

MULTICENTER STUDY: EVALUATION OF THE EFFECTIVENESS AND SAFETY OF UPADACITINIB IN INFLAMMATORY BOWEL DISEASE

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BACKGROUND AND IMPORTANCE

Upadacitinib is a reversible and selective inhibitor of **Janus kinases (JAK)** recently indicated for the **treatment of active moderate to severe inflammatory bowel disease (IBD)** in adults with inadequate response, loss of response, or intolerance to conventional treatments or biological agents.

AIM AND OBJECTIVES:

To evaluate its **effectiveness and safety** in ulcerative colitis (UC) and Crohn disease (CD).

MATERIALS AND METHODS

- ✓ **Multicenter, observational and retrospective study** (December 2022-October 2024).
- ✓ Patients who **reached week 24** were included, along with the **reasons for treatment discontinuation**.
- ✓ **Collected variables:** sex, age, pathology, prior hospital therapies, treatment start and end dates, faecal calprotectin (FC), C-reactive protein (CRP), number of bowel movements, presence of blood and adverse reactions.

Effectiveness was assessed by:
1.Reduction in FC and CRP levels
2.Number of bowel movements
3.Disappearance of blood in stools from the start of treatment to 24W.
Safety was evaluated based on the occurrence of adverse reactions.

RESULTS

31 patients (68% male) were included, with a **median age of 38 years** (IQR: 28-46) and a mean follow-up of 43 weeks (SD ±19).

58% of the patients had **CD** and **42%** had **UC**.

9.7% of patients (n=3) **discontinued treatment:** 1 due to pregnancy and 2 due to adverse reactions.

Recorded adverse effects: **9.7%** acne, **6.4%** reactivation of cytomegalovirus, **6,4%** thrombosis, **3.2%** herpes simplex and **3.2%** paraesthesias.

Parameter	Before week 24	After week 24
FC	1141 (IQR: 450-2208)	679 (IQR: 227-1589)
CRP	4.6 (IQR: 3.5-10.7)	2.6 (IQR: 0.9-6.5)
Daily bowel movements	5.6 (SD ±3.4)	4.3 (SD ±3.4)
Presence of blood	61.3%	25.8%

CONCLUSIONS

Upadacitinib is an **innovative therapy** that has improved overall outcomes in **patients with IBD**, reducing disease-related parameters and bowel movements. Additionally, it presents an expected and manageable **safety profile**.



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