



URTICARIA, ANGIOEDEMA

CHARACTERISTICS AND DETERMINANTS OF PATIENT BURDEN AND NEEDS IN THE TREATMENT OF CHRONIC SPONTANEOUS URTICARIAL

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Introduction: Treatment of chronic spontaneous urticaria (CSU) is based on the evidence-based guidelines. However, specific patient needs and benefits from therapy have not been differentiated on the guideline level.

Objective: To characterize the specific treatment goals in CSU from the patient's perspective.

Material and Methods: Cross-sectional study in four German outpatient dermatology clinics. Patient needs and potential therapy goals were determined with the validated Patient Needs Questionnaire (PNQ) in a specific version for CSU. Further instruments to characterize patient needs from disease burden were disease-specific (CU-Q2oL) and dermatology specific quality of life (DLQI).

Results: Data from n=108 patients were analyzed (age 43.9 ± 14.9 y.; 71.4% female). Among the most important therapeutic goals were the absence of visible skin lesions (92.3% important/very important), to be free of itching (91.5%), the desire to be healed of all skin defects (89.5%) and the desire for a clear diagnosis and therapy (88.6%). All 26 items were found to be important/very important by at least 50% of the respondents. Specific profiles of patient needs were found related to age, gender and disease duration.

Conclusion: Patients with CSU show a large spectrum of potential patient-relevant goals that are only partly met by routine treatment. Besides differences in gender and disease duration needs to be taken into account. Further innovative drugs and patient-centered individualized treatment may increase overall benefits and provide added value. Regardless of the treatment chosen, shared decision making in the management of CSU should be the goal.





Key words: Urticaria, patient needs, treatment, preferences, quality of life

