

PIRFENIDONE AND NINTEDANIB FOR THE TREATMENT OF THE IDIOPATHIC PULMONARY FIBROSIS: AN ITALIAN HOSPITAL EXPERIENCE

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BACKGROUND AND OBJECTIVES



- ✓ Pirfenidone and nintedanib are tyrosine kinase inhibitors that have been approved for the clinical treatment in mild to moderate Idiopathic pulmonary fibrosis (IPF) in adults.
- ✓ The aim of this study was to review the use of pirfenidone and nintedanib in terms of effectiveness and safety in patients with mild to moderate IPF over 12 months follow-up period.
- ✓ INDICATORS: the volume of air that can be exhaled with maximal effort (FVC), the alveolar-capillary diffusion of carbon monoxide (DLco).

MATERIAL AND METHODS



Design of study

A retrospective, observational study was conducted in patients receiving treatment with pirfenidone and nintedanib from Jan2018 to Oct2020



The main outcome

evaluated the variation of FVC from basal levels, considering it a positive response to the treatment if FVC did not decrease by more than 10%.



Measured variables:

- ✓ Age
- ✓ Sex
- ✓ Pathology severeness
- ✓ Forced vital capacity(FVC,%)
- ✓ Diffusion capacity of the lungs for carbon monoxide(DLco,%), before and after treatment start.



Safety

Presence of adverse reactions was reviewed to assess safety.



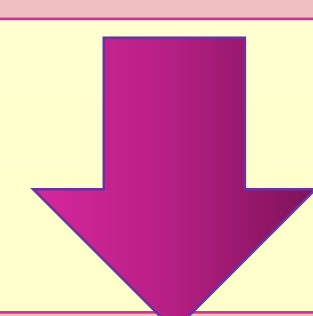
RESULTS

N. → 70 patients receiving pirfenidone(50%) and nintedanib(50%)

EFFECTIVENESS

BEFORE TREATMENT

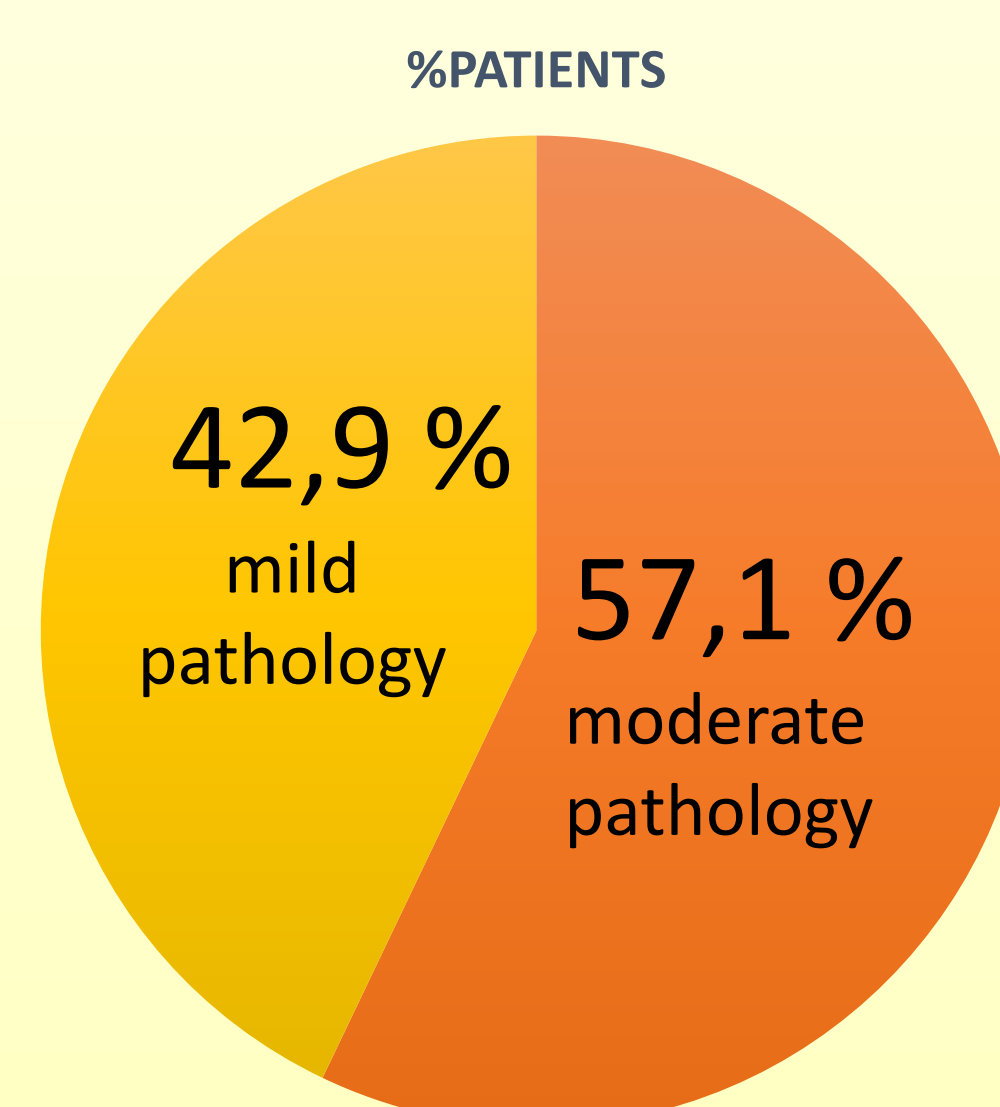
- FVC: 79,63±15,14
- Dlco: 51,74±15,13



AFTER TREATMENT

- FVC: 78,31±15,65
- Dlco:48,09±16,38

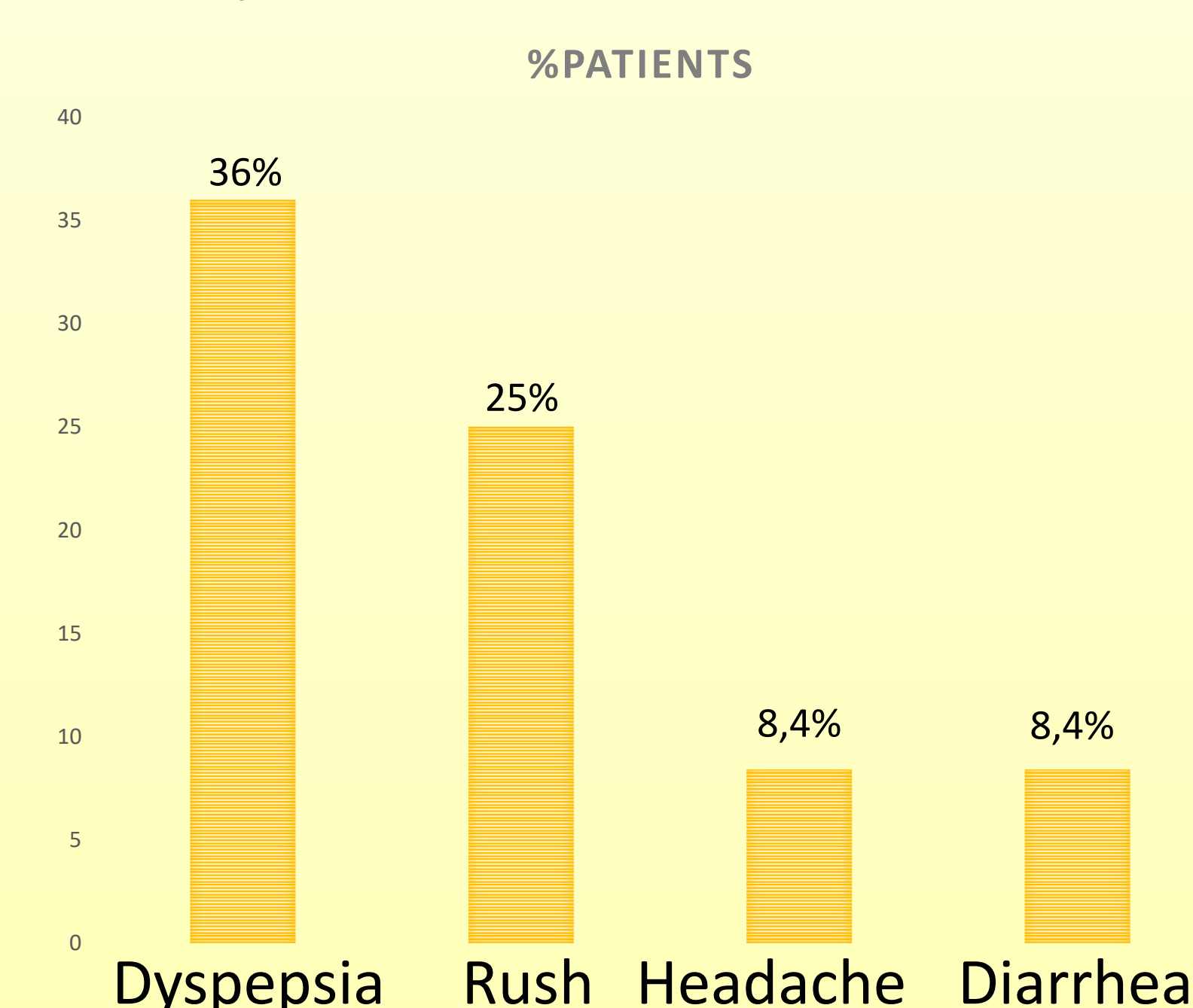
- ✓ 81,4% of patients were male, with mean age of 74±8 years.



- ✓ 2,8%patients left by voluntary decision,
- ✓ 3,1%had a progression of the pathology

SAFETY

- ✓ 14 patients had adverse reactions



- ✓ 83,8% had a decrease of no more than 10%of FVC,
- ✓ 22,1% had an improvement of FVC>5%.
- ✓ 11,8% had an improvement of DLco>5%.

CONCLUSION AND RELEVANCE

Pirfenidone and nintedanib showed benefit in decreasing progression of IPF and showed effectiveness and safety profiles similar to those of other studies, revealing it a well-tolerated and effective drug.

