ADVERSE DRUG REACTIONS, INCLUDING SJS, TEN

AN ONGOING OBSERVATIONAL STUDY OF ADVERSE EVENTS OF APREMILAST IN 84 PATIENTS IN OFFICE- BASED PRACTICE FROM BENGALURU, INDIA.

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Introduction: Apremilast is a newer immunomodulatory drug which acts by inhibiting phosphodiesterase 4 enzyme. It is approved in chronic plaque psoriasis and psoriatic arthropathy and has also been used off-label in disorders such as lichen planus, atopic dermatitis etc.

Objective: To assess the adverse effects encountered duration apremilast therapy.

Material and methods: An ongoing observational study done in Skin, Cosmetic & ENT Care Center, Bengaluru, India from November 2017 till date. We recorded the adverse events and tolerability of apremilast from 1week to 6 months in 84 patients.

Results: The total number of patients on apremilast in this ongoing study as of today is 84 followed up from 1 week to 6 months. Out of 84 patients, 47 (55.95%) developed adverse events and 37 (44.04%) tolerated the drug well. 8 patients (9.52%) discontinued the therapy due to adverse effects. Nausea, loose stools and flatulence were the commonest adverse events encountered constituting 24 (28.57%) followed by headache and insomnia constituting 16 (19.04%) and 5 (5.95%) respectively. Muscle cramps, backache and loss of weight were also noted in a few patients. Commonest adverse event which led to discontinuation of treatment was headache & insomnia. Respiratory infections and depression were not seen in our study.

Conclusion: Apremilast is a safe treatment modality in the treatment of chronic plaque psoriasis without any systemic side effects. Most common adverse events encountered were gastrointestinal effects, headache and backache. Most of our patients (90.47%) tolerated the medicine well and continued the drug as adverse events disappeared in course of time. Less than 10% of patients discontinued the medication due to adverse effects, commonest reason being headache.