THE IMPORTANCE OF OUT-OF-POCKET EXPENSES IN PATIENTS WITH PRURIGO NODULARIS

L. Misery[1], C. Patras de Campaigno[2], D. Jullien[3] A. Marquie[4], S.Gabriel[5], C. Taieb[6], C. Paul[7]

[1]CHU de Brest, Brest, France [2]Association France Prurigo Nodulaire, Agen, France [3] Hôpital Edouard Herriot, Lyon, France [4]Statistician, Paris, France [5]Galderma SA , Zug, Switzerland [6] EMMA Patients Priority Department, Fontenay-sous-Bois, France [7] CHU de Toulouse, Toulouse

INTRODUCTION

Out-of-pocket expenses correspond to the remaining amount patients must pay after reimbursements from basic and additional social insurance organizations have been deducted. We evaluated these amounts for patients with prurigo nodularis (PN) in France.

MATERIALS AND METHODS

A self-administered on-line questionnaire was disseminated to adult patient members of the 'Association France Prurigo Nodulaire' and to patients suffering from PN who consulted in 3 French hospital departments [Brest-Lyon-Toulouse].The severity of pruritus was assessed by the patients themselves using the 5D-itch-scale Score ranging between 5 (no pruritus) and 25 (most severe pruritus). Questions inquiring about patients' medical and non-medical resources used over the last 6 months were also included.

RESULTS

141 subjects answered the questionnaire, which can be considered as a significant sample for a disease with a low reported prevalence. The average age was 56 years and women made up almost 60% of our sample. Two-thirds (68%) of the respondents reported living with a partner.

According to the 5D-itch-scale, 64.5% reported 6 or more itchy areas. Itch was reported to be most frequent on the chest (68%), forearms (68%), arms (63%), buttocks (60%), back (58%) and face (59%). Of note, 74.5% (N= 105) reported at least one cutaneous lesion on a visible area of the body.

94% [n=132] of patients reported out-of-pocket expenses related to their PN.

The average annual amount of out-of-pocket expenses per patient was €855±769 [median €605].

The out-of-pocket expenses increased with the severity of pruritus assessed by the 5-D itch-scale score: from €298±267 [median €202] for the least severe (1st quartile) to €1467±1237 [median €922] for the most severe cases (4th quartile). A linear regression illustrated that an additional point on the 5-D itch-scale score consequently increased the individual's out-of-pocket expenses by €75. [p<0.0001].

Similarly, there were significantly higher out-of-pocket expenses for patients reporting an affected visible area: €992±802 [median €802] compared to patients not reporting a visible area: €444±471 [median €296].

Conflict of interest : This study received funding from Galderma

Distribution of out-of-pocket expenditures (as reported by patients)

HEALTHCARE PRODUCTS or COSMETICS [n=134]	N	Population concerned
Keratolytic hydration	44	32,8%
Skin hydration	84	62,7%
Food supplements	29	21,6%
Dressings and bandages	27	20,2%
Emollient cream	113	84,3%
Anti-scratch cream	94	70,2%
Soothing lotion	23	17,2%
Corrective make-up	6	4,5%
TRANSPORTS [n=50]		Population concerned
Taxi	9	18,0%
Public transport	16	32,0%
Light medical vehicle	9	18,0%
Personal vehicle	14	28,0%
Bicycle	1	2,0%
MIND-BODY PRACTICES [n=41]		Population concerned
Hypnosis	8	19,5%
Sophrology	7	17,1%
Meditation	5	12,2%
Yoga	2	4,9%
Psychologist	25	61,0%
Complementary and Alternative Medicines [n=53].		Population concerned
Homeopathy	35	66,0%
Herbal medicine/herbalism	10	18,9%
Acupuncture	6	11,3%
Essential oils	6	11,3%
Phytotherapy	5	9,4%
PRECAUTIONARY DEVICES [&n=43]		Population concerned
Purchase of cotton gloves	24	55,8%
Anti-pruritus clothing,	12	27,9%
Shoes	9	20,9%
Natural fibres	5	11,6%
Special clothing	8	18,6%
OTHERS n= 13]		Population concerned
Podiatrist	8	61,5%
Nurse	3	23,1%
Magnetizer	1	7,7%
Physiotherapist	2	15,4%

Population concerned is the PN population that used the resources

Out-of-pocket expenditures according to 5-D itch scale*

	Average	Median	Standard deviation
1st quartile	287 €	201 €	268 €
2nd quartile	578 €	398 €	531 €
3rd quartile	1 096 €	937 €	700 €
4th quartile	1 467 €	1 237 €	922 €

* p<.0001

DISCUSSION

These results highlight that out-of-pocket expenses of adults with PN are significantly higher in patients with severe pruritus compared with mild forms of pruritus. Our results show that the economic impact of PN can be quite significant for patients and total overall costs must be considered in PN disease management. Further investigation into the economic burden from the patient perspective is necessary.