ABSTRACT BOOK ABSTRACTS



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PHOTOTHERAPY, PHOTODYNAMIC THERAPY

NARROW BAND UVB PHOTOTHERAPY FOR THE TREATMENT OF UREMIC PRURITUS IN END-STAGE RENAL DISEASE PATIENTS: A RETROSPECTIVE COHORT STUDY

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Background: Pruritus is a common and debilitating symptom that affects patients with End Stage Renal Disease (ESRD). There is no standardized approach in managing these patients. Narrowband UVB (NBUVB) phototherapy is a treatment option that has minimal side effects but is not commonly used.

Objective: This study examines characteristics and treatment responses of ESRD patients receiving NBUVB phototherapy for uremic pruritus in dermatology clinics at a large academic institution.

Materials and Methods: This was a retrospective chart review of ESRD patients with uremic pruritus treated with phototherapy at Johns Hopkins from 2009 to 2017. Data was compiled from the institutional electronic medical record. Patients in our target population were identified by the procedural and diagnosis codes recorded in the electronic billing database. We conducted a structured chart review and descriptive analysis to characterize demographics, treatment course, and treatment responses.

Results: Between 2009-2017, 153 of 833 patients received NBUVB for pruritus at Johns Hopkins, excluding those with a primary diagnosis of eczema, vitiligo, or psoriasis. Twentytwo of the 153 patients (14.4%) had chronic kidney disease (CKD), of which 8 had ESRD, and 10 were on dialysis. Majority of the CKD patients were African-American (68.2%) and female (63.6%), with an average age of 57.6 and BMI of 27.9. Eight CKD patients, including 3 with ESRD, completed a course of phototherapy (at least 20 sessions). Seven of 8 (87.5%) CKD patients, including all of those with ESRD, reported improvement in itch. No adverse events were documented. Of those who did not complete treatment, scheduling and travel were listed as barriers.

Conclusions: While NBUVB is used infrequently for uremic pruritus, treated patients experienced improvement in symptoms. Future studies are needed to understand the efficacy of NBUVB for the treatment of uremic pruritus, including the utility of home NBUVB devices to improve access to care.





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