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AAD 2024: Home Phototherapy More Effective Than Office Phototherapy for Psoriasis Treatment

Treatment was effective, well-tolerated across all skin types

PracticeUpdate Editorial Team

FRIDAY, March 15, 2024 (HealthDay News) -- Home phototherapy is more effective than office phototherapy for the treatment of psoriasis, according to study findings presented at the annual meeting of the American Academy of Dermatology, held from March 8 to 12 in San Diego.

Joel Gelfand, M.D., of the University of Pennsylvania in Philadelphia, and colleagues conducted a randomized trial within routine care at 42 dermatology practices. Patients aged 12 years and older with plaque or guttate psoriasis were included if they were candidates for home or office phototherapy. Those who were assigned to home phototherapy completed their treatment with the Daavlin 7 series ultraviolet B light. The coprimary end points included Physician Global Assessment of clear/almost clear and a Dermatology Life Quality Index score of 5 or less, which were assessed at week 12. Enrollment was stratified by skin phototype and included 350 patients of skin phototype I/II, 350 patients of skin phototype III/IV, and 83 with skin phototype V/VI. Among the cohort, 53 percent were female and 11 percent were on systemic treatment.

The researchers found that at baseline, mean body surface area was 13 percent, mean Physician Global Assessment was 3, and the mean Dermatology Life Quality Index score was 12. At 12 weeks, 33 percent of the home phototherapy group and 26 percent of the office phototherapy group achieved a clear/almost clear Physician Global Assessment ($P = 0.027$). In addition, 54 percent of patients in the home phototherapy group and 34 percent in the office phototherapy group achieved Dermatology Life Quality Index scores of 5 or less ($P < 0.001$). Home phototherapy demonstrated noninferiority to office phototherapy for both the Physician Global Assessment and Dermatology Life Quality Index for all skin types. The largest difference was in clear/almost clear skin for patients with skin phototype V/VI (delta, 19 percent). Home and office phototherapy were both well-tolerated, and no patients discontinued therapy due to adverse events.

“Phototherapy remains a preferred treatment option for patients with psoriasis, but high office copays, inconvenience, and limited geographical access make office phototherapy difficult for patients to access,” Gelfand told Elsevier’s *PracticeUpdate*. “Home therapy is available, but a lack of U.S. data on its effectiveness has led many private insurance companies to not cover it and [made] many clinicians uncertain about prescribing it. The results of this study should certainly change practice, and home

phototherapy should be a first-line treatment option for patients with psoriasis. Insurance companies should cover it on par with other psoriasis treatments. More efforts also need to be made to make office phototherapy available to patients by eliminating copays.”

[More Information \(https://www.aad.org/member/meetings-education/am24\)](https://www.aad.org/member/meetings-education/am24)

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