

Introduction

Rheumatoid Arthritis (RA) is the most common autoimmune inflammatory arthritis, with a prevalence of 0.5–1.0% and an incidence of 24–45/100 000 person-years (1). In Finland, approximately 45 000 persons suffer from RA. Many studies report a progressive reduction in the incidence of RA in Finland. (2). Continuous follow up with integrated patient monitoring system is paramount. MyHealth, a digital patient reports outcome questioner integrated directly from the patients in EU's largest specialist care hospital located in Finland, has proven immediate benefits in the daily patient treatment at Helsinki University Central Hospital (HUCH) Department of Rheumatology.

Methods

The implementation of value-based health care in RA requires a standardized set of modifiable outcomes and risk-adjustment variables that is feasible to implement worldwide. The BCB Medical RA Registry follows the ICHOM measures recommended, with some modifications based on local requirements from specialists. We have performed an analysis of the data from the RA database, which is at all time under internal quality control inspection to fulfil high quality data needs. Additionally, we are looking at any data collection improvements that can be made for the benefit of health care professionals and patients. No statistical analysis is used.

Results

Department of Rheumatology at Helsinki University Hospital received 8983 patient visits in 2018, with 1588 first time visits and 7395 return visits. The decrease of dictation costs indicates an immediate cost saving. One dictation cost per patient is 10–14 € per visit, lasting 5–7 min per visit and cost of 2,02 € per minute. (City of Helsinki pricelist 2016) BCB Medical RA Registry is utilised by 80% of the physicians and during 70% of the visits. Achieved time saving per patient visit is 11 minutes for patients using MyHealth digital questioner. Average time used to answer the questioner in the physician's office is 15 min and with the digital service and data collection it decreases to 4 min, according to interviewed physicians.

MyHealth is answered by 75 % of the patients receiving the integrated questioner on their mobile application, which is 8983 patient visits. And with 75 % used in visits, gives 6737 patient visits where MyHealth is answered before the visit. Decrease of dictation costs during 2018 equals 50 300 € –70400 €. Additionally, saved physician time during 6737 patient visits of 11 min is 74 107 min. Or 32 weeks of active physician working time saved or financial saving of 6737 x 0,6519 € = 48 312 € / per year. (3-7).

Conclusions

In practice, it is important, that the patient's treatment monitoring systems for clinical and patient reported outcomes is integrated to the physician's daily activities. Ultimately, it enables physicians to work more time efficiently while also improving the quality of the collected data.