



PSORIASIS

HOW WELL DO PSORIASIS PATIENTS TAKE METHOTREXATE AND CAN WE IMPROVE IT

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Introduction: Understanding adherence to oral psoriasis treatment is critical as the therapeutic windows for these treatments are narrower than for other treatment options. While adherence to topical psoriasis treatments is miserable, adherence to oral psoriasis treatments is not as well-characterized. Interventions to improve psoriasis patients' adherence to methotrexate adherence have not been addressed.

Objective: To assess long term adherence to methotrexate treatment and to assess whether intermittent online contact with patients improves their use of treatment.

Materials and Methods: Subjects were recruited to participate in an intervention study assessing adherence to oral treatment for psoriasis. Subjects were randomized to receive either weekly digital-interventions assessing treatment adherence or no intervention. Subjects received medication bottles with electronic monitoring and were followed up with a standard-of-care office visit schedule to evaluate disease severity.

Results: The intervention group took their medication correctly 77.1% of the weeks observed compared to the control group which averaged 64.5%. More intervention patients took their medication as directed compared to the control group (78.3% vs 64.2%, $p < 0.0001$). Patients were most adherent around follow-up visits, with 100% of intervention patients and 80% of control patients taking their medication correctly during the week of a follow-up visit ($p = 0.02$). Participants in the intervention group completed an average of 56.7% of the online surveys during the study period. There was no correlation between survey completion and overall adherence.

Conclusions: Psoriasis patients' adherence to oral methotrexate is better than adherence to topical agents. Low cost, scalable digital interventions have the potential to increase patient adherence, although the mechanism for the improvement is not yet well defined.

