

# ACTIVATION, ADHERENCE AND HEALTH OUTCOMES IN PATIENTS WITH MODERATE TO SEVERE PSORIASIS TREATED WITH BIOLOGICAL DRUGS

Sáez Belló M<sup>1</sup>, Mateu Puchades A<sup>2</sup>, Sendra García A<sup>1</sup>, Santos Alarcón S<sup>2</sup>, Llopis Salvia P<sup>1</sup>, Hermenegildo Caudevilla M<sup>1</sup>, Climente Martí M<sup>1</sup>

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<sup>1</sup>Pharmacy Department. <sup>2</sup>Dermatology Department. Doctor Peset University Hospital

## Background

Growing evidence supports the use of patient reported outcomes as a tool to increase treatment effectiveness. In the field of biological therapy, patient activation and adherence can play a role in patient outcomes.

## Aim

To evaluate activation according to the Patient Activation Measure-13 (PAM-13) questionnaire and to analyze its relationship with adherence and health outcomes in patients with moderate to severe psoriasis treated with biological drugs.

## Method

- **Desing:** prospective observational study.
- **Inclusion criteria:** patients with moderate to severe psoriasis treated with biological drugs for more than 6 months, who attended dermatology consultation during one month.
- **Variables:** **demographic** (sex and age) and **related to treatment** (drug therapy and time on biological drugs).

### Effectiveness

Psoriasis Area Severity Index

### PASI

Responder PASI < 5

Non responder PASI ≥ 5

### Activation

The patient's ability to play an active role in health care

### PAM - 13

Activated ≥ 55.2

Non activated ≤ 55.1

### Adherence

Simplified Medication Adherence Questionnaire (SMAQ)  
Possession medication ratio at 6 - 12 months (PMR)

### SMAQ

### PMR

Adherent PMR ≥ 80%

Non adherent PMR < 80%

**Non adherent** patients were those classified as non adherent according to either of the two methods.

## RESULTS

N = 29 patients



### Demographic

45% women

48 (IC95% 44; 52) years old



### Related to treatment

Drug therapy: 31% secukinumab (9/29), 28% adalimumab (8/29), 21% ixekizumab (6/29), 7% ustekinumab (2/29), 7% etanercept (2/29), 3% guselkumab (1/29) y 3% brodalumab (1/29).  
Biological drugs for 3.6 years (IQR 3-5)

27 responder (93%)

23 activated (79%)

21 adherent (72%)

### Activation

### Effectiveness

Total

	No	Sí	Total
No	2 (33%)	4 (67%)	6 (21%)
Sí	0	23 (100%)	23 (79%)
Total	2 (7%)	27 (93%)	29 (100%)

$X^2=8,2$ ;  $p=0,004$

### Adherence

### Effectiveness

Total

	No	Yes	Total
No	2 (25%)	6 (75%)	8 (28%)
Yes	0	23 (100%)	21 (72%)
Total	2 (7%)	27 (93%)	29 (100%)

$X^2=5,6$ ;  $p=0,018$

### Activation

### Adherence

Total

	No	Yes	Total
No	3 (50%)	3 (50%)	6 (21%)
Yes	5 (22%)	18 (78%)	23 (79%)
Total	8 (28%)	21 (72%)	29 (100%)

$X^2=1,9$ ;  $p=0,168$

Between **NON ACTIVATED** patients, the **67%** were considered as **REONDERS**

Between **ACTIVATED** patients, the **100%** were considered as **REONDERS**

Between **NON ADHERENT** patients, the **75%** were considered as **RESPONDERS**

Between **ADHERENT** patients, the **100%** were considered as **RESPONDERS**

Between **NON ACTIVATED** patients, the **50%** were considered as **ADHERENTS**

Between **ACTIVATED** patients, the **78%** were considered as **ADHERENTS**

## CONCLUSIONS

The higher proportion of **responding** patients found among **activated** and **adherent** patients shows a positive relationship between **activation**, **adherence** and **health outcomes**, so promoting activation and adherence could contribute to improving the effectiveness of biological drugs in patients with moderate to severe psoriasis.