



PSORIASIS

FACTORS PREDICTING PRURITUS IN PSORIASIS

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Background: Psoriasis is a common immune-mediated skin condition. Long considered non-itchy, it is currently well established that pruritus is a major sign, whose levels may be affected by a range of variables. Published data on pruritus in psoriasis is limited.

Objective: The aim of this study was to evaluate the frequency of pruritus and identify factors predicting pruritus in patients with psoriasis.

Materials and Methods: We analyzed data of psoriatic patients diagnosed in our department of Dermatology at Ibn Sina Hospital in Rabat between January 2007 and December 2016 collected retrospectively.

Results: Data were collected from 59 patients with a mean age of 42.8 years, of whom 57,62% were male. 35 patients reported experiencing pruritus (59.3%) with varying frequencies (37% severe, 40% moderate and 22,9% mild). No statistically significant relation was found between pruritus and age, gender, educational status, marital status or comorbidities. Obese patients seemed less likely to have pruritus ($p = 0.03$). Psoriasis vulgaris was the predominant form (71.1%) followed by erythroderma (15.3%), pustular (10.2%) and the inverse forms (3.4%). A significant relation existed between clinical type of psoriasis and pruritus : the erythrodermic ($p = 0.048$) and pustular (0.038) forms. The average skin area reached was estimated at 43% and the average PASI score at 20.6. Reported pruritus was related to overall psoriasis severity : PASI > 15 ($p = 0.01$) and cutaneous area > 70% ($p = 0.04$).

Conclusions: Although psoriasis is defined as a non-pruritic skin disease, recent studies reported that pruritus is a very common cause of morbidity in psoriasis. This study has demonstrated that pruritus is very prevalent among psoriasis patients and yielded several clinically relevant findings concerning factors predicting pruritus in patients with psoriasis. Dermatologists should be aware of the presence of pruritus in their patients when deciding upon therapeutic approaches for psoriasis.

