Satakunnan hyvinvointialue

Anakinra, KINERET® – in the treatment of rheumatic diseases

Indications

Anakinra is used for treatment of indications such as rheumatoid arthritis, and sometimes, Still's disease, when sufficient treatment response is not achieved with traditional antirheumatic drugs or they cannot be used.

Drug product and mode of action

Anakinra belongs to a class of drugs called biologic drugs. Cytokines, which provide communication between cells, maintain the inflammatory reaction in rheumatoid arthritis and other inflammatory joint diseases. In terms of inflammation, the most important cytokines include IL-1 (interleukin-1). Anakinra is an IL-1 receptor antagonist that neutralises the biological activity of IL-1. It soothes joint inflammation, prevents it from progressing, and prevents joint damage.

Dosage and method of administration

Anakinra is given as a subcutaneous injection (under the skin) 100 mg per day, preferably at the same time every day. Anakinra is available in prefilled syringes of 100 mg.

Adverse effects

The most common adverse effect is local skin irritation at the injection site, such as redness, pain or itching. These symptoms usually appear during the first four weeks of treatment and disappear by themselves. Anakinra may increase susceptibility to infections. A slight reduction of leucocytes (white blood cells) may occur, but severe leucocyte loss is rare. The use of the drug must be stopped for the duration of infections with fever or infections that require treatment with antibiotics.

Pregnancy and breastfeeding

The use of anakinra is not recommended during pregnancy or breastfeeding. The use of the drug must be stopped a week before a planned pregnancy.

Treatment follow-up

Safety tests are taken **once a month during the first 3 months and then once every 3–6 months.** The results are checked at the health centre. The safety tests include the following:
Basic blood count, B-NEUT and ALT.
CREA, U-Chemscr, CRP and ESR are measured in connection with treatment assessment before doctor's appointment every 6–12 months.

Other considerations

Anakinra is stopped for at least one day before and for about two weeks after surgery. In the case of individual patients, the duration of the drug pause also depends on the nature and urgency of the operation, patient's overall infection risk, and risk of recurrence of the underlying illness. The use of the drug may be resumed once the wound has healed properly.
Vaccines that contain live attenuated organisms must not be given during treatment. Before the onset of treatment, any dental procedures required must be completed and vaccinations must be up to date.

Link Reumalääkkeiden ohjeet | Reumatalo.fi | Terveyskylä.fi (in Finnish)

Satasairaala Wellbeing services county of Satakunta
For Satasairaala's website, go to www.satasairaala.fi