



RESEARCH SPOTLIGHT ON
Arthritis

Arthritis affects **52.5 million** adults in the United States. It is more common in women (26 percent) than men (19 percent), and it can have significant impacts on productivity.

Arthritis is the
#1
cause of disability in the United States.

1 IN 3
working age adults with arthritis
report job limitations.

Source: Centers for Disease Control and Prevention

Research Addressing Questions That Matter

PCORI funds **comparative clinical effectiveness research (CER)** to determine which healthcare options work best for which patients, based on their needs and preferences. CER produces evidence that helps people make better-informed healthcare choices.



PATIENT

The osteoarthritis in my knees is often painful enough that it stops me from doing everyday tasks like walking my dog or climbing the stairs. What non-surgical options do I have to improve my function and lower my pain and stiffness?



CAREGIVER

Our doctor said the earlier our son starts on an effective treatment for his newly diagnosed juvenile idiopathic arthritis, the better he will do over the long term. But how do we know if an older, well-studied medication or a newer, promising one will work better?

STUDY SPOTLIGHTS

Helping Patients Decide When to Have Joint Replacement Surgery

Deciding whether to have joint replacement surgery can be difficult for people living with the pain and limitations of knee or hip osteoarthritis. Studies suggest that about 20 percent of elective joint replacement procedures may be performed on patients who would not have chosen to have them. This study is comparing two leading vendors' decision aids to assess their impacts on patients' decision making, treatment choices, and health outcomes. The study is led by Karen R. Sepucha of Massachusetts General Hospital.

Pain Coping Skills for African Americans with Osteoarthritis

Osteoarthritis-associated pain and activity limitations are more severe among African Americans than among whites. Pain Coping Skills Training is an evidence-based intervention for minimizing pain, but it has not been tested in an African-American population. This project is working with patients and other stakeholders to culturally adapt and then test the intervention with African-American individuals with osteoarthritis. The study is led by Kelli Allen of the University of North Carolina at Chapel Hill.

Building Capacity for Patient-Centered Research

PCORI is investing in people and infrastructure to support high-quality patient-centered research for years to come. **PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of 100 million Americans. It is building capacity for research and other studies by supporting patient-driven networks and helping them connect with researchers who are studying similar topics, including arthritis.



AR-PoWER is a patient-powered research network within PCORnet that aims to give people living with arthritis the answers they need to receive better care and manage their conditions more effectively. Led by the Global Healthy Living Foundation, AR-PoWER's partners include:

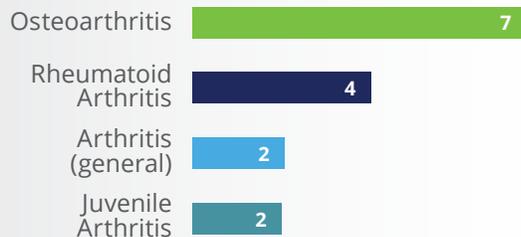
- CreakyJoints, an online community for arthritis patients
- University of Alabama–Birmingham Center for Education and Research on Therapeutics of Musculoskeletal Disorders
- American College of Rheumatology
- Corrona, the largest U.S. arthritis research network with data collected by rheumatologists

As of August 2018, PCORI has awarded

\$50 MILLION TO FUND **15**
patient-centered CER projects related to arthritis.

BY THE NUMBER OF PROJECTS

Arthritis Types Studied



Most Studied Populations of Interest

