

Improving Patient Acceptability and Adherence in <u>Psoriasis Treatment</u>



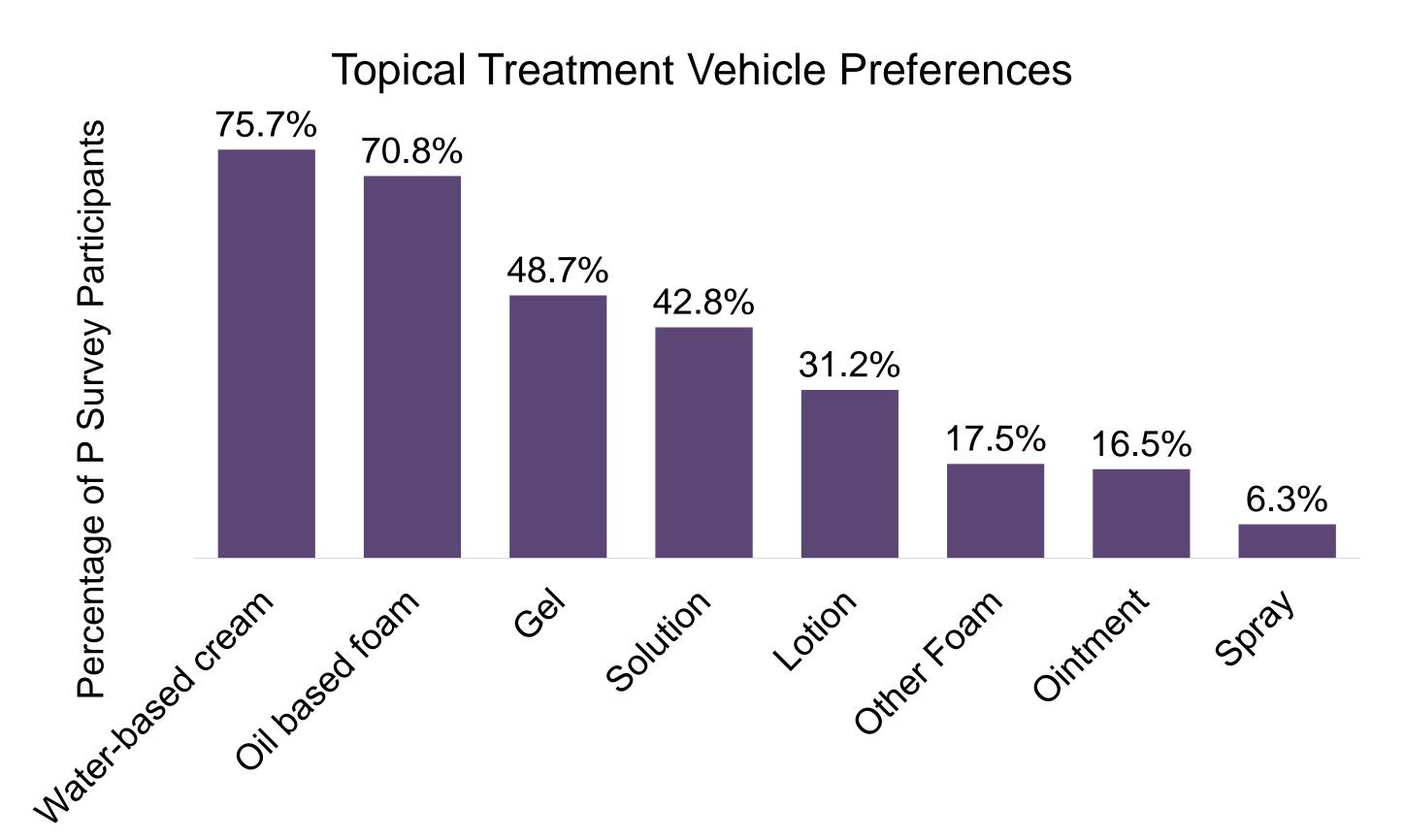
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INTRODUCTION

- Psoriasis is a common inflammatory skin condition that varies in severity
- Most patients have limited disease amenable to topical treatment, however poor treatment adherence limits efficacy_{1,2,3}
- Purpose: To assess patients' psoriasis treatment experience, expectations, and preferences

METHODS

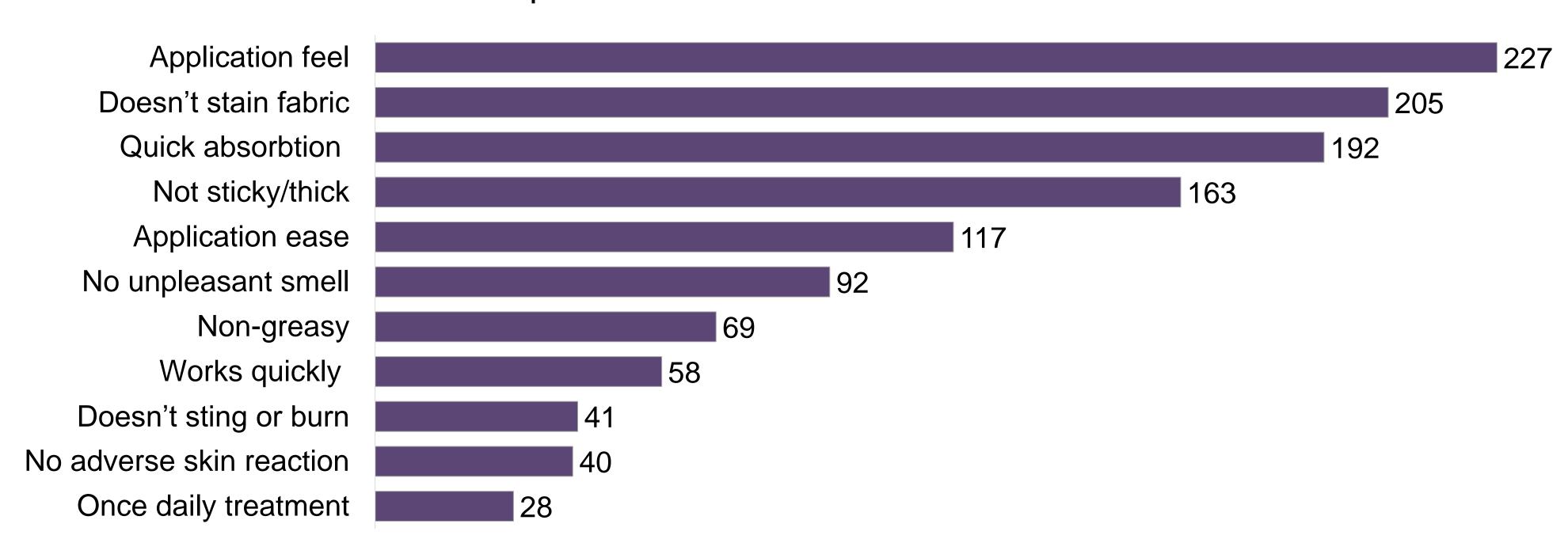
- The National Psoriasis Foundation conducted a survey in March 2022 that recruited 411 participants
- Inclusion criteria:
 - Psoriasis diagnosed by a healthcare provider
 - Active disease within six months to one year of the survey collection
 - Commercial insurance



National Psoriasis Foundation Survey Questions

- 1. How would you describe your psoriasis?
- 2. How has your dermatologist categorized your psoriasis?
- 3. Where do you have/had psoriasis plaques?
- 4. How frequently do you use topical prescriptions to treat your psoriasis plaques?
- 5. Do you use prescription, over-the-counter medication, or both to treat your psoriasis?
- 6. Other than topical medications, what other prescription-based treatment do you routinely use?
- 7. How quickly do you need to notice an improvement in your psoriasis due to a topical prescription medication before you assume it isn't working and stop usings it?
- 8. Which signs and symptom(s) of your psoriasis do you find most bothersome?
- 9. Do you suffer from itch due to your psoriasis?
- 10. If you have itch, where does this affect you?
- 11. On a scale of 1-10, how would you rate the worst your itch has been in the last month?
- 12. Which attributes are most important to you in a prescription treatment?
- 13. If you don't like the product formulation prescribed, how long will you give it to see if it works?
- 14. If a topical prescription your dermatologist prescribed for you causes an unpleasant reaction or rash on your skin, what are you most likely to do?
- 15. Of all the topical prescription treatments you've previously tried, which three formulations have you preferred?
- 16. If you have used a topical prescription treatment on your scalp, how easy was it to remove the medication from your hair?
- 17. If you can remember the brand names of any topical prescription products you've used, please list them.

Topical Treatment Formulation Preferences



Number of Survery Participants

RESULTS

- Most participants (83.9%) self-reported moderate psoriasis
- Symptoms reported the most bothersome were scaly appearance (78.8%), bleeding/oozing (60%), itch (55%), and flaking (37.4%)
- Most participants (76%) reported using topical therapy at least once weekly
- Nearly 80% of participants said they would allow two weeks for a medication to become effective before considering discontinuation
- If a topical medication caused a reaction, more than 40% of patients said they would call another dermatologist
- If participants did not like a topical treatment's formulation, most (74.7%) said they would continue to use the medication for a week before discontinuation

CONCLUSION

- Topical treatments continue to be a mainstay of psoriasis treatment
- Patients expect to see rapid improvement with topical treatment; otherwise, they report they will discontinue treatment
- The characteristics of psoriasis treatment vehicles also affects patients' reported willingness to use treatment and may be an important consideration in treatment planning

REFRENCES

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