We also looked at use of higher dose corticosteroids or IS in the first two years after diagnosis. We assessed whether each of these patterns of drug use varied between different patient groups.

**Results** Figure 1a shows that 134 (78%) of patients received steroids, 121 (71%) hydroxychloroquine and 98 (57%) IS. About a third (59 or 35%) received all three. Conversely, 33 (19%) received no drugs or hydroxychloroquine alone. 94% of those who received IS also got steroids.

There were no significant associations with gender or ethnicity except that a higher proportion of non-white patients than white received both higher dose corticosteroids and IS (36% vs 21% p=0.05). Figure 1b shows that use of most drugs was similar across all ages of onset, except that those diagnosed at >50 years had lower use of higher dose corticosteroids (40%) and azathioprine (10%) but higher use of cyclophosphamide (30%) than other groups.

Figure 1c shows a shift to increased early use of IS and higher dose corticosteroids in patients diagnosed in more recent decades. Cyclophosphamide use has continued despite introduction of rituximab and mycophenolate.

**Conclusion** This long-term retrospective analysis shows that over the course of disease 81% of patients received corticosteroids and/or immunosuppressants. Early aggressive immunosuppression has become more common.

**PS6:112** ACCEPTANCE AND COMMITMENT THERAPY IN LUPUS, A CASE CONTROL STUDY

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10.1136/lupus-2018-abstract.156

The aim of this study was to evaluate the influence of accept- and commitment therapy (ACT) in lupus, on frustration,
Hydroxychloroquine is an integral part of maintenance therapy in lupus patients. Recent UK guidelines recommend that patients on hydroxychloroquine need to have regular monitoring. The risk of retinal toxicity becomes significant after a cumulative dose of 1 gram or after 7 years of drug use. Monitoring with use of spectral domain optical coherence tomography (OCT) is required after 5 years of use from recent guidelines.

The University hospitals of Leicester which serves 1 million population has a diverse group of caucasian and black with minority ethnic (BME) groups. There are 293 patients with lupus on the rheumatology database of the tertiary hospital. 194 (66%) of them are on hydroxychloroquine. We performed an audit of patients that have regular eye monitoring. The average duration of hydroxychloroquine use was 79 months. 53% of the respondents were aware of the need for regular eye monitoring whilst on hydroxychloroquine. Letters were sent out to the patients with lupus on hydroxychloroquine. 106 responses were obtained with a response rate of 55%. 96 (91%) were female and the remainder were male. The average age of the respondents was 49 years. The average duration of hydroxychloroquine use was 79 months. 53% of the respondents had been on Hydroxychloroquine for more than 5 years. 42% of all respondents were made of patients in the BME group. Of the 106 respondents, only 86% (91) were aware that eye checks were required. Majority of the patients (60%) who were not aware of the need for regular eye monitoring were in the BME group. 71% of patients who had not had regular eye monitoring had other DMARDs alongside hydroxychloroquine. 20% of this patient cohort were not compliant with regular eye monitoring after use of hydroxychloroquine after 5 years or more.

Ethnicity, disease factors, use of other DMARDs and duration of hydroxychloroquine use may play a role in determining patient compliance with regular eye monitoring. We recommended that more should be done to continually educate patients about the need to have yearly eye checks.