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Summary

PROACTIVE THERAPEUTIC DRUG MONITORING FOR INFLIXIMAB MAY REDUCE STEROID EXPOSURE IN IBD

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IBD

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A retrospective cohort study of 197 infliximab-treated IBD patients found that proactive therapeutic drug monitoring was associated with significantly lower excess steroid exposure compared to reactive monitoring (28.5% versus 56%, p=0.006).

KEY POINTS

- Proactive TDM patients (172) had 28.5% excess steroid exposure (2 or more prescriptions per year) versus 56% in reactive TDM patients (25) over a two-year period, a statistically significant difference (p=0.006).
- Overall steroid exposure was 43% in the proactive group versus 68% in the reactive group, though this difference was not statistically significant (p=0.19).
- Median drug levels were similar between proactive (5.35ug/ml) and reactive (5.25ug/ml) groups with no significant difference (p=0.828).
- The study was retrospective with data from West of Scotland NHS Safe Haven covering January 2018 to December 2019, and the authors note further prospective work is needed to understand factors influencing these observations.
- This material is relevant to gastroenterologists and IBD specialists considering therapeutic drug monitoring strategies to reduce steroid exposure in anti-TNF treated patients.

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