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Evaluating of tnf- α blocker therapy adherence in patients with psoriatic arthritis and psoriasis

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Aim: Evaluating of efficiency and adherence of therapy with TNF- α blocker infliximab in patients with psoriatic arthritis (PsA) and psoriasis (Ps).

Materials and methods: Retrospective analysis of case history of 10 patients with PsA and Ps from Kharkiv region, who took the TNF- α blocker infliximab from 2013 till 2017 as a start-biological therapy. The average age of patients was 52.3 ± 7.3 years, the amount of men and women is equal. The efficiency of therapy was approved in case of achievement of clinical and laboratory remission. The long-term efficiency and adherence factors of treatment were evaluated with regression analysis and Kaplan-Meier estimate.

Results: It was estimated that after 6, 12, and 24 months after the beginning of treatment with infliximab 80%, 70% and 70% of patients have remained on biological therapy accordingly. Among the causes of stopping of admission the development of serious side-effects and absence of desired effect were equally noted. All patients who stopping to continue the admission of infliximab were females with concomitant impaired glucose tolerance and arterial hypertension ($p = 0.01$).

Conclusions: Summarize, high adherence of TNF- α blocker infliximab therapy among the patients with PsA and Ps is observed. Female sex, carbohydrate metabolism impairment and concomitant arterial hypertension are factors of low efficiency and adherence of biotherapy for this category of patients.