

Beyond the Trial Setting: Real-World Effectiveness of Filgotinib in Ulcerative Colitis

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Introduction: Filgotinib, a selective Janus kinase 1 (JAK1) inhibitor, reduces cytokine-mediated inflammation by inhibiting JAK-1 dependant signalling pathways. While clinical trials demonstrate efficacy and safety, real-world evidence remains limited, particularly in the UK.

Aim: To evaluate the real-world effectiveness and safety of filgotinib in patient with active ulcerative colitis (UC) in Northern Ireland (NI).

Methods: Retrospective cohort study was conducted at Ulster Hospital, NI. Patients with active UC who initiated filgotinib between November 2022 to March 2025 were identified via electronic health records. Demographics, disease duration, therapies, and clinical/biochemical markers were collected at baseline and approximately 12 weeks post-treatment. Outcomes assessed included Partial Mayo Score (PMS), C-reactive protein (CRP), faecal calprotectin (FC) and serum albumin. Paired t-tests compared changes from baseline.

Results: Forty-six patients were included (24 males, 22 females), with a median age of 35.5 years, median disease duration of 7 years and median follow-up duration was 10 months. At baseline, half were biologic-naïve and half biologic-experienced; including 22% who had previously received ≥ 2 biologics. Remission (PMS ≤ 2) was achieved in 19 biologic-naïve patients and 13 receiving biologics. Mean PMS significantly improved from 5.0 to 1.7 at 12 weeks; with clinical remission increased from 18% to 78%. FC levels significantly decreased, while CRP and albumin showed non-significant trends toward improvement. Filgotinib was well tolerated, with no serious adverse events and 91% remaining on therapy at 12 weeks.

Conclusion: This first NI real-world study supports filgotinib as an effective and well-tolerated treatment for UC, demonstrating significant clinical and biochemical improvement.

Figure 1: Remission Achieved by Biochemical or Clinical Outcome

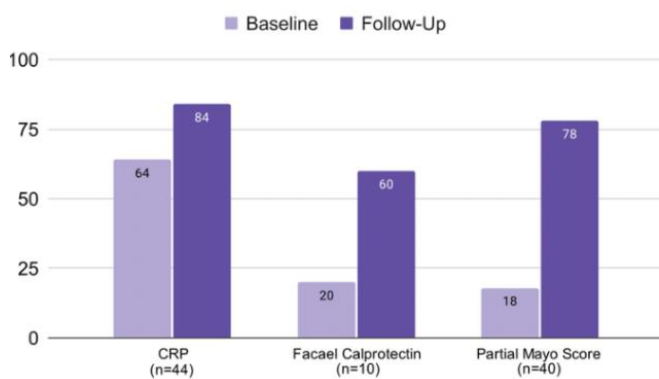


Figure 2: Patient-reported Adverse Effects of Filgotinib

