

**Establishing treatment and care pathways
for patients with prurigo nodularis:
A patient-centric focus from
multidisciplinary perspectives**



Disclaimer

- *Unapproved products or unapproved uses of approved products may be discussed by the faculty; these situations may reflect the approval status in one or more jurisdictions*
- *The presenting faculty have been advised by USF Health and touchIME to ensure that they disclose any such references made to unlabelled or unapproved use*
- *No endorsement by USF Health and touchIME of any unapproved products or unapproved uses is either made or implied by mention of these products or uses in USF Health and touchIME activities*
- *USF Health and touchIME accept no responsibility for errors or omissions*

Expert MDT panel



Prof. Anthony Bewley
Psychodermatologist
Barts Health NHS Trust,
London, UK



Prof. Martin Metz
Dermatologist
Institute of Allergology (IFA),
Charité – Universitätsmedizin
Berlin, Germany



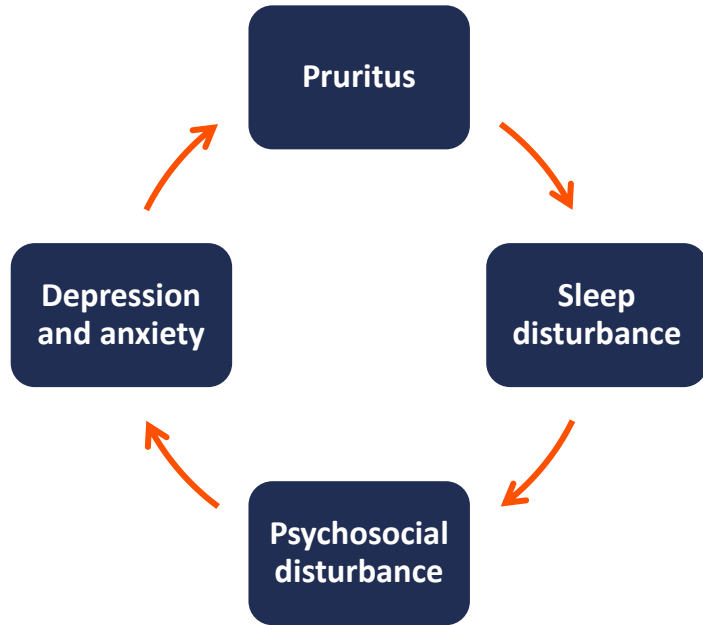
Dr Manuel Pereira
Dermatologist
Institute of Allergology (IFA),
Charité – Universitätsmedizin
Berlin, Germany



Sailaja Maganti
Patient advocate
Lead – Prurigo Nodularis
International, London, UK

Burden and comorbidities associated with PN

Itch-scratch of PN significantly impairs QoL¹



Patients with PN have increased association with:^{1,2}

- Mental health disorders
- HIV infection
- Type 2 diabetes
- Chronic kidney disease
- Dermatologic, hematologic and solid organ malignancies



In an analysis of US emergency department admission data:^{3*}

- The most common comorbidities identified with PN were sepsis (8.3%), cellulitis (6.3%), heart failure (5.8%) and HIV (2.5%)
- Patients with PN were significantly more likely to be admitted as inpatients compared with the general population (67% vs 13%)

Figure adapted from Williams et al. 2021.

*Date from 2016 National Emergency Department Sample from the Healthcare Cost and Utilization Project
HIV, human immunodeficiency virus; PN, prurigo nodularis; QoL, quality of life.

1. Williams KA, et al. *Expert Rev Clin Pharmacol*. 2021;14:67–77; 2. Larson VA, et al. *J Am Acad Dermatol*. 2019;81:1198–201;

3. Whang KA, et al. *J Am Acad Dermatol*. 2021;84:1138–40.

Diagnosing PN

Differential diagnosis: some conditions can have a similar presentation to PN, including:^{1,2}

Pemphigoid nodularis	Actinic prurigo	Multiple keratoacanthomas	Hypertrophic lichen planus
Atopic dermatitis	Autoimmune blistering diseases	Arthropod bites	Scabies
Neurotic excoriations	Skin picking syndromes	Lichen amyloidosis	Other types of chronic prurigo

PN, prurigo nodularis.

1. Williams KA, et al. *Expert Rev Clin Pharmacol*. 2021;14:67–77; 2. Elmariah S, et al. *J Am Acad Dermatol*. 2021;84:747–60.

Diagnosing PN

Diagnostic workup



Initial visit

- **Clinical examination with complete review of systems**
- **Assess PN severity:** extent of lesions, pruritus intensity, disease burden
- **Assess need for support related to anxiety or depression**



Laboratory tests

- **All patients:** complete blood count, liver and renal function tests
- **Depending on risk factors/review of systems:** thyroid function, diabetes assessment, HIV and hepatitis B/C testing

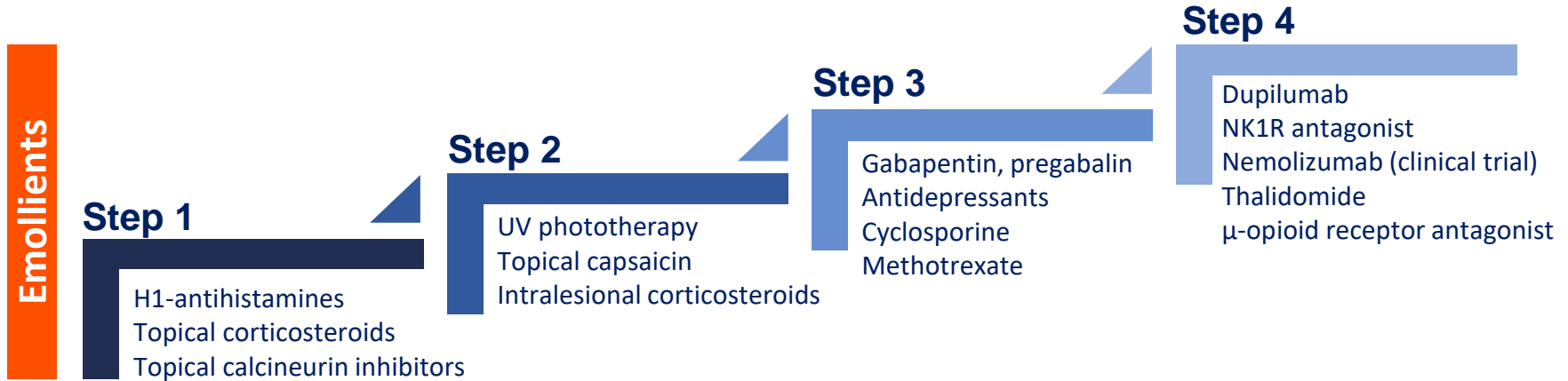


Additional tests

- **Malignancy screening:** refer if malignancy suspected and pruritus <1 year
- **Biopsy:** if suspicious of an alternative or other contributing condition

Current treatment options for PN

- An IFSI guideline recommends a treatment ladder based on expert recommendations and RCT evidence¹



- Dupilumab is the first approved treatment for adult patients with PN, based on data from the PRIME and PRIME2 clinical trials^{2,3}

EMA, European Medicines Agency; FDA, US Food and Drug Administration; IFSI, International Forum for the Study of Itch; NK1R, neurokinin 1 receptor; PN, prurigo nodularis; RCT, randomized controlled trial; UV, ultraviolet.

1. Ständer S, et al. *Itch*. 2020;5:e42; 2. FDA. Available at: www.fda.gov/drugs/news-events-human-drugs/fda-approves-first-treatment-prurigo-nodularis (accessed September 2022); 3. EMA. Available at: www.ema.europa.eu/en/documents/smop/chmp-post-authorisation-summary-positive-opinion-dupixent-ii-63_en.pdf (accessed February 2024).