

Karnataka Psoriatic Arthritis Cohort (KPsAC) -Collaborative Research

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This project was envisaged about five years ago when a group of us met during our monthly Rheumatology gathering and decided to collaborate on research about psoriatic arthritis, a condition with many unmet needs. To kick things off, our lead investigator, Dr Vineeta Shobha, designed a case report form focussing on assessments and outcome measures in PsA. In order to homogenise our methods of assessments, a workshop for investigators was organised focussing on skin scoring for psoriasis and other required measures. We are grateful to Dr Ashish Jacob Mathew, a GRAPPA member who led this training session. After we received ethical approval from all the participating centers, we started enrolling patients for the study.

With great enthusiasm and regular reminders from our lead investigator about deadlines, we successfully recruited 549 patients from February to August 2019. Once our admin team helped enter the data into an Excel sheet, we organized the information into sections and presented five posters mentioned below at IRACON 2019, which provided valuable insights into our research.

- 1) Clinical profiling of Psoriatic arthritis
- 2) HAQ -DI in PsA driven by inflammation
- 3) Prevalence of co morbidities in PsA and their impact on disease measures
- 4) Could Apremilast be the first choice DMARD in combination with Methotrexate in PsA
- 5) Prescribing pattern and Efficacy of Methotrexate in Psoriatic arthritis

As we diligently gathered data until December 2019, we had the privilege of presenting two posters at EULAR 2020, detailed below

- 1) Clinical profiling of Psoriatic arthritis: An observational study from a South Indian Psoriatic Arthritis Cohort (KPsAC)
- 2) Apremilast + Methotrexate combination more efficacious in management of Psoriasis/Psoriatic arthritis compared to other DMARD combination.

The team dedicated considerable effort and successfully published three articles in 2022, as listed below

- 1) *Impaired Mobility Drives Disability in Psoriatic Arthritis – An Observational Study from Karnataka Psoriatic Arthritis Cohort (KPsAC). Indian Journal of Rheumatology 18(2):p 120-125, June 2023. | DOI: 10.4103/injr.injr_285_21*
- 2) *Clinical Profiling of Psoriatic Arthritis: An Observational Cross-sectional Study from Karnataka Psoriatic Arthritis Cohort. Indian Journal of Rheumatology 17(4):p 340-346, December 2022. | DOI: 10.4103/injr.injr_213_21*
- 3) *Comorbidity Burden in Psoriatic Arthritis and its Impact on Disease Measures. Indian Journal of Rheumatology 18(3):p 185-191, September 2023. | DOI: 10.4103/injr.injr_29_22*

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Take homes: Successfully engaging an entire team in multicenter research requires significant motivation and encouragement. We believe the following positive aspects contributed greatly to our efforts:

The lead investigator actively involved all principal investigators from various centers throughout the study, and upon completion of data collection, invited interested volunteers to assist with data analysis and manuscript preparation.

Prior to each abstract submission, draft copies were shared within the group, allowing everyone to provide input and suggest necessary changes.

Input from all principal investigators was solicited when determining titles for presentations.

Collaborative research enables us to recruit a diverse patient population, encompassing various backgrounds such as rural and urban settings, as well as differing socioeconomic statuses, thereby enhancing the value of our study.