

TEN YEARS OF EXPERTISE IN USTEKINUMAB USE FOR THE TREATMENT OF MODERATE TO SEVERE PLAQUE PSORIASIS

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BACKGROUND AND IMPORTANCE

On the last ten years a pharmacotherapy revolution in the treatment of moderate-severe plaque psoriasis (MS-PP) has occurred. In our environment, the prescription of ustekinumab has increased greatly since its approval in 2009. Therefore, now it is the time to reflect about its use and to assess the real-world setting, before the new approved drugs break into our prescribers.

AIM & OBJETIVES

PRIMARY END-POINT

To assess the drug survival of ustekinumab for MS-PP treatment.

SECONDARY END-POINT

To assess the effectiveness of ustekinumab for MS-PP treatment.

RESULTS

130 patients (64,6 % males)
Median age: 44,4 years (11 – 83)

Treatment line of ustekinumab

- First-line: 65,4%
- Second-line: 23,1%
- Third-line and subsequent: 11,5%

Intensification: 59,2 %

Optimization: 53,1 %

Discontinuation reasons

- drug failure 20,8%
- no reason described 7,7%
- improvement 3,1%
- neoplasms 2,3%
- intolerance 0,8%
- patient preference 0,8%.

Mean* drug survival:

6,7 years

(IC95%:6,06-7,42)

(*median not reached)

MATERIAL AND METHODS

➔ Retrospective and observational study.

➔ Recruitment: All patients who had started treatment with ustekinumab for MS-PP from January-2009 to December-2017.

➔ Descriptive variables:

- demographics,
- line of biological treatment,
- reason of discontinuation,
- intensification or optimization (yes/no).

➔ Principal variable: dates of therapy start and discontinuation → Drug survival was analyzed using Kaplan-Meier plots.

➔ Secondary variable: Psoriasis Area Severity Index (PASI) before starting ustekinumab and at week 24, 52 and last evaluation available → effectiveness was evaluated by PASI 50, 75, 90 and 100.

†Effectiveness	PASI 50	PASI 75	PASI 90	PASI 100
At week 24*	74,3 %	67,3 %	56,4 %	45,5 %
At week 52**	90,0 %	75,0 %	62,5 %	51,3 %

Mean PASI at start: 11,3 (SD=6,8)

Mean PASI at the end of the study: 1,2 (SD=2,3)***

†Calculated over 101 patients.

*No data available in 11 patients. **No data available in 21 patients. ***Over 84 patients in treatment.

CONCLUSION

🇵🇹 Ustekinumab has proven to be the first biological drug with high effectiveness for the treatment of MS-PP by establishing the level of PASI90 in real-life.

🇵🇹 The results reported here indicate that this effectiveness persists for a long time.

🇵🇹 This fact should be an unbiased factor to consider before changing psoriasis therapy to newer drugs without enough long-time data.

