D atópica

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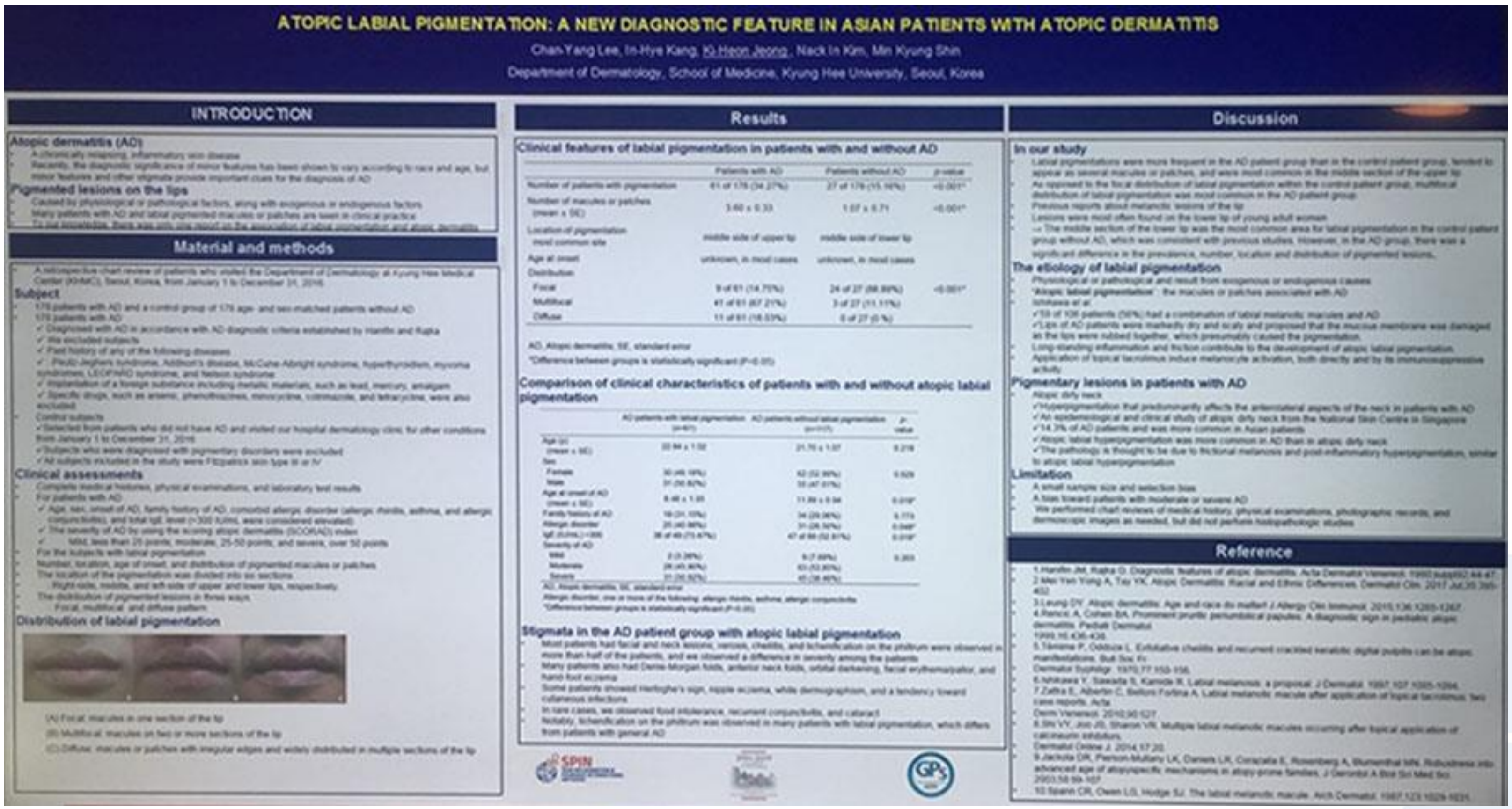

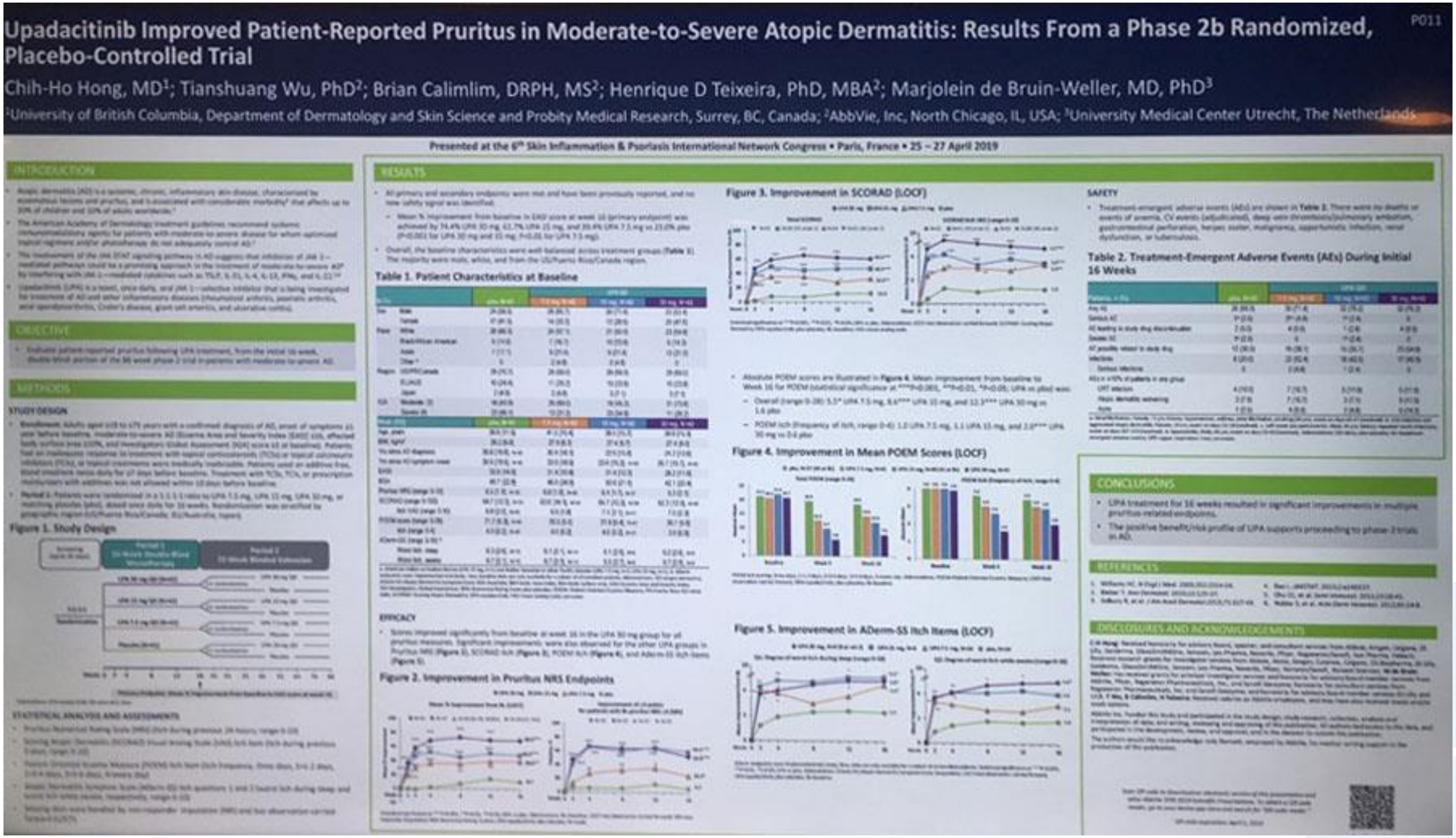
P011
Upadacitinib Improved Patient-Reported Pruritus in Moderate-to-Severe Atopic Dermatitis: Results From a Phase 2b Randomized, Placebo-Controlled Trial
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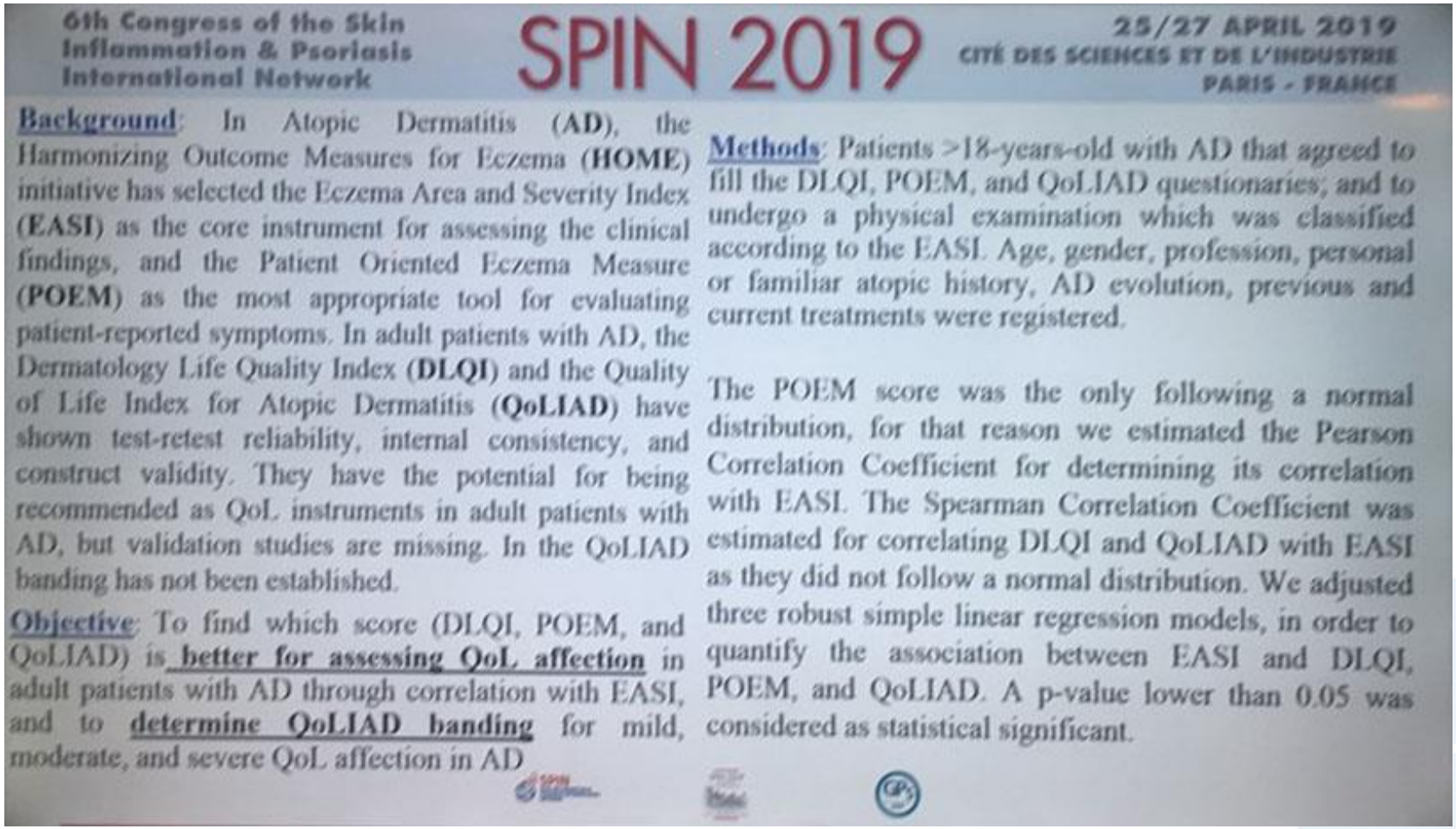

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Background: In Atopic Dermatitis (**AD**), the Harmonizing Outcome Measures for Eczema (**HOME**) initiative has selected the Eczema Area and Severity Index (**EASI**) as the core instrument for assessing the clinical findings, and the Patient Oriented Eczema Measure (**POEM**) as the most appropriate tool for evaluating patient-reported symptoms. In adult patients with AD, the Dermatology Life Quality Index (**DLQI**) and the Quality of Life Index for Atopic Dermatitis (**QoLIAD**) have shown test-retest reliability, internal consistency, and construct validity. They have the potential for being recommended as QoL instruments in adult patients with AD, but validation studies are missing. In the QoLIAD banding has not been established.

Objective: To find which score (DLQI, POEM, and QoLIAD) is **better for assessing QoL affection** in adult patients with AD through correlation with EASI, and to **determine QoLIAD banding** for mild, moderate, and severe QoL affection in AD

Methods: Patients >18-years-old with AD that agreed to fill the DLQI, POEM, and QoLIAD questionaries; and to undergo a physical examination which was classified according to the EASI. Age, gender, profession, personal or familiar atopic history, AD evolution, previous and current treatments were registered.

The POEM score was the only following a normal distribution, for that reason we estimated the Pearson Correlation Coefficient for determining its correlation with EASI. The Spearman Correlation Coefficient was estimated for correlating DLQI and QoLIAD with EASI as they did not follow a normal distribution. We adjusted three robust simple linear regression models, in order to quantify the association between EASI and DLQI, POEM, and QoLIAD. A p-value lower than 0.05 was considered as statistical significant.

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Results: A total of 72 patients were registered. 55% were women and 45% were men. As it is shown in Table 1, with the correlation coefficient there is a linear relation within the three scores and the EASI

	CORRELATION COEFFICIENT	REGRESSION COEFFICIENT	P-VALUE	PSEUDO R^2	FORMULA
POEM	0.4444	0.234	0.0000	0.1106	POEM=9.9+0.234(EASI)
DLQI	0.4915	0.219	0.0000	0.1492	DLQI=7.48+0.219(EASI)
QoLIAD	0.4307	0.252	0.003	0.0951	QoLIAD=5.89+0.252(EASI)

Table 1

According to the Pseudo-R^2 value the DLQI has the strongest correlation with EASI. Using the obtained value in the regression coefficient we developed three formulas that are able to estimate POEM, DLQI, and QoLIAD. by using the EASI. With the QoLIAD´s formula we established banding for this instrument as shown in Table 2

EASI	POEM	DLQI	QoLIAD
AD severity	Quality of Life affection		
Mild (0-7)	Clear-almost clear (0-2)	No effect (0-1)	Mild (0-7)
	Mild (3-7)	Small effect (2-5)	
Moderate (7.1-21)	Moderate (8-16)	Moderate effect (6-10)	Moderate (8-10)
Severe (21.1-50)	Severe (17-24)	Very large effect (11-20)	Severe (11-18)
Very severe (50.1-72)	Very Severe (25-28)	Extremely large effect (21-30)	Very Severe (19-25)

Table 2

Conclusion: In the era where QoL instruments are being more frequently used in AD. The **DLQI stands as the most suitable instrument**. Dermatologists are more familiarized with it and is more practical in the day-to-day practice.

References

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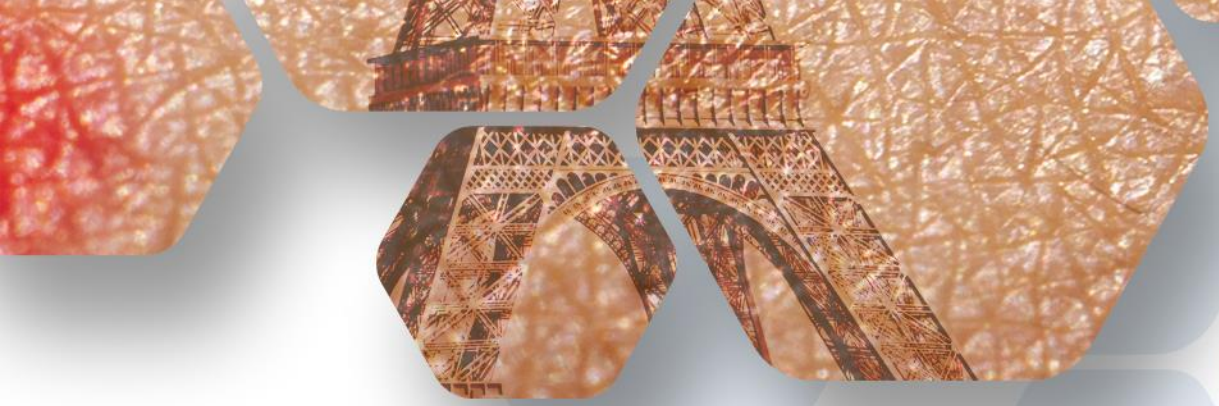

TREATMENT OUTCOMES AND GOALS IN ATOPIC DERMATITIS”

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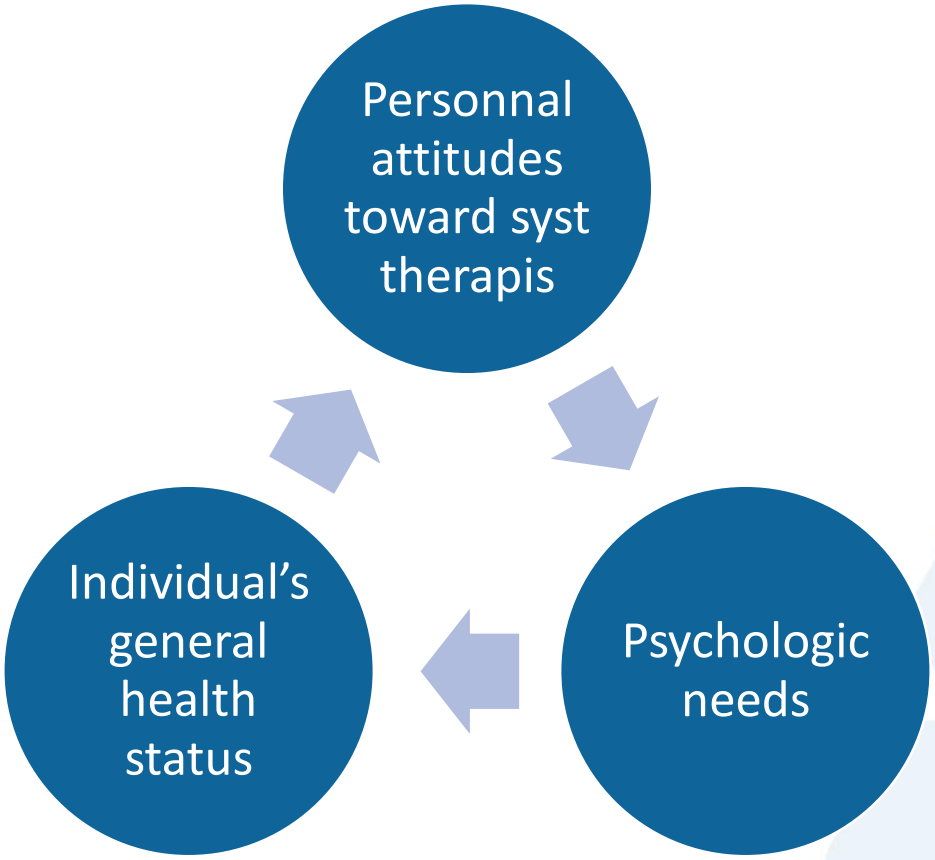
Iniciativa científica de:

FOCUS SESSION 7
TREATMENT OUTCOMES AND GOALS IN ATOPIC DERMATITIS". E Serra Baldrich

- The decision to start systemic medication should include **assessment of severity** and **quality of life** while considering the



- For an **instrument** to be **useful** to the general dermatologist, it should have demonstrated

1. validity in clinical practice
2. require minimal training,
3. be time-efficient, and
4. seamlessly integrate into day-to-day practice.

To be “adequate” for use in clinical practice, a severity score should not take longer than 3 minutes

Clinics in Dermatology 2018; 36: 606-615

A systematic review of **randomized controlled trials** (RCT) performed in 2016 demonstrated that the **most commonly used severity measures** were

- **SCORAD** (signs +symptoms)
- **Visual Analogue Scale (VAS)-pruritus** (symptoms)
- **IGA** (signs)
- **and EASI** (signs)

Clinics in Dermatology 2018; 36: 606-615

TO TAKE HOME
EASY TOOLS

- APP SCORAD-EASI
- VAS scales /SLEEP
- DLQI only changes Tx
- POEM (PRO) and PO-Scorad

Itch Measuring Instruments