

November 2011

I ask for the following data: For adults (ages ≥ 18) newly diagnosed with Rheumatoid Arthritis (RA) what would be the initial steroid regime used by each Rheumatologist at your Trust (or group of hospitals under your Trust's management).

Depending on the services offered at your Trust, please could the data be provided to me in the following format;

All Trust Rheumatologists follow the same protocol, as below. Treatment using steroids would depend on the individual patient and their disease activity.

<i>1. Do you routinely use steroids? Yes / No</i>		The use of steroids would depend on the patients condition and the disease activity
<i>2. What route do you use? (please tick as appropriate)</i>		
	<i>Oral</i>	Used in active disease when unresponsive to Intramuscular
	<i>Intramuscular</i>	Yes
	<i>Intra-articular</i>	Yes – if indicated
	<i>Oral and Intramuscular</i>	Occasionally
	<i>Oral and intra-articular</i>	Yes
	<i>Oral, intramuscular and intra-articular</i>	This is not common practice
<i>3. If oral; (please specify)</i>		
	<i>What dose do you start with</i>	This would depend on disease activity – usually between 7.5mg – 15mg
	<i>How do you taper</i>	either 2.5mg increments or 1mg per month
	<i>How long you routinely (duration) use</i>	6 months +
<i>4. If intramuscular; (please specify)</i>		
	<i>What dose</i>	120mg
	<i>How frequently</i>	Monthly initially if required or just as required
	<i>For how many months</i>	This would depend on disease activity
<i>5. If intra-articular; (please specify)</i>		
	<i>What dose</i>	40mg – 80mg depending on the joint
	<i>How frequently</i>	As required
	<i>How many joints per month</i>	As required
	<i>For how many months</i>	3 monthly intervals