Home ultraviolet B phototherapy for psoriasis

Record Status
This is a bibliographic record of a published health technology assessment. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors’ conclusions
Psoriasis is a chronic inflammatory disorder of the skin that is characterized by patches, scaly plaques, and papules that are often painful or pruritic (itchy). The etiology of psoriasis is not fully understood. The pathology of psoriasis includes genetic, immunologic, and environmental factors. Plaque psoriasis is the most common form of psoriasis, affecting 80% to 90% of patients. Plaque psoriasis is characterized by well-defined plaques that vary in size from one to several centimeters, and may range in severity from only a few plaques to plaques covering almost the entire body surface. Approximately 80% of patients with psoriasis have mild to moderate disease, and 20% have moderate to severe psoriasis (defined as affecting greater than 5% of body surface area or affecting crucial body areas such as the face, hands, feet, or genitals). Psoriasis has a negative impact on the overall quality of life of patients, and is linked with psychological distress. Treatment of psoriasis is aimed at decreasing psoriasis severity and the patient’s body surface area (BSA) covered by plaques. Therapies include patient education; topical agents (e.g., emollients, Vitamin D analogs, steroids, coal tar, salicylic acid); systemic drugs (e.g., methotrexate [many manufacturers], acitretin [Soriatane; Stiefel Laboratories Inc.]; biologic agents (e.g., adalimumab [Humira; Abbott Laboratories], etanercept [Enbrel; Amgen Inc.], infliximab [Remicade; Janssen Biotech Inc.]); exposure to ultraviolet (UV) light; and exposure to PUVA (psoralen administered prior to UVA light therapy). This report focuses on phototherapy of psoriasis with Ultraviolet B (UVB) light administered in the patient’s home.

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Address for correspondence
HAYES, Inc., 157 S. Broad Street, Suite 200, Lansdale, PA 19446, USA. Tel: 215 855 0615; Fax: 215 855 5218 Email: hayesinfo@hayesinc.com

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