

The Addition of Coffee in the Treatment Regimen for MTX Intolerance Increases the MTX Compliance in RA Patients

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Background: Methotrexate (MTX) is ‘anchor drug’ in the management of Rheumatoid Arthritis (RA). It is usually administered orally or subcutaneously in once weekly doses. MTX intolerance is common cause of non-compliance in patients so it is the cause of poor disease control. The addition of coffee for MTX intolerance increases the itscompliance.

Objectives: To assess the effect of coffee on MTX intolerance in RA.

Methods: 800 RA patients willing to participate were enrolled in this study. The patients with MTX intolerance were asked to take weekly MTX dose along with coffee as per schedule. The coffee schedule advised was as follows: 2 strong cups of coffee early in the morning on the day of the week on which the MTX was schedule. This was repeated in the late evening 1 hour before the dose of MTX. A 3rd dose of 2 cups of strong coffee was repeated the next morning this schedule was repeated every week synchronized with the weekly dose of MTX. All the patients were counseled and explain to follow the coffee schedule. All the information collected pre-designed form.

Results: 800 patients treated with the weekly dose of MTX. Among of them 385 (48.1%) patients did not have any MTX intolerance, 415 (51.87%) had MTX intolerance, 200 (48.2%) patients had minimal intolerance not requiring any intervention. The remaining 215 (51.80%) patients had moderate or severe MTX intolerance were added coffee.

Result after coffee intervention:

- 152 (70.7%) complete relief of symptoms
- 17 (7.90%) partial relief of symptoms with antiemetic.
- 14 (6.5%) minimally better but managing.
- 14 (6.5%) no relief.
- 18 (8.4%) don't like it.

The patient was advised to discontinue coffee unless the patient liked coffee and preferred to continue taking it.

Conclusion: By the intense and regular counseling by the specialist rheumatology nurses about coffee treatment in MTX intolerance helps the decreasing intolerance and increases its compliance in patients.

Biography

Sadhana Singh Baghel has completed her B.Sc. Nursing at the age of 26 years from Jiwaji University and Advance Rheumatology Course from American College of Rheumatology. She is working as a Senior Rheumatology Nurse Counselor at Indian Spinal Injuries Centre. She presented research papers as oral and poster in reputed national and international conferences. She has co-author in various published papers in reputed national and international journals

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