

## BIOLOGICAL THERAPIES FOR THE TREATMENT OF PSORIASIS: EFFECTIVENESS, SAFETY AND ECONOMIC IMPACT OF OPTIMISATION STRATEGIES

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### **Background and importance**

The goal of psoriasis treatment is to achieve and maintain the widest possible clearance of lesions and control of systemic inflammation over the long term. Biological therapies (BT) are only indicated moderate-severe psoriasis (MSP) refractory to conventional systemic therapy. In patients with sustained total clearance of lesions (TCL), dose reduction (DR) and dose spacing (DS) are optimization strategies used in clinical practice to reduce the risk of the appearance of adverse effects (AE) and optimize resources.

### **Aim and objectives**

Describe the effectiveness and safety of BT in MSP, and measure the economic impact of optimization strategies in clinical practice.

### **Material and methods**

An observational and retrospective study was performed in MSP patients treated with BT since jan-12 to oct-21. We registered: sex, age, responders patients (RP): PASI $\geq$ 75% reduction in baseline PASI, time to loss of response (TTLOR), patients with TCL: PASI-100, patients with loss of response (LOR), duration of TCL (DTCL), causes of end of treatment (EOT) and AE due to BT. Patient data was obtained from corporate prescription program and electronic medical history.

Direct costs between the use of SD instead of optimized dose were compared in order to calculate the economic saving.

### **Results**



36 patients  
51,42% ♂  
median age= 53  
(range 28–77) years

RP 94,29% -> **48,57% TCL with a mean DTCL of 35,5 months.**

Optimisation strategies in 11 patients (31,42%)



Expend  
reduction of  
**116.386€**

The main causes of EOT: no response (2,86%), **LOR (25,71%) with a mean of 31 months** and pregnancy (8,57%).

In 3 patients (8,3%) the dose was intensified due to lack of disease control.

Patients with AE -> 3 -> erythema (2) and weight gain (1).

### **Conclusion and relevance**

BT was effective in most cases with an acceptable safety profile. Moreover, optimisation strategies means an expend reduction with a huge optimization of the resources available in our hospital.

**A correct follow-up of the patients is very important to detect which patients can benefit from optimization strategies, treatment change or intensification.**