



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

## **PATIENTS' ADHERENCE AND SATISFACTION USING A NOVEL HOME UVB PHOTOTHERAPY SYSTEM**

*A Cline<sup>(1)</sup> - E Unrue<sup>(1)</sup> - S Feldman<sup>(1)</sup>*

*Wake Forest School Of Medicine, Department Of Dermatology, Winston-salem, United States<sup>(1)</sup>*

**Objective:** To evaluate patient adherence and satisfaction using a handheld, smartphone-connected, home phototherapy system.

**Methods:** In this retrospective, open-label clinical study, treatment data was collected from 79 patients (eczema n=4, psoriasis n=30, vitiligo n=45) using a novel home phototherapy system under normal use conditions. Adherence was calculated using treatments/opportunities for the first 20 treatments or first 40 opportunities. Patient satisfaction was measured using a five-point scale.

**Results:** Patient ages ranged from 7-71 with 40 females and 39 males. Median adherence was 74%. Almost a third of patients were 90-100% adherent. The mean number of treatment spots was 17.7. Mean patient satisfaction was 3.6, with female satisfaction of 3.9 and male satisfaction of 3.4 (p=0.04). There were no differences in adherence or spots treated between genders or age-groups.

**Conclusion:** Adherence was high with both gender groups and age-groups using the novel home UVB phototherapy system. Satisfaction was better among female patients.

