Real-world patient experience of upadacitinib-treated adults with atopic dermatitis: results from the SCALE-UP study

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Introduction/Background: Atopic dermatitis (AD) is a chronic inflammatory skin disease associated with burdensome symptoms and decreased quality of life.¹ Upadacitinib, an oral Janus kinase inhibitor approved to treat moderate-to-severe AD, met all primary endpoints in multiple phase 3 clinical trials for patients with AD.²³⁴ However, clinical trial results may not necessarily reflect outcomes in a real-world setting. There is a need to complement clinical trial findings with real-world data, particularly patient-reported outcomes, which provide a unique perspective of the patient experience.

Objective: To evaluate the real-world patient-reported experience and effectiveness of upadacitinib in adults with moderate-to-severe AD.

Methods: The real-world, observational SCALE-UP (Surveying the Clinically Relevant Patient-Reported Outcomes and Long-Term Effectiveness of Upadacitinib in Atopic Dermatitis) study surveyed adults with moderate-to-severe AD participating in a patient support program (PSP) for upadacitinib in the United States. Eligible participants were aged ≥ 18 years, were prescribed and actively receiving upadacitinib for moderate-to-severe AD, and were enrolled in the
upadacitinib PSP for 2–12 months. A one-time online survey was used to evaluate patients’
experience with upadacitinib, including the degree of itch improvement and skin clearance, the
time to itch improvement and skin clearance, and satisfaction with these items.

Results: This cross-sectional analysis included data from 204 patients enrolled in the
upadacitinib PSP. The mean (SD) patient age was 45.3 (16.5) years, and the mean (SD) age at
AD diagnosis was 30.3 (23.1) years. More than half (70.1%) of patients were female.
Upadacitinib treatment duration was 2–6 months for 50.5% of patients and > 6 and ≤ 12 months
for 49.5% of patients. The starting upadacitinib dose was 15 mg for 94.6% of patients and
30 mg for 3.9% of patients; at the time of the survey, 79.4% of patients were receiving
upadacitinib 15 mg, and 19.6% were receiving upadacitinib 30 mg. Topical corticosteroids were
used by 36.8% of patients at the time of the survey. Patients self-reported skin tones (%) were
pale white (9.8%), white (39.7%), light brown (23.5%), moderate brown (18.1%), dark brown
(5.9%), and deeply pigmented/black (2.5%). After receiving upadacitinib, 94.6% of patients
reported itch improvement (86.8% “Very much” or “Much” improved and 7.8% “Minimally”
improved; Figure). Among patients reporting itch relief, 87.0% noticed itch improvement within
1 week, with 27.5% noticing improvement in ≤ 1 day, 37.8% noticing improvement in 2–3 days,
and 21.8% noticing improvement in 4–7 days. Among patients reporting itch relief, the
proportions who were “Extremely” or “Very” satisfied with the degree and speed of their itch
improvement were 87.0% and 86.0%, respectively. Clearer skin was also reported by 90.7% of
patients (81.4% “Very much” or “Much” clearer and 9.3% “Minimally” clearer) after initiating
upadacitinib (Figure). Of these patients, 89.2% noticed clearer skin within 14 days, with 30.8%
noticing clearer skin in ≤ 3 days, 36.8% noticing clearer skin in 4–7 days, and 21.6% noticing
clearer skin in 8–14 days. Among patients reporting clearer skin, the proportions who were
“Extremely” or “Very” satisfied with the degree and speed of skin clearance were 83.8% and
83.2%, respectively.
Conclusions: Patients with moderate-to-severe AD treated with upadacitinib in a real-world setting experienced rapid itch relief and improved skin clearance, and reported high levels of satisfaction with both the degree and time course of itch relief and skin clearance. Results were consistent with the overall efficacy dynamics observed in clinical trials evaluating upadacitinib for treating AD. These real-world data complement clinical trial findings and provide a deeper perspective of patients’ experience when using upadacitinib to manage their moderate-to-severe AD, which may help inform shared decision-making discussions between patients and healthcare providers.

Key Words: atopic dermatitis, moderate-to-severe, upadacitinib
REFERENCES

Figure. Patient-Reported Itch and Skin Clearance: Symptom Improvements and Satisfaction Following Upadacitinib Treatment

The time to itch improvement/skin clearance, satisfaction with the degree of itch improvement/skin clearance, and satisfaction with the time to itch improvement/skin clearance were evaluated in patients who experienced itch improvement/skin clearance with upadacitinib.

Patients were asked: “Compared to before you started receiving upadacitinib, how would you rate the overall change in your itch due to atopic dermatitis?” response options were “Very much” improved, “Much” improved, “Minimal” improved, no change, “Minimal” worse, “Much” worse, or “Very much” worse.

Patients were asked: “After you started receiving upadacitinib, how quickly did you begin to notice your itch improve?” response options were less than 1 hour, 1 to 12 hours, 13 to 24 hours, 2 to 3 days, 4 to 5 days, 6 to 7 days, or more than 7 days.

Patients were asked: “How satisfied or dissatisfied were you with how much your itch improved after starting upadacitinib?” response options were “Extremely” dissatisfied, “Very” dissatisfied, “Somewhat” dissatisfied, neither dissatisfied nor satisfied, “Somewhat” satisfied, “Very” satisfied, or “Extremely” satisfied.

Patients were asked: “How satisfied or dissatisfied were you with how quickly your itch improved after starting upadacitinib?” response options were “Extremely” dissatisfied, “Very” dissatisfied, “Somewhat” dissatisfied, neither dissatisfied nor satisfied, “Somewhat” satisfied, “Very” satisfied, or “Extremely” satisfied.

Patients were asked: “After you started receiving upadacitinib, how quickly did you begin to notice clearer skin?” response options were 3 days or less, 4 to 7 days, 8 to 14 days, or more than 14 days.

Patients were asked: “How satisfied or dissatisfied were you with how much clearer your skin become after starting upadacitinib?” response options were “Extremely” dissatisfied, “Very” dissatisfied, “Somewhat” dissatisfied, neither dissatisfied nor satisfied, “Somewhat” satisfied, “Very” satisfied, or “Extremely” satisfied.

Patients were asked: “How satisfied or dissatisfied were you with how quickly you noticed clearer skin after starting upadacitinib?” response options were “Extremely” dissatisfied, “Very” dissatisfied, “Somewhat” dissatisfied, neither dissatisfied nor satisfied, “Somewhat” satisfied, “Very” satisfied, or “Extremely” satisfied.
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