

Kühl L¹, Sorbe C¹, Rustenbach SJ¹, Maqhuzu P², Fotiou K², Blome C¹, Augustin M¹, von Kiedrowski R³
Patient-relevant benefits from ixekizumab treatment in patients with psoriasis:
Data from the German National Psoriasis Registry PsoBest

OBJECTIVES

The German National Psoriasis Registry PsoBest gains long-term evidence on safety, effectiveness, and patient benefits of psoriasis treatment in routine care. While patient needs are key drivers of treatment decisions, they are rarely systematically investigated in routine care.

This analysis aimed to evaluate baseline treatment needs and perceived benefits at 3, 6, and 12 months in patients receiving ixekizumab, using the Patient Benefit Index (PBI). Findings will contribute to a better understanding of patient priorities and the extent to which these needs are met with ixekizumab therapy.

MATERIALS & METHODS

The PsoBest registry included 19,785 patients enrolled up to 30-JUN-2024. Patients initiated ixekizumab monotherapy at baseline were analyzed descriptively and cross-sectionally at months 3, 6, and 12.

The Patient Benefit Index (PBI) was derived from the patient needs questionnaire (PNQ) and patient benefit questionnaire (PBQ), each comprising 25 items. Before treatment, patients rated the importance of each treatment goal on a 5-point Likert scale (0 = not important to 4 = very important). After treatment, the PBQ assessed goal achievement on a similar formula (0 = not at all to 4 = fully met). PBI is the average of achieved benefits weighted by the importance given of the respective treatment goals. A score of ≥1 indicating patient relevant treatment benefit (Table 1).

Table 1. Interpretation of the PBI score

Value range	Interpretation
0 to less than 1	No meaningful patient benefit
1 to less than 2	Some patient-relevant benefit
2 to less than 3	Moderate patient-relevant benefit
3 to 4	Large patient-relevant benefit

RESULTS

Baseline characteristics

A total of 670 patients initiated ixekizumab treatment. The cohort was 58.8% male with a mean age of 48.1 years. Psoriatic arthritis was present in 41.2% of patients, and 56.0% had nail psoriasis. Median Psoriasis Area and Severity Index (PASI) was 13.1, and median disease duration was 18.0 years (Table 2).

RESULTS

Table 2. Sociodemographic and clinical characteristics at baseline

	N missing	N	Minimum	Maximum	Mean/%	Median	SD
Gender (male)	0	394	.	.	58.8	.	.
Age (years)	0	670	18.0	85.0	48.1	50.0	13.7
Duration of psoriasis (years)	55	615	0.0	74.0	20.0	18.0	14.6
Body-Mass-Index (kg/m ²)	19	651	17.3	61.1	29.6	28.7	6.1
BMI ≥ 30 kg/m ²	19	265	.	.	40.7	.	.
BMI ≥ 27 to < 30 kg/m ² and weight related comorbidity*	19	45	.	.	6.9	.	.
Body Surface Area (0–100 = maximum impairment)	16	654	0.0	100.0	25.5	20.0	20.5
PASI (0–72 = highest severity)	31	639	0.0	62.7	15.6	13.1	10.6
Dermatology Life Quality Index (0–30 = highest impairment)	13	657	0.0	30.0	13.4	13.0	7.8
Number of previous therapies	0	670	0.0	10.0	2.2	2.0	1.8

* Hypertension, dyslipidemia, obstructive sleep apnea, cardiovascular disease or diabetes mellitus type 2

Patient needs

The most important patient needs rated as “quite or very important” were “be healed of all skin defects”, “regain control of the disease”, and “get better skin quickly” (95.7%, 94.5%, and 94.4%, respectively, Figure 1). Almost all PNQ items (24 of 25) achieved mean scores above 3. The PNQ mean score was 3.5.

Patient benefit

At month 3, 6, and 12 median PASI was 1.2, 0.4, and 0.6, respectively, median PBI scores were 3.4, 3.7, and 3.7, respectively (Table 3). High patient benefits (PBI ≥3) were reached at months 3, 6, and 12 by 69.0%, 80.1%, and 75.4%, respectively.

Table 3. PASI and PBI score at month 3, 6, and 12

	N missing	N	Minimum	Maximum	Mean	Median	SD
PASI score month 3	11	229	0.0	25.8	2.3	1.2	3.5
PASI score month 6	10	191	0.0	19.5	1.5	0.4	2.8
PASI score month 12	4	141	0.0	19.8	1.7	0.6	3.5
PBI score month 3	11	229	0.0	4.0	3.2	3.4	0.8
PBI score month 6	10	191	0.0	4.0	3.4	3.7	0.9
PBI score month 12	11	134	0.0	4.0	3.4	3.7	0.8

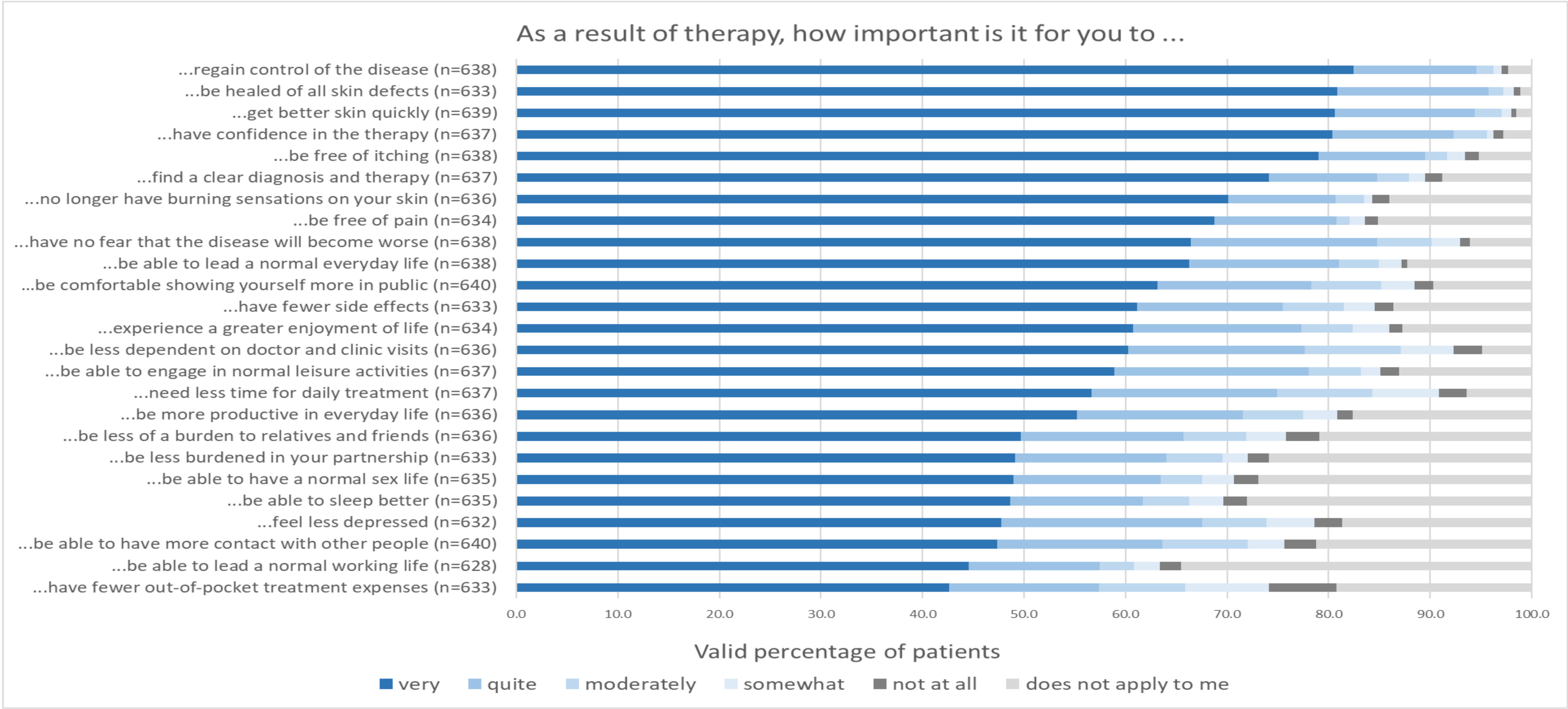


Figure 1. Baseline patient needs questionnaire results, sorted by % (very)

DISCUSSION & CONCLUSION

The data derive from a large number of patients in routine care. Patients receiving ixekizumab demonstrated considerable clinical improvements and meaningful benefits at each time point, despite high treatment needs at baseline indicating high disease burden.



Contact:
Laura Kühl, l.kuehl@uke.de
Institute for Health Services Research in Dermatology and Nursing Professions (IVDP),
University Medical Center Hamburg-Eppendorf, Germany

Affiliations:
1) Institute for Health Services Research in Dermatology and Nursing Professions (IVDP),
University Medical Center Hamburg-Eppendorf, Germany
2) Lilly Deutschland GmbH, Bad Homburg, Germany
3) Company for Medical Study & Service Selters GmbH (CMS³), Germany

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