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:

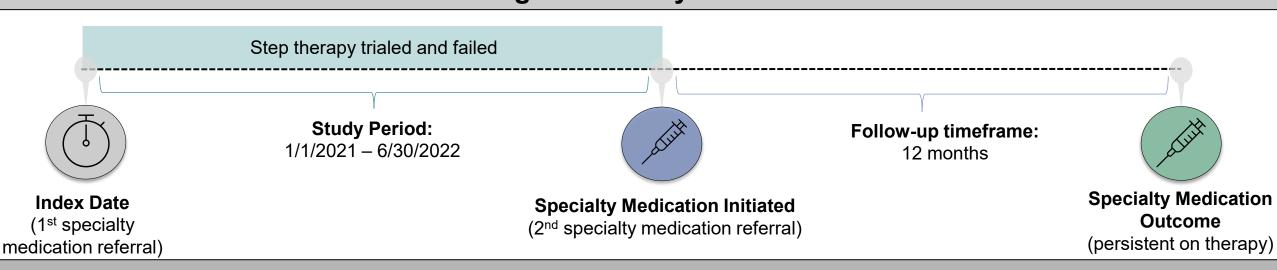
Patient or provider decision not to start specialty medication; age < 18 years old; lost to follow-up prior to step-therapy requirement identified

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

Figure 1. Study Timeline



Results

Figure 2. Patient Demographics (n=62)

Gender

58% Female (n=36) **42%** Male (n=26)

Age Median

50 years

IQR 37,60

Race

10% Black (n=6)

73% White (n= 42)

Indication

86% Commercial (n=53) **11%** Medicare (n=7) **1%** Medicaid (n=2)

Pharmacy Insurance

Atopic dermatitis 68% (n=42)

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Psoriasis 32% (n=20)

100% Topical corticosteroids (n=62) **15%** Tacrolimus (n=9)

Previous Treatment

13% Methotrexate (n=8)

7% Pimecrolimus (n=4)

7% Phototherapy (n=4) **3%** Acitretin (n=2)

2% Cyclosporine (n=1)

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

Results



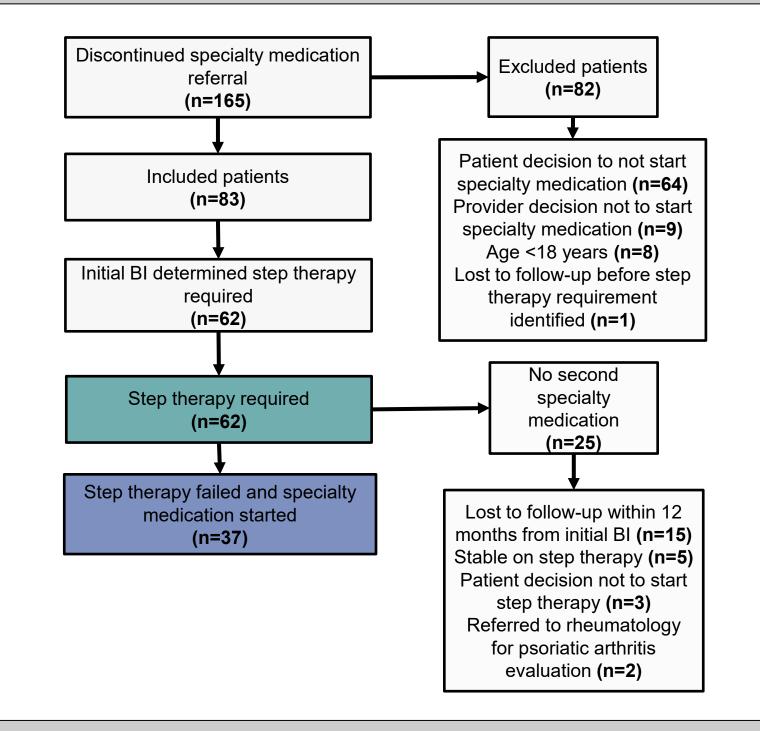


Figure 5. 12 Months Post Specialty Medication Initiation

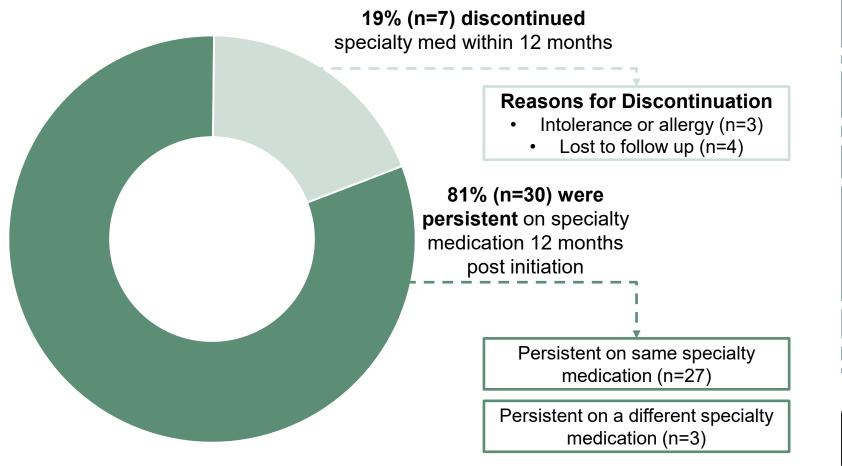
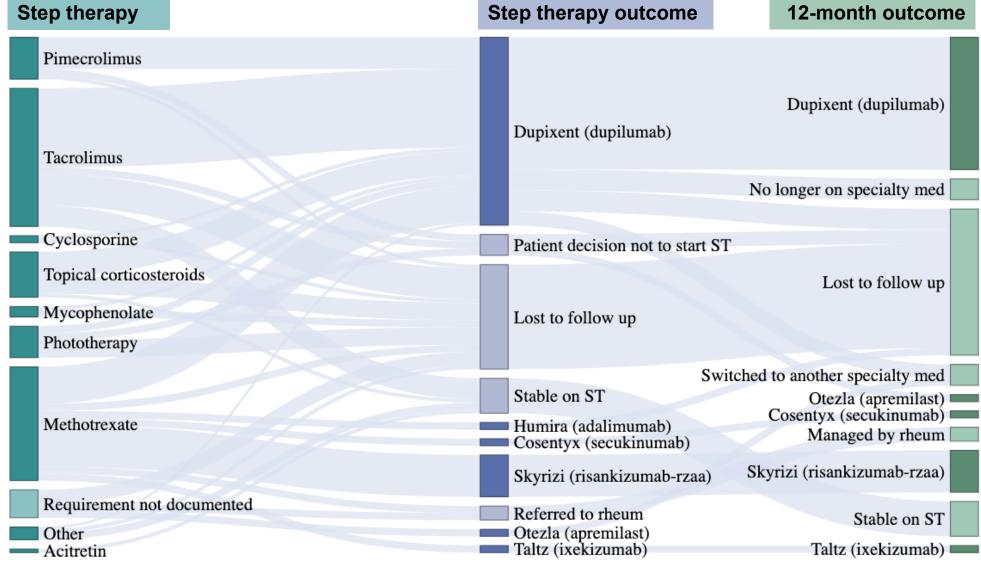


Figure 4. Medication Outcomes

Failed step therapy Patients were referred back to the specialty pharmacy for initiation of a specialty medication within 12 months

Persistent on specialty medication Majority of patients started on specialty medication were still on a specialty medication 12 months after initiation

Figure 6. Patient Journey



Tacrolimus and methotrexate were the most commonly required step therapies. Patients who were required to use step therapies most commonly were lost to follow-up or started on dupilumab or risankizumab-rzaa. The majority of patients that started specialty medication were persistent 12 months after initiation.

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