



TELEDERMATOLOGY

A RANDOMIZED, ASSESSOR-BLIND, CONTROLLED TRIAL ON THE EFFECTIVENESS OF TELEDERMATOLOGY AS A TOOL FOR MONITORING AND IMPROVING PATIENT'S ADHERENCE TO ORAL THERAPY FOR MODERATE CHRONIC PLAQUE PSORIASIS

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Introduction: Psoriasis is a chronic disease that has a great impact on patients' quality of life yet there is poor treatment adherence and lack of documentation of treatment side effects. In the Philippines, composed of many separated islands, access to dermatologists is limited. Tele dermatology can be a reliable tool for improving treatment adherence and monitoring drug side effects.

Objective: To determine the effectiveness of mobile-based tele dermatology as a tool for monitoring and improving patient's adherence to oral therapy for moderate chronic plaque psoriasis

Methods: This was a single center, randomized, assessor-blind controlled trial involving 22 patients with moderate chronic plaque type psoriasis who both received methotrexate and folic acid per week for 8 weeks. Monitoring were done through face-to-face (FTF) vs. tele dermatology (TD) consultations. Measures of adherence and clinical outcome was done every week using Psoriasis Severity and Area Index (PASI); Physician Global Assessment (PGA) and Dermatology Quality of Life Index (DLQI) measured at baseline and 8th week. Advantages in consultation and transportation costs as well as time spent for consultation were compared. The acceptability of TD was evaluated by the patients and assessor of the TD group.

Results: TD patients were more adherent in terms of higher pill count consumed, patients with no missed doses and compliance with their follow-ups. PASI, PGA, DLQI scores of the TD group were comparable to the FTF group at end of treatment. However, compared to the PASI scores of FTF group, TD PASI scores had a decreasing and improving trend. Self-reporting of adverse events were seen in the TD patients. They also had less consultation costs, transportation costs and consultation time. The TD was well accepted by the patients and assessor in terms of ease of use and image quality.





Conclusion: Mobile-based teledermatology is effective as a tool for monitoring and improving patient's adherence to oral therapy for moderate chronic plaque psoriasis.

