

# Managing patient expectations when treated with oral selexipag for pulmonary arterial hypertension (PAH): results from a Delphi consensus survey

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## Background

- Oral selexipag is a selective prostacyclin receptor agonist approved for patients with PAH to delay disease progression and reduce the risk of PAH-related hospitalizations, based on a robust evidence base that has been growing since GRIPHON, the largest PAH outcomes study to date.<sup>1-3</sup>
- Oral selexipag is associated with a range of expected prostacyclin pathway side effects, more frequently seen during titration, that can impact patients' experience and treatment adherence.
- Strategies for managing patient expectations and improving patients' experience when treated with oral selexipag can lead to improved treatment adherence and persistence, maximizing its clinical benefits.

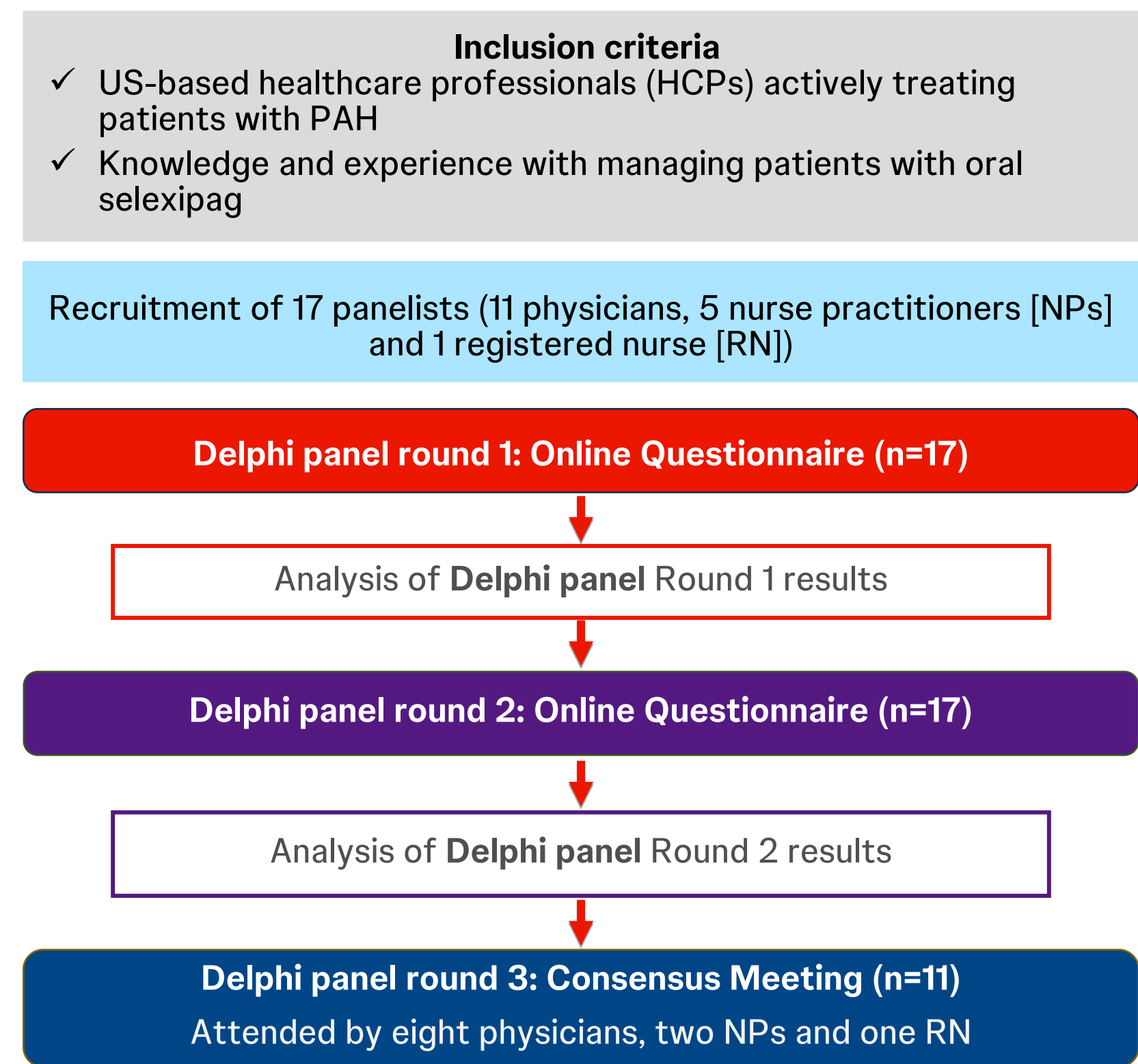
## Objective

To reach consensus on best practices for managing patient expectations when treated with oral selexipag by conducting a double-blinded Delphi panel of clinical experts with experience treating patients with PAH with oral selexipag.

## Methods

- The study was conducted between April and November 2023 using a double-blinded modified Delphi method (Figure 1): a structured communication method to elicit consensus from a range of opinions.
- The Delphi panel included a virtual consensus meeting that was held to discuss and revise any statements that did not reach consensus in the surveys (panel rounds 1 and 2).
- A nine-point Likert scale (from 1 [strongly disagree] to 9 [strongly agree]) was used to rate consensus.

Figure 1. Modified Delphi panel



## Results

### Panelists characteristics

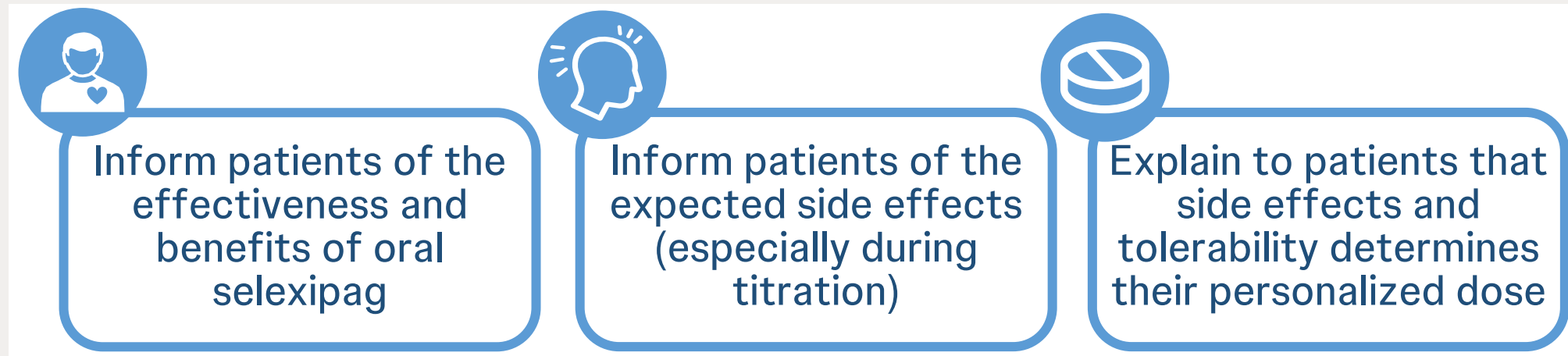
- Panelists' primary specialty:



- Most panelists (15/17) confirmed having experience or being involved in clinical trials involving selexipag at the time of the study.

### Management of initial and ongoing expectations when a patient is started on oral selexipag that reached consensus

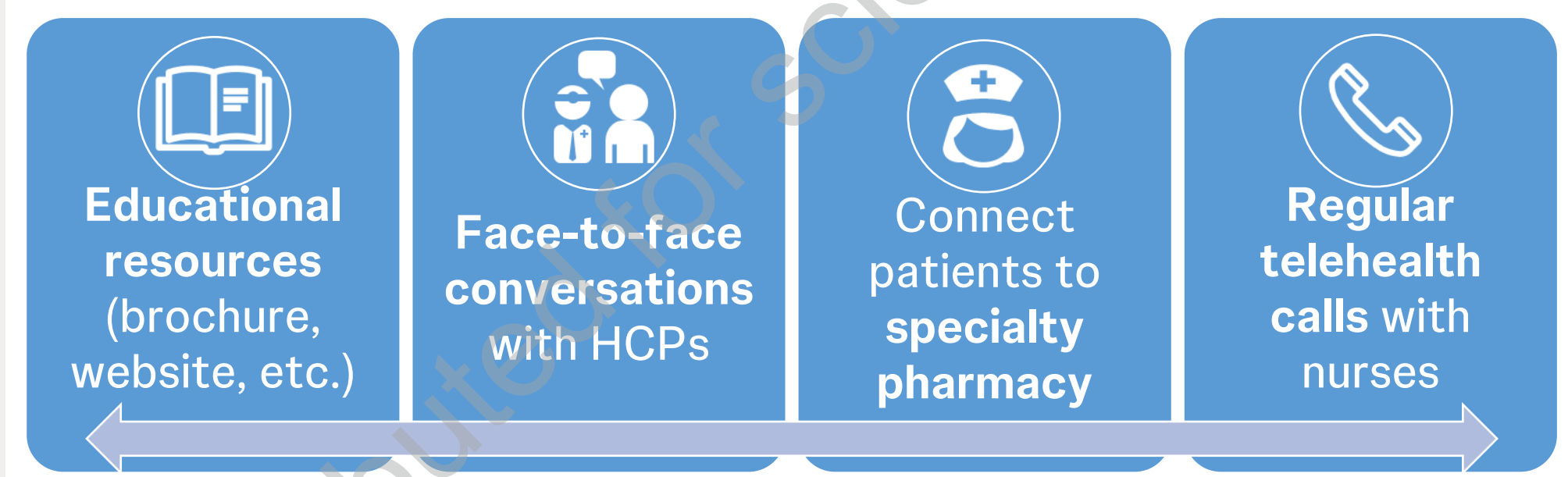
- Panelists agreed that communication is crucial to optimize patient expectations when initiating treatment with oral selexipag.



*"Support groups are really key here. Especially in patients starting out in their journey, as patients who have already gone through the process can share their experience with side effects, things that ended up leading to success, and gains that this person has never experienced that will help them be willing to walk into the unknown."*

**– quote from panelist on approaches for side effect management and patient support**

### Approaches for managing expectations regarding treatment side effects, effectiveness and benefits, and titration that reached consensus:



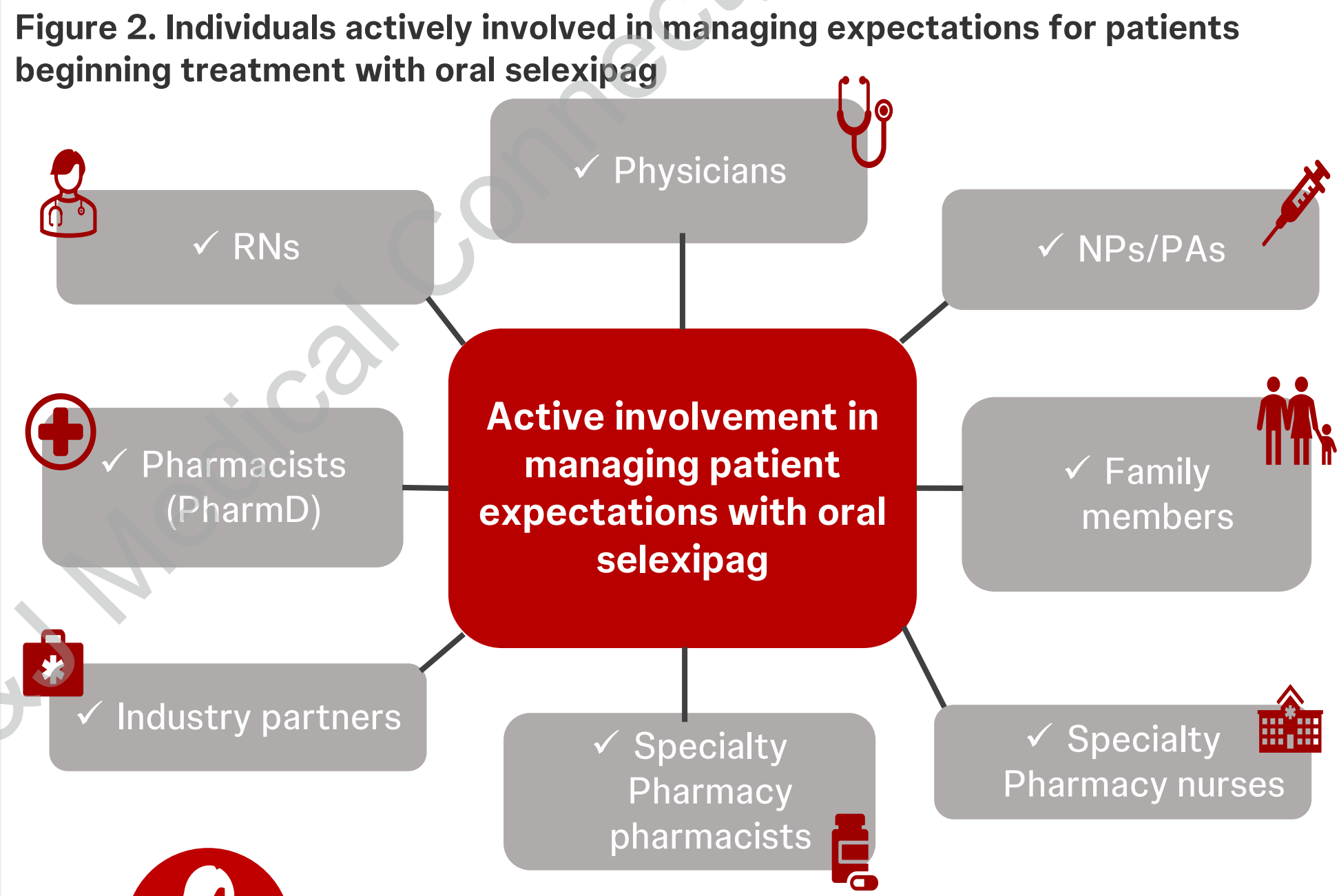
- Other approaches identified by the panel as key for patient management included support groups and online platforms to provide patient support, engagement, and a source of information.

*"Typically, [telehealth is] video and voice, but not always, it could be a telephone call scheduled for some express purpose to see how the patient's doing - to see if they're tolerating the medication, etc."*

**– quote from panelist on telehealth for side effect management**

### Multidisciplinary team involvement in managing oral selexipag expectations

- Consensus was reached that side effect management was a collaborative approach, which differed based on the clinic/center (Figure 2).

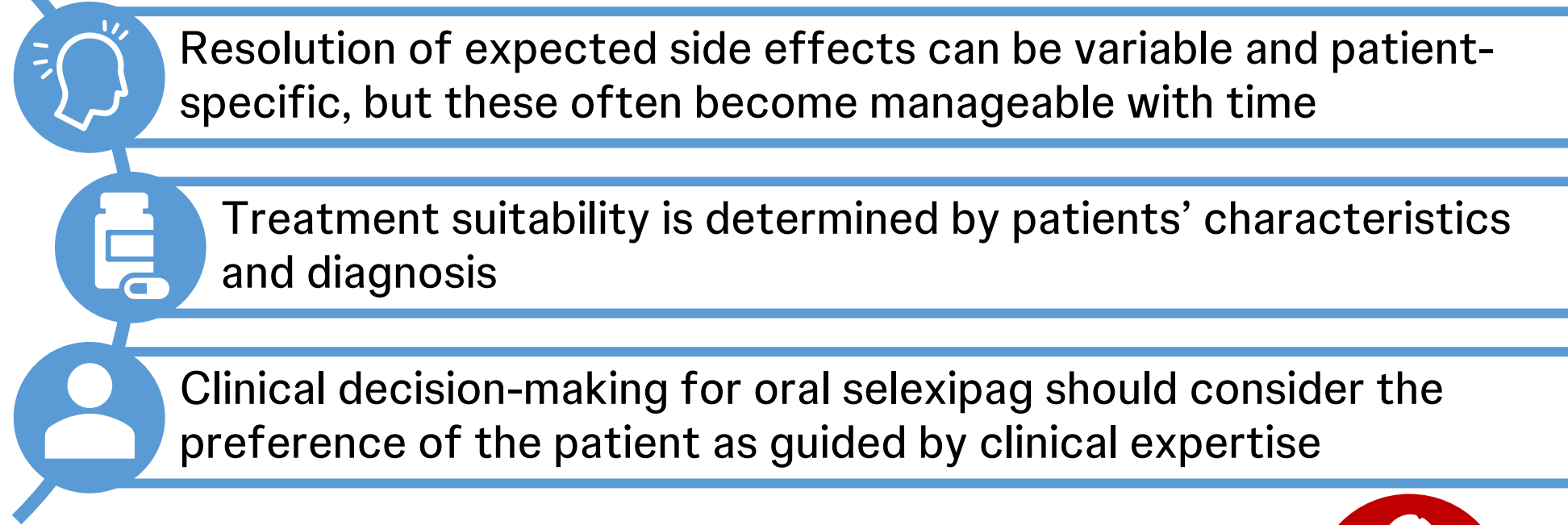


*"It [management] is a team approach. It's going to vary with the centers to how exactly all the players work together."*

*"[...] family members [while] they're not in your practice, they're certainly involved in managing side effects"*

**– quotes from panelist on involvement for side effect management**

### Panelists' views on patient-centric approach to selexipag treatment



*"Patients have different tolerability. So, if the patient's quality of life is appropriate or they feel like the benefit is worth the side effects then I think that's a patient that I would continue versus a patient saying: 'stop this immediately I don't want to do this anymore'"*

*"So, if it [the side effect] is persistent, but the patient says I'm fine with this, then we might continue"*

**– quotes from panelists on the suitability of oral selexipag**

## Conclusions and Key Takeaways

- Selexipag is indicated for the treatment of PAH to delay disease progression and reduce the risk of hospitalization. It is associated with expected side effects (especially during the up-titration phase), which can have a negative impact on patients' experience and treatment adherence.
- This Delphi panel provides expert consensus recommendations on best practices for HCPs to optimize patient expectations when treated with oral selexipag.
- Communication with patients regarding expected side effects, titration methods and the treatment benefits is the best way of managing expectations when a patient is started on oral selexipag.
- Panelists identified different approaches to manage expectations during treatment with oral selexipag and highlighted the value of family members and support groups in helping patients to navigate their disease.
- Managing expectations for patients beginning treatment with oral selexipag is a collaborative task involving a multidisciplinary team which differs based on the clinic/centre.
- The importance of considering patient preference when choosing a treatment for PAH and developing dosing and titration methods. Treatment methods should be individualized to improve patient experience and ensure adherence.
- Insights support the development of best practices that prioritize patients' needs when initiating or titrating oral selexipag and managing side effects.

### Disclosures

SW is a member of the Speaker Bureau for Johnson & Johnson, as well as a member of Advisory Boards for Johnson & Johnson, Merck, and Liquidia. GD and PS employees and shareholders of Johnson & Johnson. CB and MC are employees of Johnson & Johnson. RP, DB, CO, and LVM are employees of Adelphi Values PROVE™, who were contracted by J&J to conduct this research.

