reproducible
- Fórmula de difícil cálculo

2. DAS 28

Das 28= (0.56 x $\sqrt{\text{NAD}}$ + 0.28x $\sqrt{\text{NAT}}$ + 0.7 x ln ERS) + 0.014 x EVA Paciente

[www. Das-score.nl/ index.html](http://www.Das-score.nl/index.html)



2.DAS 28

- > 5.1 enfermedad muy activa
- > 3.2 y < 5.1 actividad moderada
- < 3.2 baja actividad.

Cambio significativo 1.2

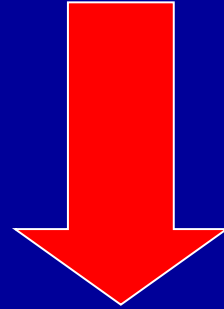
Remisión Das < 1.6

Das28 < 2,6

< 2,4



Das 28




- ERS y NAD aportan el 35 al 40% del valor
- VAS y NAT un 15% cada uno del resultado total
- Carácter asimétrico de los elementos incluidos en la compleja fórmula. Valorar sus cambios con precaución.

3. SDAI (Simplified disease activity index)

- Suma de 5 variables no transformadas.
- NAD (28)
- NAT (28)
- Vas del paciente
- Vas del medico
- PCR
- Buena correlación con DAS

Remisión SDAI $<$ 3.3

4. CDAI (Clinical Disease Activity Index)

- Suma de 4 variables no transformadas.
- NAD (28)
- NAT (28)
- Vas del paciente
- Vas del medico
- **PCR**  **Permite decisiones inmediatas sin esperar un laboratorio**
- Buena correlación con DAS y SDAI

Remisión CDAI < 2.8

5.Rapid3

- Índice Compuesto
- Valoración por parte del paciente (Patient Reported Outcomes PRO) de su función física (MHAQ), dolor y estado general.
- No incluye recuentos articulares ni datos de laboratorio.
- Tiempo de cálculo: 5 a 10 segundos.

Número de segundos por escala...

Realizar DAS 28	90
Ingresar DAS en calculadora	14.6
Score standard HAQ	41.9
Score MDHAQ	7.5
Score RAPID 3	9.6
Score RAPID 4MDGL	12.2
Score RAPID 5	19.4

Multi-Dimensional Health Assessment Questionnaire (R771-NP2)

This questionnaire includes information not available from blood tests, X-rays, or any source other than you. Please try to answer each question, even if you do not think it is related to you at this time. Try to complete as much as you can yourself, but if you need help, please ask. There are no right or wrong answers. Please answer exactly as you think or feel. Thank you.

FOR OFFICE USE ONLY

1. Please check (✓) the ONE best answer for your abilities at this time:

OVER THE LAST WEEK, were you able to:	Without ANY Difficulty	With SOME Difficulty	With MUCH Difficulty	UNABLE To Do
a. Dress yourself, including tying shoelaces and doing buttons?	_____0	_____1	_____2	_____3
b. Get in and out of bed?	_____0	_____1	_____2	_____3
c. Lift a full cup or glass to your mouth?	_____0	_____1	_____2	_____3
d. Walk outdoors on flat ground?	_____0	_____1	_____2	_____3
e. Wash and dry your entire body?	_____0	_____1	_____2	_____3
f. Bend down to pick up clothing from the floor?	_____0	_____1	_____2	_____3
g. Turn regular faucets on and off?	_____0	_____1	_____2	_____3
h. Get in and out of a car, bus, train, or airplane?	_____0	_____1	_____2	_____3
i. Walk two miles or three kilometers, if you wish?	_____0	_____1	_____2	_____3
j. Participate in recreational activities and sports as you would like, if you wish?	_____0	_____1	_____2	_____3

k. Get a good night's sleep?	_____0	_____1.1	_____2.2	_____3.3
l. Deal with feelings of anxiety or being nervous?	_____0	_____1.1	_____2.2	_____3.3
m. Deal with feelings of depression or feeling blue?	_____0	_____1.1	_____2.2	_____3.3

2. How much pain have you had because of your condition OVER THE PAST WEEK? Please indicate below how severe your pain has been:

NO PAIN AS BAD AS PAIN 0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0 9.5 10 IT COULD BE

3. Please place a check (✓) in the appropriate spot to indicate the amount of pain you are having today in each of the joint areas listed below:

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
a. LEFT FINGERS	• 0	• 1	• 2	• 3	i. RIGHT FINGERS	• 0	• 1	• 2	• 3
b. LEFT WRIST	• 0	• 1	• 2	• 3	j. RIGHT WRIST	• 0	• 1	• 2	• 3
c. LEFT ELBOW	• 0	• 1	• 2	• 3	k. RIGHT ELBOW	• 0	• 1	• 2	• 3
d. LEFT SHOULDER	• 0	• 1	• 2	• 3	l. RIGHT SHOULDER	• 0	• 1	• 2	• 3
e. LEFT HIP	• 0	• 1	• 2	• 3	m. RIGHT HIP	• 0	• 1	• 2	• 3
f. LEFT KNEE	• 0	• 1	• 2	• 3	n. RIGHT KNEE	• 0	• 1	• 2	• 3
g. LEFT ANKLE	• 0	• 1	• 2	• 3	o. RIGHT ANKLE	• 0	• 1	• 2	• 3
h. LEFT TOES	• 0	• 1	• 2	• 3	p. RIGHT TOES	• 0	• 1	• 2	• 3
q. NECK	• 0	• 1	• 2	• 3	r. BACK	• 0	• 1	• 2	• 3

4. Considering all the ways in which illness and health conditions may affect you at this time, please indicate below how you are doing:

VERY WELL VERY POORLY

Score total 0 -30.

Tabla de Conversion para definir categorías.

1.a-j FN (0-10)

1=0.3 16=5.3
2=0.7 17=5.7
3=1.0 18=6.0
4=1.3 19=6.3
5=1.7 20=6.7
6=2.0 21=7.0
7=2.3 22=7.3
8=2.7 23=7.7
9=3.0 24=8.0
10=3.3 25=8.3
11=3.7 26=8.7
12=4.0 27=9.0
13=4.3 28=9.3
14=4.7 29=9.7
15=5.0 30=10

2.PN (0-10)

4.PTGL (0-10)

RAPID 3 (0-30)

3.a-pPTJT(0-10)

1=0.2 25=5.2
2=0.4 26=5.4
3=0.6 27=5.6
4=0.8 28=5.8
5=1.0 29=6.0
6=1.3 30=6.3
7=1.5 31=6.4
8=1.7 32=6.7
9=1.9 33=6.9
10=2.1 34=7.1
11=2.3 35=7.3
12=2.5 36=7.5
13=2.7 37=7.7
14=2.9 38=7.9
15=3.1 39=8.1
16=3.3 40=8.3
17=3.5 41=8.5
18=3.8 42=8.8
19=4.0 43=9.0
20=4.2 44=9.2
21=4.4 45=9.4
22=4.6 46=9.6
23=4.8 47=9.8
24=5.0 48=10

RAPID 4 (0-40)

MDGLOBAL(0-10)

RAPID 5 (0-50)

RAPID 3 Categorías

- Near Remission (NR): 0- 1
- Low Severity (LS): 1.01- 2
- Moderate Severity (MS): 2.01- 4
- High Severity (HS): > 4.0

Categorías de DAS28 y RAPID RA

DAS Categories

<2.6	=	Remission
2.6-3.19	=	Low DAS
3.2-5.1	=	Moderate DAS
>5.1	=	High DAS

Proposed RAPID Categories

≤ 1.0	=	Near Remission
1.01-2	=	Low Severity
2.01-4.0	=	Moderate Severity
>4.0	=	High Severity

Muchas Gracias

Categorías de respuesta

- Das 28. Buena 1.2
Moderada 1.2 a 0.6
Sin respuesta menos de 0.6.

Rapid3. Buena 3.6
Moderada 1.8 a 3.6
Pobre menos de 1.8

Tabla de Conversión

- **Near Remission (NR):** 1=0.3; 2=0.7; 3=1.0
- **Low Severity (LS):** 4=1.3; 5=1.7; 6=2.0
- **Moderate Severity (MS):** 7=2.3; 8=2.7; 9=3.0; 10=3.3; 11=3.7; 12=4.0
- **High Severity (HS):** 13=4.3; 14=4.7; 15=5.0; 16=5.3; 17=5.7; 18=6.0; 19=6.3; 20=6.7;
- 21=7.0; 22=7.3; 23=7.7; 24=8.0; 25=8.3; 26=8.7; 27=9.0; 28=9.3; 29=9.7; 30=10.0

- **how to calculate RAPID 3 scores**
- **1.** Ask the patient to complete questions 1, 2, and 3 while in the waiting room prior to his/her visit.
- **2.** For question 1, add up the scores in questions A-J only (questions K-M have been found to be informative, but are not scored formally). Use the
- formula in the box on the right to calculate the formal score (0-10). For example, a patient whose answers total 19 would score a 6.3. Enter this
- score as an evaluation of the patient's functional status (FN).
- **3.** For question 2, enter the raw score (0-10) in the box on the right as an evaluation of the patient's pain tolerance (PN).
- **4.** For question 3, enter the raw score (0-10) in the box on the right as an evaluation of the patient's global estimate (PTGE).
- **5.** Add the total score (0-30) from questions 1, 2, and 3 and enter them as the patient's RAPID 3 cumulative score. Use the final conversion table to
- simplify the patient's weighed RAPID 3 score. For example, a patient who scores 11 on the cumulative RAPID 3 scale would score a weighed 3.7.
- A patient who scores between 0–1.0 is defined as near remission (NR); 1.3–2.0 as low severity (LS); 2.3–4.0 as moderate severity (MS); and
- 4.3–10.0 as high severity (HS).