

# Patients under atopic dermatitis treatment in Portugal: Results from a physicians' survey

Carmo M<sup>1</sup>, Andrade S<sup>2</sup>, Mendes-Bastos P<sup>3</sup>

1 – IQVIA, Oeiras, Portugal; 2 – Sanofi, Oeiras, Portugal; 3 – Dermatology Center, Hospital CUF Descobertas, Lisbon, Portugal

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## BACKGROUND AND OBJECTIVE

### BACKGROUND

- Atopic Dermatitis (AD) is a chronic inflammatory skin disease estimated to affect up to 2 - 8% of adults in most countries of the world, with epidemiologic studies reporting different prevalence across countries.
- To our knowledge, currently there is no published evidence on AD's epidemiology in Portugal. In addition, the therapeutic regimens typically used to treat AD can also be used for the treatment of other diseases, which limits the indirect estimation of AD patients through pharmaceuticals consumption.

### OBJECTIVE

- In light of the absence of AD's epidemiology published data, our aim was to estimate the number of adult AD patients treated by specialists (dermatologists or allergists) in Portugal.

## METHODS

### DATA COLLECTION

- A physician survey was conducted through computer assisted web interviewing (CAWI).
- Nine in-depth face-to-face interviews were also conducted with physicians to support survey design and to validate its outcomes.
- A total of 59 physicians were screened to reach the target sample of 50 physicians who responded to the complete survey, including 40 dermatologists and 10 allergists. All 59 responses were considered for patients' quantification purposes.

### RESPONDENT SELECTION

- Physicians were randomly screened within the two specialties, to select those who would respond to the complete survey. The following selection criteria were used:
  - Physicians seeing ≥10 AD adult patient per month;
  - Physicians seeing ≥10 moderate AD adult patient per year;
  - Physicians seeing ≥2 severe AD adult patient per year.
- The sample included physicians treating AD patients in public sector, private sector or in both (66% of physicians stated treating patients both in public and private sector).

### ESTIMATION APPROACH

- Results are based on physicians' reported number of AD adult patients treated within the past 12 months.
- Two alternative approaches were used to mitigate the risk of over or under estimation of patients treated by physicians and more accurately quantify AD patients per physician ratio, namely:
  - Reported AD patients per year and severity (higher bound);
  - Reported AD patients per month, extrapolated to an annual figure base on the weighted average of visits per year and per severity (lower bound).
- The intermediate scenario considers a 50% likelihood of each reported number of patients (through approach 1 and 2) being accurate.
- Results were extrapolated to the entire Portuguese universe considering that 410 dermatologists and 230 allergists are currently active in treating AD patients.
- No specific definition was applied for AD severity, since face-to-face interviews revealed that classification into mild, moderate or severe is based mainly on individual clinical judgement and that there is little experience with standard scales classification.

## FUNDING AND DISCLOSURES

- The study was funded by Sanofi and conducted by IQVIA.
- Carmo M is an IQVIA employee, Andrade S is Sanofi employee. Mendes-Bastos P has received fees as consultant and/or speaker from AbbVie, Pfizer, Janssen-Cilag, Leo-Pharma, Novartis, Sanofi, Teva, Bayer and La Roche Posay and has worked as an Investigator in Clinical Trials sponsored by Abbvie and Novartis.

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## RESULTS

- It is estimated that between 0.7% to 1.6% of Portuguese adult population was followed for AD by dermatologists or allergists in 2017 (Figure 1), of which 40%-45% were classified as having moderate or severe disease according to physicians' individual clinical judgment, totaling approximately 33.900 patients (in the intermediate scenario).

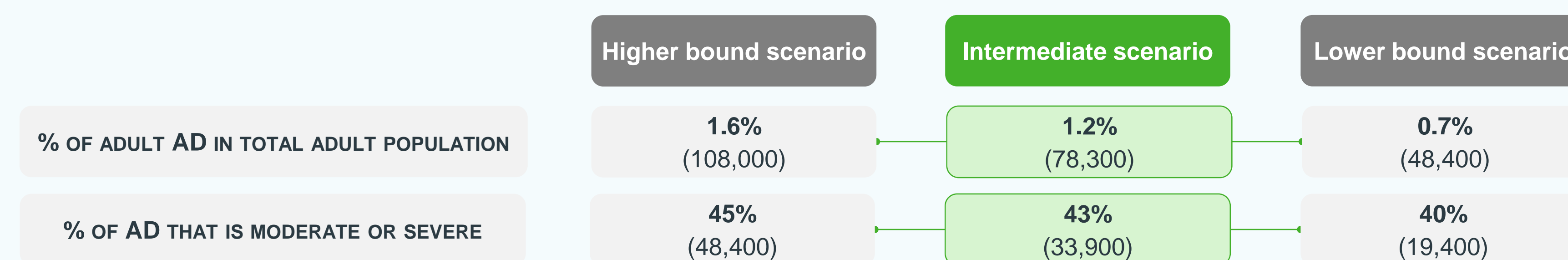


Figure 1. Estimate of AD adult patients followed by dermatologists or allergists in 2017 (% of adult AD patients in total Portuguese adult population, and absolute number of people)

- Patient's follow-up appears to increase significantly with AD severity, with severe AD patients being estimated to have at least 3 times more visits per year than those with mild AD (Figure 2).

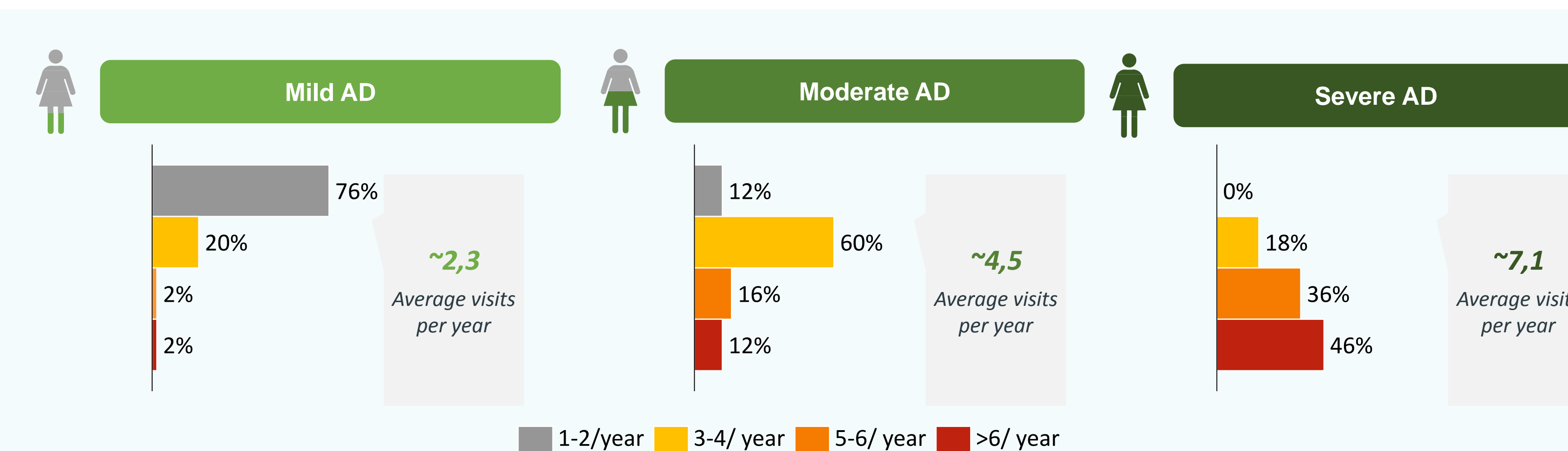


Figure 2. Average visits per year, according to disease severity of AD adult patient (% of physicians per reported frequency of visits per patient/ year/ severity)

- Regarding the use of scales, 58% of surveyed physicians stated using scales to classify patients' AD severity at least occasionally (Figure 3), with SCORAD being used by 66% and EASI by 28% of these physicians (Figure 4). Lack of time and perception of reduced usefulness of the scales were the main reasons for not using these in the daily practice (Figure 5).

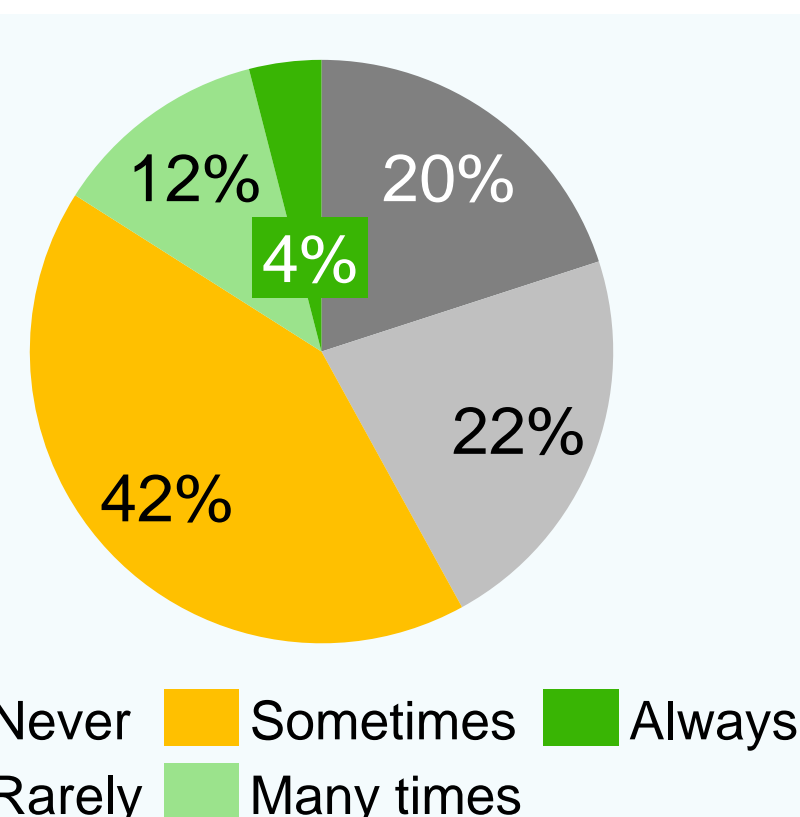


Figure 3. Use of scales for AD's severity classification in daily practice (% of physicians)

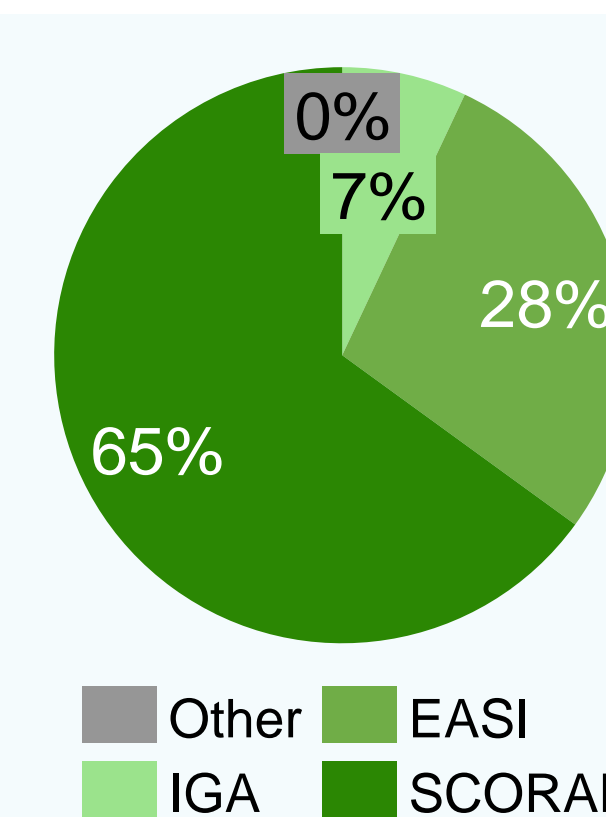


Figure 4. Scale used to classify AD's severity (% of physicians, amongst those who responded "Sometimes", "Many times" or "Always")

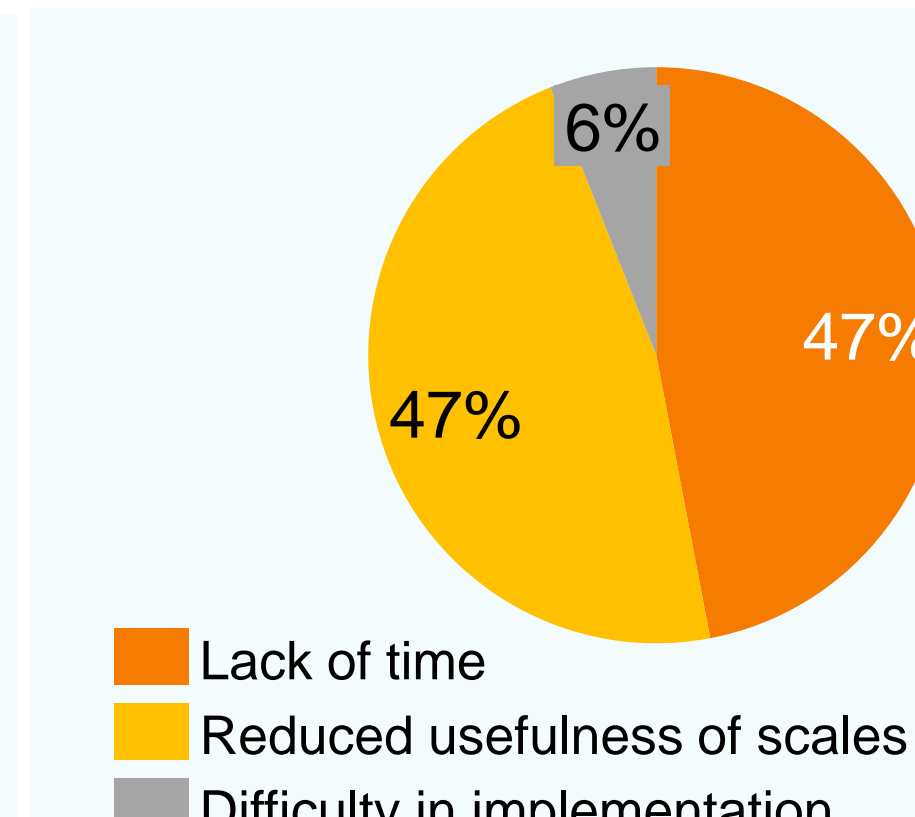


Figure 5. Reasons for not using scales (% of physicians, amongst those who responded "Never" or "Rarely")

- Half of physicians reported a slight increase in the number of their AD patients over the past 3 years, and 18% reported a significant increase (Figure 6).
- Most patients are young adults, with physicians estimating that 48% of their adult patients are under 35 years-old (Figure 7).

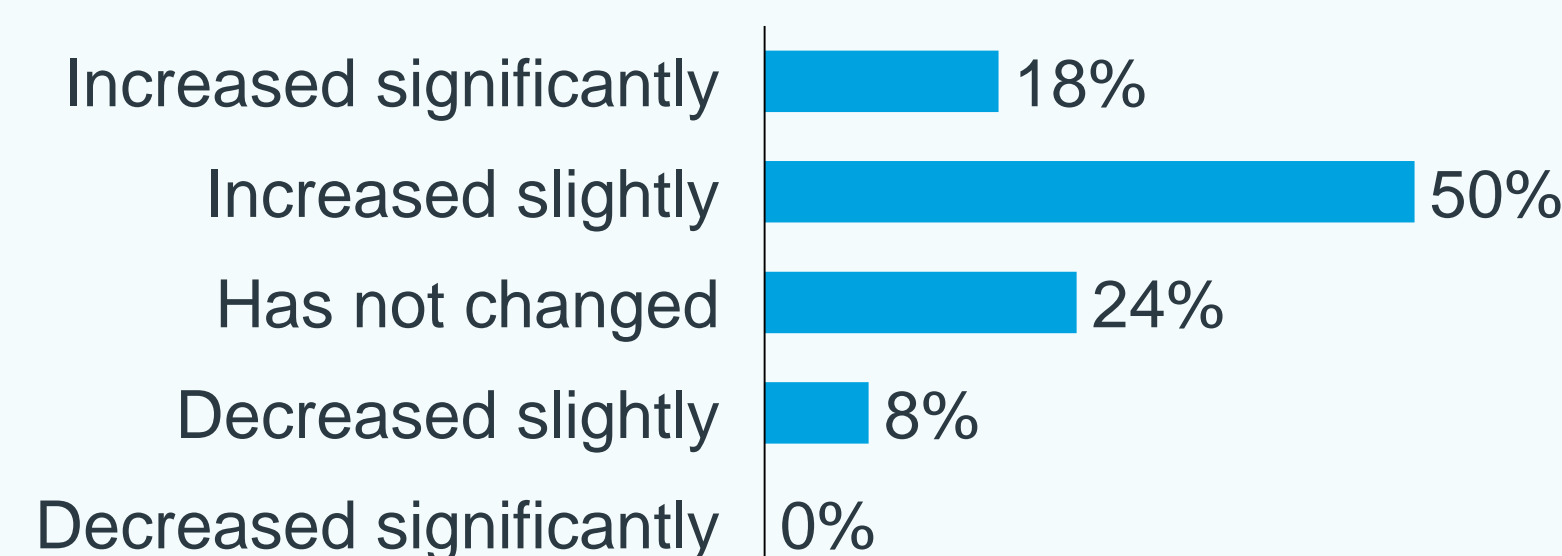


Figure 6. Perspective of AD patients' growth in the past 3 years (% of responding physicians)

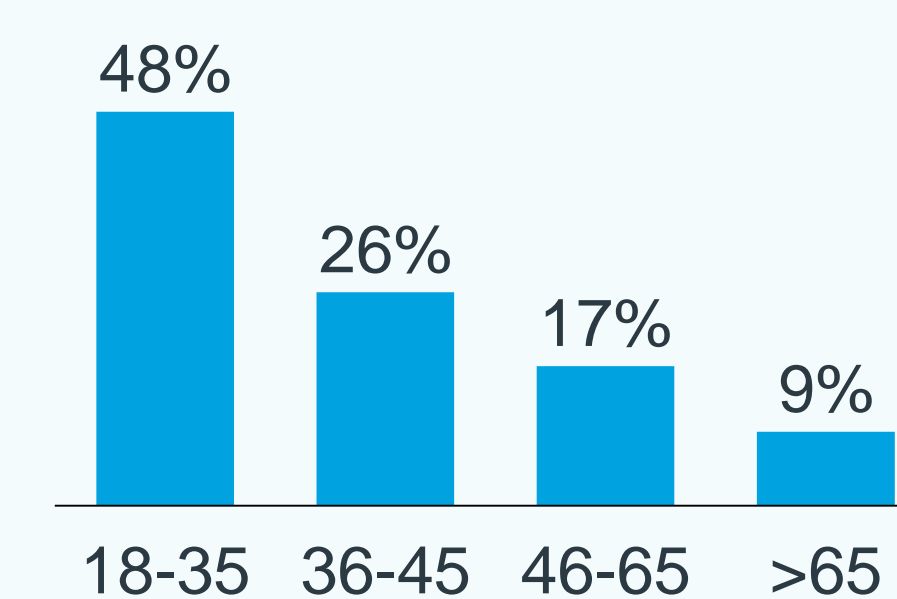


Figure 7. AD patients distribution per age group (% of patients)

## CONCLUSIONS AND LIMITATIONS

- This study provides an estimate of approximately 78.300 adult AD patients seen by a specialist in Portugal in 2017, of which 33.900 have moderate or severe disease.
- The study also shows physicians' perception on visits frequency, severity classification and demographics, enabling a better comprehension of the disease landscape in Portugal
- The study is limited to perceptions that dermatologists or allergists have regarding AD moderate or severe patients care, disregarding milder cases that are often followed in primary care doctors. Future research expanding the survey to other specialties and using other approaches, such as patient records analysis, would render greater robustness to these results.