

Dear Colleagues

We appreciate that in these challenging times routine monitoring for patients prescribed DMARDs may become difficult. We have contacted the rheumatology consultants at EKHFT and have received the following information.

“We discussed this as a department briefly yesterday and agreed that extending to 3 monthly blood monitoring for stable DMARD patients should now happen (BSR guidance anyway). Risk benefit re attending for testing should be considered on an individual case basis.”

We are in the process of producing Kent and Medway shared care guidance for DMARDs for use across all indications. Unfortunately these have not been finally approved for circulation but the drafts which have been agreed with the relevant consultants all recommend 3 monthly monitoring for stable patients. On this basis a move to 3 monthly monitoring for stable patients would be considered appropriate to avoid vulnerable patients being brought in for blood tests.

The current advice is to continue treatment if blood tests are in range but if a patient becomes acutely unwell or they have Covid-19 symptoms to contact the specialist team.

Please email ACCG.eastkentprescribing@nhs.net if you have any concerns.