



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

DEMOGRAPHICS, ADHERENCE, AND SATISFACTION OF HOME UV PHOTOTHERAPY IN PSORIASIS

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Introduction: As narrowband UVB is a great treatment option in patients with psoriasis, phototherapy in clinics can be costly, inconvenient and frustrating. Home based phototherapy offers an alternative mean to overcome these limitations.

Objective: To gather insights in adherence and satisfaction in patients with psoriasis using a novel localized home UVB phototherapy device.

Materials and Methods: Prospective, open label clinical study enrolling 36 subjects with localized plaque-type psoriasis were initiated on thrice weekly home narrowband UVB for 10 weeks. Subjects spot treated both study and control lesions. Initial adherence, defined as total treatment over first 20 treatments, and long-term adherence, defined as total thrice weekly treatments over total treatment period, were measured alongside a five-grade satisfaction survey.

Results: Mean age was 43.9. Initial adherence was 55% and long-term adherence was 56%. There was no significant difference between gender and age, adherence, spots treated, and satisfaction. Mean satisfaction in males and females was 3.3 and 3.8, respectively. Of all age groups, subjects aged 30-39 reported the most spots being treated (10-29, $P=0.014$; 40-49, $P=0.002$; 60-69, $P=0.002$). Subjects with more spots to treat reported diminished adherence ($P=0.03$, $R=-0.63$).

Conclusion: Localized home UVB phototherapy offers a satisfying treatment option in limited plaque-type psoriasis in both males and females. Adherence was stable throughout the study. As spot treatments increase, adherence decreases.

