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Biologic Drugs in Immune-Mediated Inflammatory Diseases: Validation, Drug-Utilization, Effectiveness, Regulation, Costs, and Safety in the Real World

Kholod Abdulfattah Alhazmi[1], Roaa Saleh Alharbi[2], Aishah Siraj Sumaylan[3], Meshari Sulayyih Alotaibi[4], Khalid Abdullah Ahmed Sabah[5], Fadi Mohammad Alsaadi[6], Ayman Salman Al Shabani[7], Shujaa Abdullah Alzaidi[8],Mahmoud Darwish Aljohani[9], Abdulrahman Hussin Jahfali[10].

1. Pharmacist at Maternity and Children Hospital in Makkah.
2. pharmacist at Maternity and Children Hospital in Makkah.
3. Pharmacist Technician at Maternity and Children Hospital in Makkah.
4. Pharmacist Technician at King Faisal Hospital in Makkah.
5. Pharmacist Technician at Maternity and Children Hospital in Makkah.
6. Pharmacist Technician at Maternity and Children Hospital in Makkah.
7. Pharmacist Technician at Alshafa Primary Healthcare Center in Taif.
8. Pharmacist Technician at King Faisal Medical Complex in Taif.
9. Pharmacist Technician at King Faisal Medical Complex in Taif.
10. Pharmacist Technician at King Faisal Medical Complex in Taif.

Introduction

Psoriasis, inflammatory bowel disorders, rheumatoid arthritis, and other immune-mediated inflammatory diseases (IMIDs) can all be effectively treated using biological treatments. But because they are expensive, there are notable differences in how they are used around the world, notably in Europe, where many countries restrict access in spite of professional bodies' advice. In several Central and Eastern European nations, healthcare professionals have been especially slow to adopt biologics. Additionally, disparities in utilization are observed at the regional and national levels, as well as within medical specializations and healthcare professionals. The purpose of this study is to give a summary various regulations of biologics fundamental causes of these variations. One possible tactic to improve IMID patients' access, wherePromoting biosimilars as substitutes for hampered by their high cost. Since biosimilars are approved because identical, they are usually less expensive alternatives to biological medicines that have previously received approval. According to budget impact calculations, biosimilars would result in significant cost savings in the upcoming years.

Disabilities and loss of work ability are important issues linked to immune-mediated inflammatory diseases (IMIDs). Additionally, patients of chronic inflammatory disorders are more likely to have psychological comorbidities such anxiety and depression (Enns et al., 2018). Patients and their families bear a significant hardship as a result of these diseases, and lost productivity and medical cost (D'Angiolella et al., 2018). Because primarily affect people of working age, their effects are especially noticeable. For example, rheumatoid arthritis usually manifests between the ages of 40 and 50, ulcerative colitis and Crohn's disease between the ages of 20 and 40, and psoriasis before the age of 40 (Queiro et al., 2014).

Many patients have seen major improvements in their quality of life, productivity, and symptoms since the late 1990s, when biologics were introduced (Isaacs et al., 2016). Even while there is a higher chance of infections and other uncommon side effects with all biologics,occurrences, results from registry studies showing long-term safety and tolerability support their overall good benefit-to-risk ratio. The availability of biologics varies due to high costs and growing healthcare budget restrictions, which means that many patients around the world (Bergstra et al., 2018). Biologics utilization disparities may be made worse in certain European nations where patients must pay hefty co-payments to obtain them (Kawalec et al., 2017).

Biosimilars can encourage price competition in the market and cut treatment costs for patients because they usually have lower acquisition costs than reference pharmaceuticals (Quintiles IMS, 2017). Health authorities have therefore increased the use of biosimilars due to the budgetary impact of these products and the increasing body of data from rigorous development and approval processes (Moorkens et al., 2017).

It will be essential to lower healthcare spending redirect improve essential drugs in order to guarantee

that every patient receives the best care possible for their The healthcare economy may benefit if this also results in fewer long-term problems linked to these illnesses.
The discrepancies of inflammatory bowel illnesses, psoriasis, and rheumatoid arthritis in Europe will be covered in this article, along with the variables that influence these variations. The financial impact of IMIDs will also be looked at, as well as the cost reductions that have been achieved or are expected as a result of the launch of biosimilars. Lastly, the possible influence of biosimilars on delivering more fair treatment for every patient will be investigated.

Aims and Objectives

To improve understanding of biologic drugs in immune-mediated inflammatory diseases (IMIDs) through real-world validation, drug utilization, effectiveness, regulation, costs, and safety, fostering collaboration among researchers, clinicians, policymakers, and industry stakeholders.

Literature Review

Rheumatoid Arthritis

Studies carried out between 2009 and the year 2013 have revealed considerable variation rheumatoid arthritis (RA) despite the availability of treatment guidelines. According to a 2009 study, about 12% of those with RA were on biologic therapy; rates ranged from less than 5% in Vienna to as much as 30% in Norway (Kobelt and Kasteng, 2009). founding similar differences in access to biologics. Only 7% of RA patients in Portugal received treatment with a biologic in 2010, compared to an average of 19% in 15 Western European countries (Laires et al., 2013). In Ireland and the Netherlands, percentages were over 30%. Additionally, Hoebert et al. (2012)revealed notable differences uses of TNF inhibitors in 2007 across the four nations of Portugal, the Netherlands, Ireland, and Norway. At 1.89, Norway had the greatest annual consumption rate (specified daily dosages per 1,000 persons per day), six times greater than the lowest recorded rate of 0.32, Portugal.
Biologics use was generally lowin Eastern and CentralEuropeannations than in Western European nations. Biologics were used to treat less than 5% of RA patients in this region in 2009. There notable variations between nations, with less than 1% in Poland and 5% in Hungary (Orlewska et al., 2011).

Biologic Usage Limitations

The percentage of RA patients that match the EULAR eligibility requirements for biologic treatment is not specified by these studies, despite the fact that they clearly show differences in biologic utilization throughout Europe. Rather, usage estimates were typically computed proportion entire population of the country (Hoebert et al., 2012). For example, the METEOR registry only computed consumption for rheumatologist-treated patients (Bergstra et al., 2018). Furthermore, different research used different methods to calculate how many RA patients received biologic treatment; these methods frequently relied on information . It's also crucial to remember Such estimations based on insurance claims might not include participants taking part in clinical trials in Central and Eastern European nations. As a result, care should be taken when drawing indirect comparisons between various studies.

Furthermore, there aren't many new evaluations of RA, and many research are almost ten years old. Since then, the market for biologics has expanded steadily, and by 2014, it accounted for 27% of all pharmaceutical sales in Europe (Remuzat et al., 2017). A number of factors have contributed to this expansion, such as the expanding number of approved indications for each biologic and the gradual increase in physician confidence in their use (Pharmaceutical Technology, 2018). Even with this expansion, there are still notable differences in the use of biologics for RA across Western Europe, according to current data from the METEOR registry. Within this registry,According to Bergstra et al. (2018), the percentage of RA patients who used biologics varied greatly, ranging from 75% in Ireland to 16% in Spain and 15% in the UK.

Conditionsof Reimbursement and Macroeconomic

Given the high costs of biologics, many nations impose limitations on access through reimbursement criteria that are often stringent (Putrik et al., 2014). These criteria can be established at causing notable differences between and within nations national. Biologics were not paid at all in 10 of the 46 European countries included in a cross-sectional survey (Putrik et al., 2014). The eligibility the remaining 36 nations varied significantly of disease duration activity requirement numerous medicines (sDMARDs), even though at least one biologic was covered. For example, 32 countries only required before payment, but four of the 36 nations required. Furthermore, 11 nations required a moderate level of disease activity (based on a joint total of 28).Twenty countries needed a higher (DAS28 > 3.2), while [DAS28] score < 3.2. It's noteworthy that five nations—Germany, Ireland, Luxembourg, Malta, and Switzerland—did not require DAS28 in order to start biologic therapy.

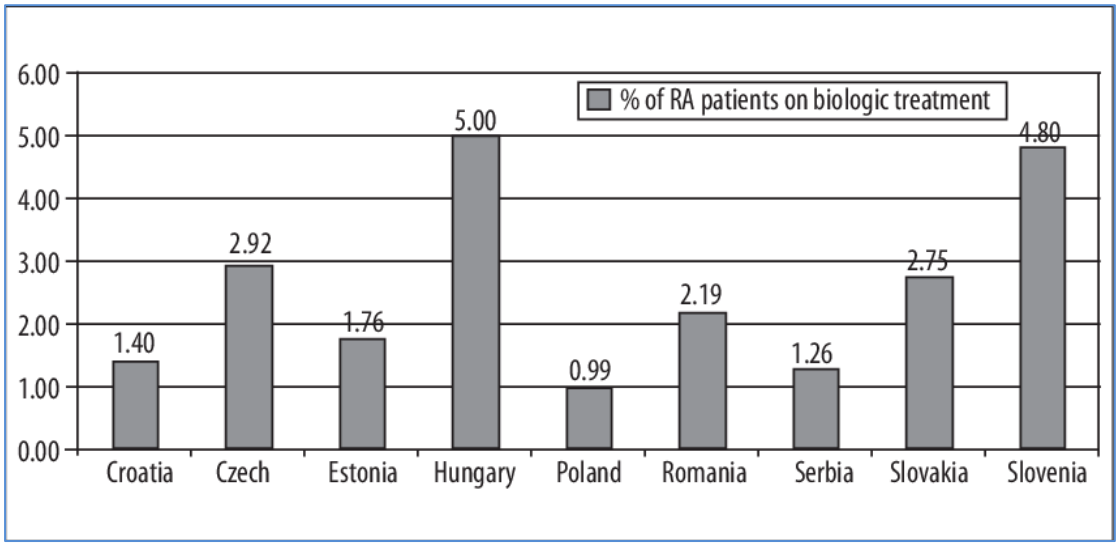

Fig.1.Percentage of RA patients on biologic treatment.

Kalo et al. (2017) show that population examine how national reimbursement requirements affected access to biologics. According to this study, 700,000 RA patients in 39 European nations—including Russia and Turkey not eligible for biologic treatment even though they fulfill EULAR eligibility requirements (Kalo et al., 2017). According to this approach, 86% of EULAR-eligible patients met country-specific reimbursement requirements in nations lesserstringent , but only 13% did so in nations with more stringent requirements.

For these discrepancies, as well as estimates of the financial implications. The relationship between GDP the subject of numerous studies; Putrik et al. (2014) discovered a connection between stricter eligibility requirements for biologics and poorer socioeconomic welfare. Access gaps Central and Eastern European nations have also been found to be significantly influenced by macroeconomic factors, such as affordability and pricing (Orlewska et al., 2011).

Neither GDP per capita nor the proportion of GDP allocated to healthcare showed any significant relationship with patient access to biologics, according to Kalo et al. (2017)'s population model. This implies that access is probably influenced by additional factors. This is corroborated by Laires et al. (2013a), who used data from 15 European nations in a multivariable regression model and discovered that lower methotrexate consumption was linked to decreased biologic utilization. Additionally, a correlation was found between the distribution channel and the availability of biologics, with a higher percentage of biologics distributed in hospitals relative to other settings being associated with decreased usage (Laires et al., 2013a).

Important obstacles to access were identified in a study carried out in Portugal, where biologic consumption was much lower than the European norm in 2013.

Biologics accessibility might differ greatly between nations and among patients. In Sweden, for instance, rates of biologic consumption varied between counties by a factor of two, ranging from 10% to 21% (Neovius et al., 2011). According to patients with lower C-reactive protein levels and shorter disease durations were more likely to receive therapy in counties with high biologic sales. The authors came to the conclusion that the effects of macroeconomic conditions and reimbursement criteria National treatment recommendations and payment regulations are probably important factors in the intricate differences in patient access to biologics between nations. Despite the fact that everyone in Sweden has access to treatment, different countries seem to have different requirements for starting therapy, which could be a reflection of varied physician treatment methods and particular economiccircumstances in every county. Regional differences are also noticeable in Romania, where people who live in more affluent areas and in cities are more likely to obtain biologics than people who live in less affluent areas (Codreanu et al., 2018).

Psoriasis

Despite these guidelines, biologics remain underutilized for moderate-to-severe PsO, with significant variations in access reported both across and within countries. A survey published in 2015, involving dermatologists from Europe Only 20% of patients with moderate-to-severe PsO were receiving biologic therapy, according to research conducted in North America and Europe (France, Germany, Italy, Spain, and the United Kingdom). Cost was identified as the main deterrent for dermatologists to start or continue biologic therapy like Canada, which found that only 26% of patients received biologic

treatment. Cost and regional hospital or clinic policy were major obstacles, and the ways in which these factors impacted the use of biologics varied significantly by nation (Nast et al., 2013).

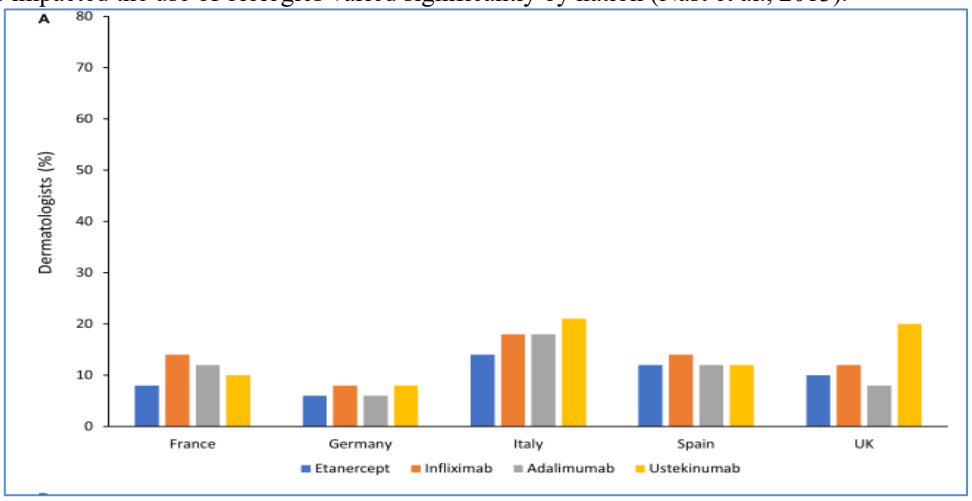

Figure 2: Obstacles to using biologics to treat moderate-to-severe psoriasis in various nations.

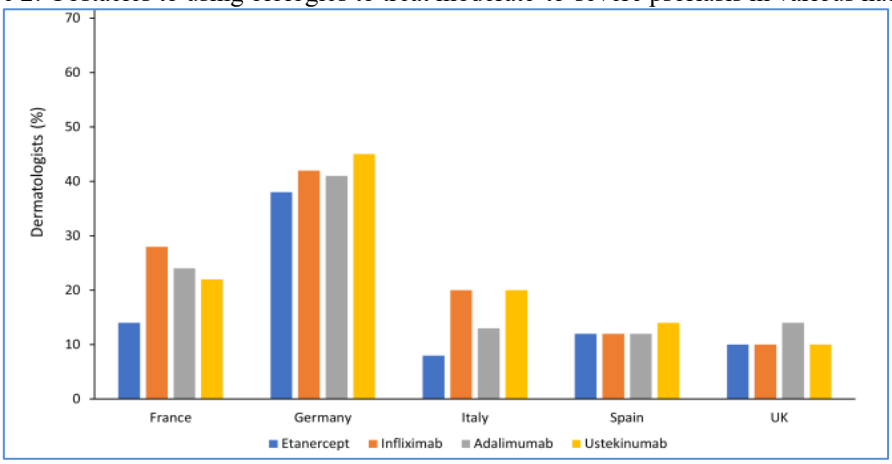

Fig.3.The proportion of dermatologists who believed that the expense of treating patients with moderate-to-severe psoriasis was a significant or very significant barrier to use.

At the individual level, disparities in access to biologics have also been observed in Italy. High-income patients have better access to biologics: A biologic was administered to 42.5% of patients starting systemic treatment for psoriasis. Biologics were more likely to be administered to patients with greater employment and educational attainment compared to those with lower socioeconomic position (Naldi et al., 2017). Higher levels of education and employment, according to the authors' hypothesis, may be associated with improved patient negotiating abilities or greater physician empathy, which could have an impact on treatment choices.

Inflammatory Bowel Diseases (IBD)

Biologics are effective for IBD: Biologics have demonstrated efficacy in Crohn's Disease (CD) and Ulcerative Colitis (UC), improving disease progression, reducing surgery needs, and enhancing participation in the workplace and quality of life (Gulacsi, 2014).

Biologics are advised per current guidelinesfor refractory or relapsed IBD: European guidelines generally recommend biologics for patients with refractory or relapsed IBD following initial conventional therapies (Harbord et al., 2017).

Significant variation in biologic utilization: A systematic review found substantial variation in biologic use across European countries for CD, ranging from 0.2% to 33% (Lelli et al., 2016).

Economic factors play a role: A survey across ten European countries revealed strong correlations between biologic uptake, GDP per capita, and drug affordability (Pentek et al., 2017).

Beyond economics: Even within countries with similar economic development, significant disparities in access to biologics exist, suggesting other factors beyond affordability are influential.

Heterogeneity of UC:

Eastern Europe recorded lower biologic utilization in UC compared to CD, potentially due to the later approval of biologics for UC (Rencz et al., 2015b).

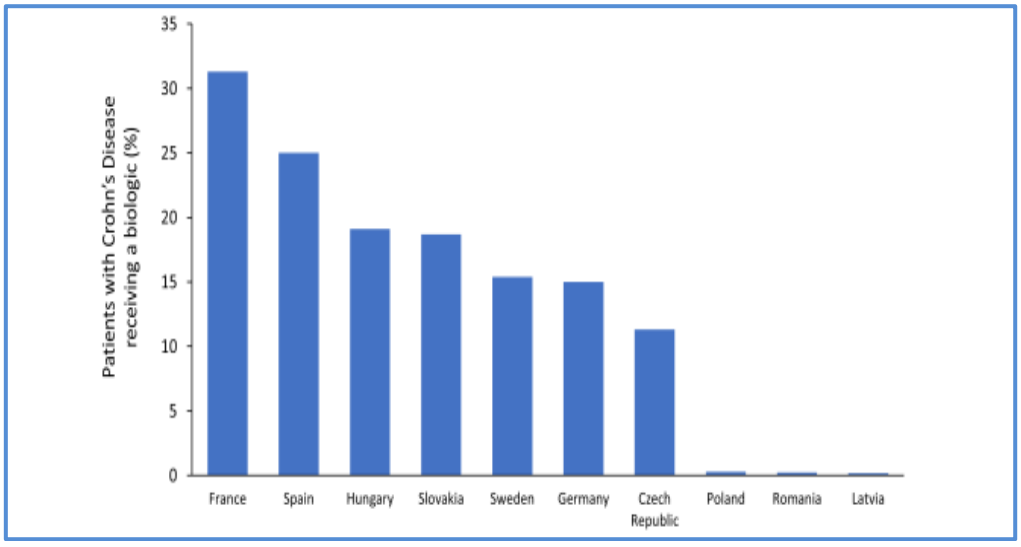

Fig.4Crohn's disease biologic usage prevalence in Europe.

Socioeconomic and healthcare system factors: Significant heterogeneity in biologic access across countries suggesting that societal values regarding IBD may influence treatment decisions.

Economic effects of IMID

The economic burden of rheumatoid arthritis (RA) is substantial. In 2006, it was projected that the yearly economic burden of RA in Europe was €45 billion, with an average cost of €13,500 per patient (Lundkvist et al., 2008). Notably, drug costs accounted for only 14% of the total, while production losses and informal care constituted over half. In Italy, indirect costs (primarily due to lost productivity) accounting for 45% (Mennini et al., 2017). These costs are primarily attributed to the significant impact of RA on workforce participation, as nearly one-third of RA patients are forced to leave their jobs (National Rheumatoid Arthritis Society, 2010).

Economic Impact of Biologics on IMIDs

in Psoriasis (PsO), a 2014 systematic review reported annual total costs per patient ranging from €6,707 in Germany to €11,928 in Sweden (Feldman et al., 2014). For Inflammatory Bowel Diseases (IBD), the total direct costs in Europe are substantial, estimated to be as high as €5.6 billion per year (Burisch et al., 2013), with other estimates ranging from €12.5 to €29.1 billion annually for Ulcerative Colitis (UC) and €2.1 to €16.7 billion for Crohn's Disease (CD) (Cohen et al., 2010). Notably, indirect costs, particularly those related to lost productivity, can be substantial for IBD, reaching up to $14,500 per year per patient for CD and $6,500 for UC (Kawalec, 2016).

Importantly, biologics can significantly reduce the need for costly interventions such as surgery (Mao et al., 2017) in RA and IBD. Enhanced life quality linked to biologic therapy can decrease the social effect of RA and increase productivity (Strand and Singh, 2010). It has been demonstrated that RA patients' work situation is positively impacted by early access to biologics (Olofsson et al., 2017). Likewise, a decrease in indirect expenses and an increase in workplace productivity have been associated with improvements in PsO severity (Graham et al., 2015).

Impact of Biosimilars

Biosimilars provide access to these vital treatments by providing affordable substitutes for their reference biologics. Biosimilars must undergo thorough characterization, preclinical, and clinical research to prove their similarity to the reference product, according to the European Medicines Agency's (EMA) strict regulatory route (EMA, 2017). There are still issues in spite of strict control. Concerns regarding possible loss of efficacy or the "nocebo effect," in which patient fear can result in perceived adverse effects, may arise when switching between biosimilars and the reference product (Planès et al., 2016; Rezk and Pieper, 2018; Boone et al., 2018; Odinet et al., 2018). Additionally, even though cost reductions are expected, more resources—like more outpatient appointments—might be needed to make the move (Barnes et al., 2018). But according to a Danish registry research, there was no proof of elevatedoutpatient visits after switching to a biosimilar from reference infliximab (Glintborg et al., 2018). To keep an eye on the long-term safety of all biosimilars and adjust to the growing amount of data produced by several biosimilar products, ongoing pharmacovigilance is essential (Kay et al., 2018).

Benefits of Biosimilars for Patients, Providers, and Payers

Patients:

- **Improved access:** Cost savings from biosimilars can lead to broader national reimbursement criteria, potentially aligning with European clinical guidelines. This translates to increased access to biologics, potentially improving clinical and functional outcomes for patients with early or moderate IMIDs (D'Haens et al., 2008.).
- **Shifting perception:** Initial wariness towards biosimilars is diminishing as patients recognize the societal benefits of increased access and affordability.

Healthcare Providers:

- **Improved outcomes:** Wider access to biologics for appropriate patients aligns with clinical guidelines and can lead to improved patient outcomes.
- **Addressing concerns:** Education and awareness campaigns can address any initial reluctance or negative perceptions about biosimilars, ensuring healthcare professionals feel confident in prescribing them.

For Future :

- **Education and Awareness:** Addressing physician and patient concerns is crucial. Educational programs can clarify the rigorous development, regulatory processes, and safe use of biosimilars across various indications.
- **Advocacy Education by Medical Societies:** Medical societies can play a key role by providing scientific reviews and position papers that promote biosimilars. Efforts like the International Psoriasis Council's global overview on biosimilars in dermatology (Cohen et al., 2017) highlight this approach.
- **Improving Access to Biologics:** Strategies beyond biosimilars are needed for broader access. Streamlining biologic distribution, optimizing referral pathwayscan all contribute. Nurse specialists can play a significant role in facilitating wider use of biologics through patient education, prescription coordination, and data collection (Palmer and El Miedany, 2010).
- **Cost-Effectiveness**

International guidelines, such as those by EULAR for RA treatment, emphasize a cost-effective approach to biologics. They advocate for prioritizing cost-effective treatments while ensuring safety and adherence to therapeutic paradigms (Smolen et al., 2017). Similar recommendations are being adopted by individual countries. For instance, the UK's National Institute for Health and Clinical Excellence recommends initiating treatment with the least expensive biologic for RA and UC (NICE, 2015, 2016). Cost considerations are also factored into the French Society for Rheumatology's treatment decisions for RA (Gaujoux-Viala et al., 2014).

Conclusions

There have been reports of variations in patient access to biologic treatments throughout Europe. Although the factors behind these variations are multifaceted and may vary by nation, macroeconomic factors, such as the cost of drugs / person% GDP, often identified as major contributor to discrepancies in biologics use. As a result, low-income nations frequently have especially limited access to expensive biologic treatments. To guarantee that payers and patient groups have access to the information they require in order completely comprehend the advantages and disadvantages of implementing biosimilars, more research is required. Notably, long-term data for all nations is generally lacking, and the degree to which these problems, together with longer-term inquiries pertaining to the the wider societal advantages and health-related economic ramifications after the launch of this generation of biosimilars.

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