

Introduction

Psoriasis is a common chronic inflammatory skin disease. Its prevalence ranges from 0.5 to 11.4% in adults worldwide. It has a negative association with quality of life (QoL) and has been associated with multiple comorbidities. The use of biological therapies in patients with psoriasis has increased in the last decade. Clinimetric scores such as the Dermatology Life Quality Index (DLQI) and Psoriasis Area Severity Index (PASI) are tools to evaluate the efficacy of treatment. (4) However, and given the COVID-19 pandemic, there is little information on the impact of the “new normal” in the QoL of the patients using these therapies. We aim to describe the impact of QoL measured by DLQI in patients who are currently treated with biological therapy during the pandemic.

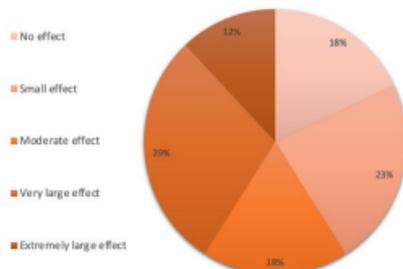
Materials and methods

We performed an observational study among patients diagnosed with psoriasis treated with biological therapy (Anti IL-12/23, Anti IL-17, Anti IL-23, Anti-Tumoral Necrosis Factor (TNF)) who continued treatment during quarantine due to COVID19 in Bogota, Colombia. We applied the Dermatology Quality of Life Index (DLQI) and analyzed other concomitant inflammatory diseases such as type 2 diabetes, arterial hypertension, dyslipidemia, obesity, overweight and psoriatic arthritis. We analyzed data from 34 patients who attended a dermatological center from april 2020 to march 2021. Data was collected and analyzed using Microsoft® Excel.

Results

Of 34 patients, 67.6% (n=23) were men. The median age was 49 years (IQR 20.75). The most common comorbidities were psoriatic arthritis 41.7% (n=14), hypertension in 17.6% (n=6) and overweight in 17.6% (n=6). Anti IL-17 drugs were used by 38.2% (n=13) of patients, 35.0% (n=12) were using anti-TNF alpha and 26.4% (n=9) were treated with anti IL-12/23 therapy. Additionally, 18.0% (n=6) of patients had no effect at all on their QoL, 23.0% (n=8) had a small effect, 18.0% (n=6) had moderate effect, 29.0% (n=10) had a very large effect and 12.0% (n=4) had an extremely large effect. A very small portion of patients have no effect at all on their QoL, except for anti IL-12/23 drugs users which were the 42.9%.

Percentage of QoL in psoriasis patients with biological therapy during the COVID-19 pandemic



Conclusions

According to our results, patients using biological therapy still have a substantial impact on their QoL due to COVID-19 pandemic, which should not be disregarded even when there is a clinical improvement of the disease with these treatments. We believe that in our daily dermatological practice DLQI must be applied, particularly with diseases where the emotional burden is significant, as well as complementary tests searching for metabolic syndrome and psoriatic arthritis leading to an interdisciplinary approach.

References

- 1.Michalek IM, Loring B, John SM. *J Eur Acad Dermatol Venereol* 2017; 31:205.
- 2.Augustin M, Radtke MA. Quality of life in psoriasis patients. *Expert Rev Pharmacoecon Outcomes Res.* 2014;14(4):559-568.
- 3.Bronckers IMGI, van Geel MJ, van de Kerkhof PCM, de Jong EMGI, Seyger MMB. *J Dermatolog Treat.* 2019;30(3):208-215. doi:10.1080/09546634.2018.1506077
- 4.Mattel PL, Corey KC, Kimball AB. *J Eur Acad Dermatol Venereol.* 2014;28(3):333-337. doi:10.1111/jdv.12106