

## **Título:**

EpiReumaPt after 3 months on the field

## **Introduction**

In Portugal, data on prevalence and impact of Rheumatic Diseases (RDs) is scarce. EpiReumaPt is a national epidemiologic, cross-sectional study of RDs in the Portuguese population designed to estimate the prevalence of the major RDs in Portugal.

## **Objective**

To describe the population participating in EpiReumaPt after the first 3 months on the field, including the proportion of subjects with RDs diagnosis.

## **Methods**

EpiReumaPt involves a two-stage approach. The first phase is a survey randomly performed by trained interviewers at subjects' homes (random route). Phase 2 consists of a clinical observation performed by a Rheumatologist, in order to confirm (or not) the RD diagnosis using a blinded methodology and to apply specific and validated questionnaires in case of a diagnosis of a RD.

The study was started on 19 September 2011, at Greater Lisbon area, in 50 different locations. For this analysis, data collected until 17 December was used (12 weeks, 24 assessment days, 22 collaborating Rheumatologists).

We performed a descriptive analysis of the initially surveyed population and an analysis of the subgroup assessed by a rheumatologist.

## **Results**

During the first phase of the study, the interviewers tried to contact 5014 subjects having been successful in 1682 contact attempts (33.5%). Among those successfully contacted, 834 (49.6%) subjects accepted to be interviewed. Mean age of interviewed participants was 50 years-old (SD 18.5) and 534 (64.0%) were women.

The screening survey selected 554 cases (66.4%) of suspected RD or rheumatic symptoms associated with a RD. All positive screenings and 65 (23.2%) randomly recruited negative screenings were invited for phase 2. Of the total number of invited participants (n=619, table 2), 364 (58.8%) dropped-out (people who accepted but missed the phase 2 appointment + people who rejected the invitation). Of this, 47 (12.9%) had negative screening and 317(87.1%) had a positive screening. 255 were observed by a Rheumatologist.

Among those observed by the Rheumatologist, 7.1% (18/255) were considered healthy regarding their musculoskeletal system. A RD diagnosis was established in 92.9% (237/255) of the subjects: 95 (11.4%) low back pain; 59 (7.1%) periarticular disease; 56 (6.7%) knee OA; 40 (4.8%) hand OA; 38 (4.6%) osteoporosis; 11 (1.3%) hip OA; 7 (0.8%) fibromyalgia; 5 (0.6%) gout; 4 (0.5%) rheumatoid arthritis; 2 (0.24%) spondyloarthritis; 2 (0.2%) lupus; 1 (0,1%) polymyalgia rheumatic; 1 (0.1%) childhood rheumatic disease.

## **Conclusions**

After 3 months of enrollment, preliminary data obtained allows a demographic description of nearly 1000 individuals and begins to sketch the prevalence of RDs in Portugal.