Appendix A

Table 1: Lower costs

| **Detail of costs** | **Intervention arm n=52** | **Control arm n=48** | **Mean difference** | **(95%CI)** | ***p*** |
| --- | --- | --- | --- | --- | --- |
| **Mean** | **SD** | **Total cost %** | **Mean** | **SD** | **Total cost %** |
| Primary care  |
| General practitioner  | 20.08 | 31.41 | 2.44 | 35.25 | 48.97 | 5.41 | 15.17 | -11.50 | 41.84 | 0.32 |
| Total primary care costs | 20.08 | 31.41 | 2.44 | 35.25 | 48.97 | 5.41 | 15.17 | -11.50 | 41.84 | 0.32 |
|   |
| Secondary care |
| Rheumatologist | 193.85 | 104.76 | 23.58 | 225.31 | 166.36 | 34.56 | 31.47 | -58.68 | 121.61 | 0.86 |
| **CNS (face-to-face)** | **30.00** | **41.63** | **3.65** | **71.50** | **52.14** | **10.97** | **41.50** | **10.99** | **72.01** | **<0.001** |
| **CNS (telephone)** | **232.00** | **71.69** | **28.22** | **0.00** | **0.00** | **0.00** | **-232.00** | **-264.23** | **-199.77** | **<0.001** |
| Full blood count | 59.40 | 13.55 | 7.22 | 57.68 | 11.04 | 8.85 | -1.72 | -9.67 | 6.22 | 0.62 |
| ALT & ALP | 41.75 | 9.52 | 5.08 | 40.54 | 7.76 | 6.22 | -1.21 | -6.79 | 4.37 | 0.62 |
| ESR | 41.75 | 9.52 | 5.08 | 40.54 | 7.76 | 6.22 | -1.21 | -6.79 | 4.37 | 0.62 |
| CRP | 41.75 | 9.52 | 5.08 | 40.54 | 7.76 | 6.22 | -1.21 | -6.79 | 4.37 | 0.62 |
| **Education** | **35.00** | **0.00** | **4.26** | **0.00** | **0.00** | **0.00** | **-35.00** | **-35.00** | **-35.00** | **<0.001** |
| Methotrexate | 47.04 | 14.66 | 5.72 | 44.99 | 15.00 | 6.90 | -2.05 | -11.61 | 7.52 | 0.32 |
| **Total secondary care costs (model 1)** | **722.51** | **185.66** | **87.88** | **521.08** | **187.58** | **79.93** | **-201.43** | **-321.76** | **-81.1** | **<0.001** |
| Total secondary care costs (model 2)a | 490.51 | 148.55 | 83.11 | 521.08 | 187.58 | 79.93 | 30.57 | -78.84 | 139.98 | 0.93 |
|   |  |  |  |  |  |  |  |  |  |  |
| **Total cost to health service (model 1)** | **742.59** | **187.85** | **90.32** | **556.33** | **209.56** | **85.34** | **-186.26** | **-57.78** | **-314.74** | **<0.001** |
| Total cost to health service (model 2)a | 510.59 | 152.59 | 86.52 | 556.33 | 209.56 | 85.34 | 45.74 | -72.92 | 164.4 | 0.88 |
|   |  |  |  |  |  |  |  |  |  |  |
| Individual |
| Travel to outpatients | 43.62 | 26.03 | 5.3 | 63.38 | 31.94 | 9.72 | 19.76 | 0.92 | 38.59 | 0.06 |
| Travel to other services | 35.96 | 9.29 | 4.37 | 32.19 | 10.41 | 4.94 | -3.77 | -10.14 | 2.6 | 0.14 |
| Total cost to individual | 79.58 | 26.32 | 8.11 | 95.56 | 37.53 | 13.25 | 15.99 | -5.01 | 36.98 | 0.21 |
|   |  |  |  |  |  |  |  |  |  |  |
| **Total cost per case (model 1)** | **822.17** | **209.62** | **100** | **651.9** | **245.55** | **100** | **-170.27** | **-317.76** | **-22.79** | **<0.001** |
| Total cost per case (model 2)a | 590.17 | 176.14 | 100 | 651.9 | 245.55 | 100 | 61.73 | -76.62 | 200.08 | 0.74 |

a model 2 - excluding telephone helpline

Table 2: Upper costs

| **Detail of costs** | **Intervention arm n=52** | **Control arm n=48** | **Mean difference** | **(95%CI)** | ***p*** |
| --- | --- | --- | --- | --- | --- |
| **Mean** | **SD** | **Total cost %** | **Mean** | **SD** | **Total cost %** |
| Primary care  |
| General practitioner  | 23.98 | 37.52 | 1.96 | 42.10 | 58.50 | 5.08 | 18.12 | -13.73 | 49.98 | 0.32 |
| Total primary care costs | 23.98 | 37.52 | 1.96 | 42.10 | 58.50 | 5.08 | 18.12 | -13.73 | 49.98 | 0.32 |
|  |
| Secondary care |
| Rheumatologist | 276.92 | 149.66 | 22.68 | 321.88 | 237.65 | 38.86 | 44.95 | -83.82 | 173.73 | 0.86 |
| **CNS (face-to-face)** | 60.58 | 84.07 | 4.96 | 144.38 | 105.28 | 17.43 | 83.80 | 22.20 | 145.40 | <0.001 |
| **CNS (telephone)** | 499.69 | 154.40 | 40.93 | 0.00 | 0.00 | 0.00 | -499.69 | -569.12 | -430.27 | <0.001 |
| Full blood count | 59.40 | 13.55 | 4.87 | 57.68 | 11.04 | 6.96 | -1.72 | -9.67 | 6.22 | 0.62 |
| ALT & ALP | 41.75 | 9.52 | 3.42 | 40.54 | 7.76 | 4.89 | -1.21 | -6.79 | 4.37 | 0.62 |
| ESR | 41.75 | 9.52 | 3.42 | 40.54 | 7.76 | 4.89 | -1.21 | -6.79 | 4.37 | 0.62 |
| CRP | 41.75 | 9.52 | 3.42 | 40.54 | 7.76 | 4.89 | -1.21 | -6.79 | 4.37 | 0.62 |
| **Education** | 48.40 | 0.00 | 3.96 | 0.00 | 0.00 | 0.00 | -48.40 | -48.40 | -48.40 | <0.001 |
| Methotrexate | 47.04 | 14.66 | 3.85 | 44.99 | 15.00 | 5.43 | -2.05 | -11.61 | 7.52 | 0.32 |
| **Total secondary care costs (model 1)** | 1117.26 | 300.52 | 91.52 | 690.52 | 267.55 | 83.38 | -426.74 | -609.87 | -243.61 | <0.001 |
| Total secondary care costs (model 2)a | 617.57 | 214.08 | 85.64 | 690.52 | 267.55 | 83.38 | 72.95 | -83.71 | 229.62 | 0.71 |
|   |  |  |  |  |  |  |  |  |  |  |
| **Total cost to health service (model 1)** | 1141.24 | 301.00 | 93.48 | 732.63 | 294.01 | 88.46 | -408.62 | -216.87 | -600.37 | <0.001 |
| Total cost to health service (model 2)a | 641.55 | 217.11 | 88.96 | 732.63 | 294.01 | 88.46 | 91.08 | -76.20 | 258.35 | 0.57 |
|   |  |  |  |  |  |  |  |  |  |  |
| Individual |
| Travel to outpatients | 43.62 | 26.03 | 3.57 | 63.38 | 31.94 | 7.65 | 19.76 | 0.92 | 38.59 | 0.06 |
| Travel to other services | 35.96 | 9.29 | 2.95 | 32.19 | 10.41 | 3.89 | -3.77 | -10.14 | 2.60 | 0.14 |
| Total cost to individual | 79.58 | 26.32 | 8.11 | 95.56 | 37.53 | 13.25 | 15.99 | -5.01 | 36.98 | 0.21 |
|   |  |  |  |  |  |  |  |  |  |  |
| **Total cost per case (model 1)** | 1220.82 | 322.17 | 100.00 | 828.19 | 330.61 | 100.00 | -392.63 | -603.14 | -182.12 | <0.001 |
| Total cost per case (model 2)a | 721.13 | 241.60 | 100.00 | 828.19 | 330.61 | 100.00 | 107.06 | -80.37 | 294.49 | 0.52 |

a model 2 - excluding telephone helpline