

Navigating Specialty Treatment for Dermatologic Inflammatory Conditions: Patient Journey and Treatment Persistence

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Purpose

To evaluate medication changes and clinical outcomes in patients required to use step therapy after being prescribed a specialty medication for psoriasis (PsO) or atopic dermatitis (AD)

Study Design

Single center, retrospective cohort analysis across Vanderbilt Health System Dermatology clinics

Methods

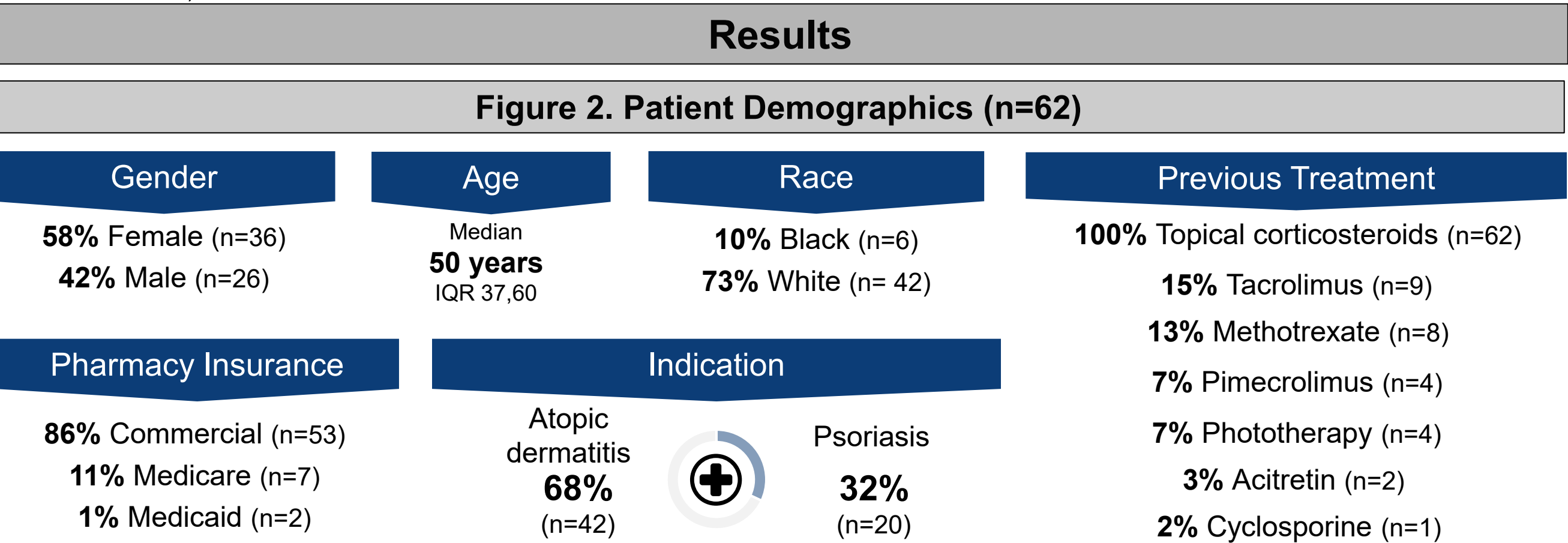
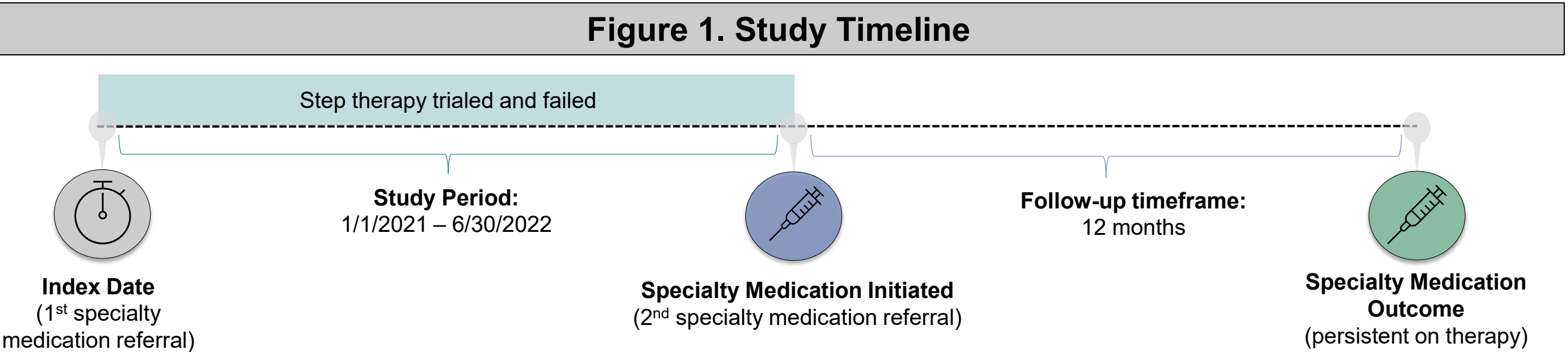
Patient Population
Inclusion criteria:
Prescribed specialty medication for PsO or AD 1/1/2021 – 6/30/2022 required by insurance to use step therapy prior to a specialty medication

Exclusion criteria:
Patient or provider decision not to start specialty medication; age < 18 years old; lost to follow-up prior to step-therapy requirement identified

Outcomes

Number of patients that failed step therapy and were referred back for specialty therapy

Number of patients persistent (defined as still filling) on specialty medication at 12 months after failing step therapy



Abbreviations: VUMC = Vanderbilt University Medical Center; HSSP = health system specialty pharmacy; BI = benefits investigation; IQR = interquartile range; ST = step therapy

CONCLUSION

- Most patients who started on specialty medications (n=37/62; 60%) were persistent 12 months after initiation (n=30/37; 81%) demonstrating benefit.
- Step therapy requirements have the potential to delay clinically appropriate and effective treatment for psoriasis and atopic dermatitis

