Effectiveness of dupilumab treatment in 95 patients with atopic dermatitis: daily practice data

Summary

Atopic dermatitis (AD) is a type of eczema that is very common in children, but also affects 2-10% of all adults worldwide. The main symptom is itch, which can be severe enough to stop the person sleeping properly. It can be found on any part of the skin, including the face, but the areas that are most commonly affected are the elbows, knees, wrists and neck. The skin is usually red and dry and may bleed from scratching.

Currently, treatments for patients who are considered to suffer from moderate-to-severe AD may be effective but may have limitations, such as side effects. Dupilumab is the first of a type of drugs called biologics to be registered for the treatment of moderate-to-severe AD. Its efficacy, tolerability (meaning if patients were able to stay on the treatment) and safety have been shown in large clinical trials. However, limited daily practice data on dupilumab is available.

The aim of this study was to evaluate dupilumab treatment in patients with AD in daily practice, and the authors included 95 AD patients treated with dupilumab in two University Hospitals in The Netherlands. Sixty-two patients used treatments called systemic immunosuppressants at the start (baseline), which were continued during dupilumab treatment in 43 patients.

The study used various systems to monitor any improvement in each patient’s eczema, as reported either by the physician or the patient. From baseline to 16 weeks of treatment, the disease severity score (Eczema Area and Severity Index score (0-72), in which physicians record how severe the eczema is) decreased from 18.6 to 7.3, and the patient-reported scores (in which patients answer questions to show if their symptoms have improved or worsened) showed an improvement of 41-66%.

Five patients discontinued dupilumab treatment due to side effects or ineffectiveness. Eye symptoms and orofacial (non-ocular) Herpes Simplex Virus (HSV) reactivation were reported in 62% and 8% of the patients, respectively.

The authors concluded that dupilumab treatment in daily practice shows a clinically relevant improvement of physician-reported scores and patient-reported scores, which is in line with efficacy data from clinical trials. Besides frequently reported eye symptoms and orofacial (non-ocular) HSV reactivation, there were no apparent safety concerns.

This summary relates to the study: Effectiveness of dupilumab treatment in 95 patients with atopic dermatitis: daily practice data

L.E.M. de Wijs, A.L. Bosma, N.S. Erler, L.M. Hollestein, L.A.A. Gerbens, M.A. Middelkamp-Hup, A.C.M. Kunkeler, T.E.C. Nijsten, P.I. Spuls and D.J. Hijnen

This summary relates to https://doi.org/10.1111/bjd.18179

British Journal of Dermatology, 182, 418–426, February 2020

© 2020 British Association of Dermatologists