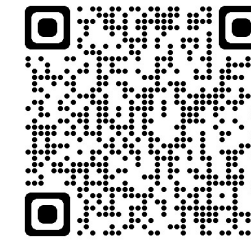


# Getting To Specialty Treatment In Dermatologic Inflammatory Conditions: Treatment Requirements And Patient Journey

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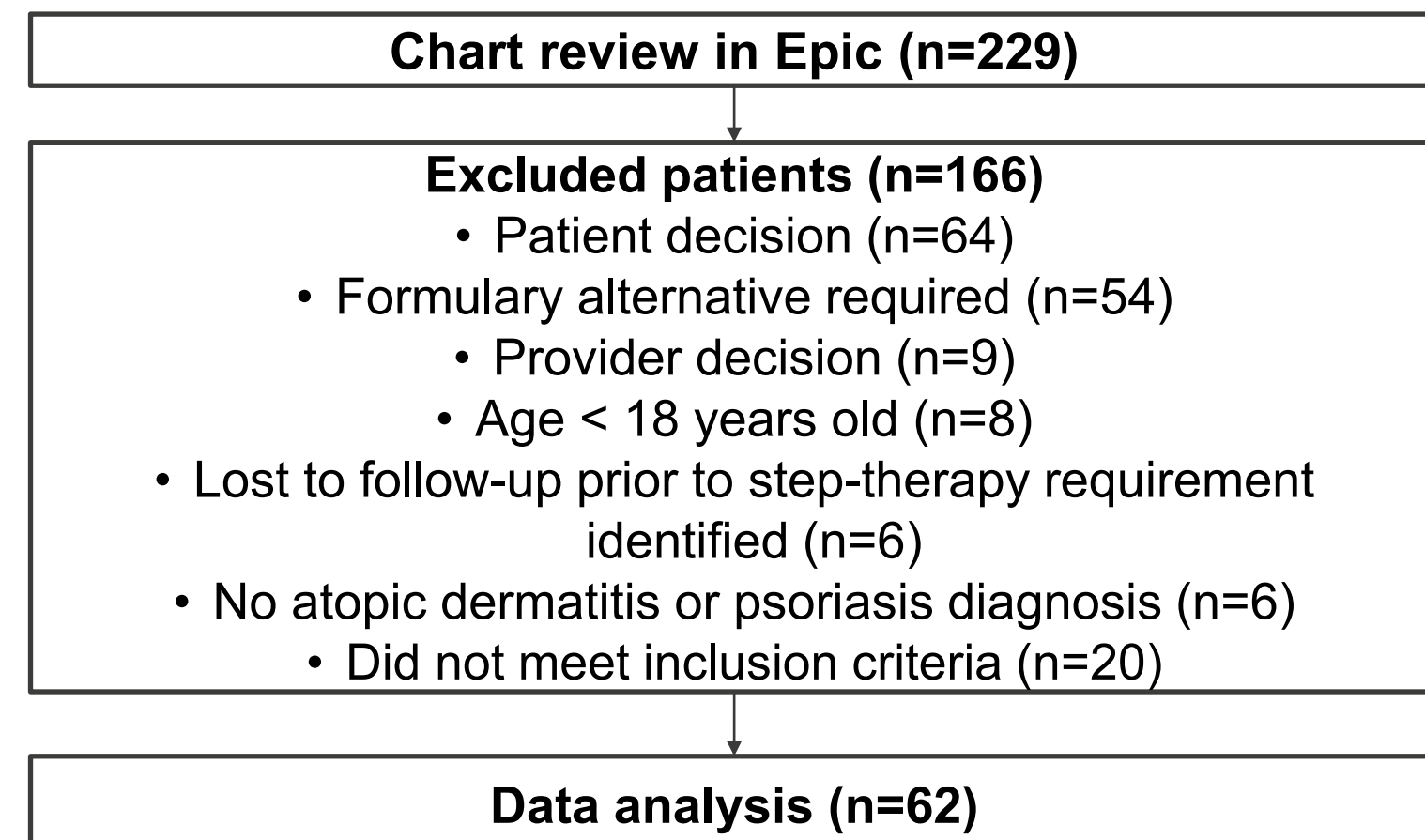
## BACKGROUND AND PURPOSE

Insurers often require patients to try less costly non-specialty medications before approving a specialty medication - "step-therapy." These medications are routinely less efficacious, can require monitoring and may have serious toxicities. The purpose of this study was to evaluate the patient journey and outcomes for patients prescribed a specialty medication for atopic dermatitis or psoriasis.

## METHODS

<b>Setting</b>	A single-center, retrospective cohort analysis across Vanderbilt Health System Dermatology clinics
<b>Sample</b>	<b>Inclusion:</b> Patients prescribed a specialty medication for atopic dermatitis or psoriasis 01/01/2021 - 06/30/2022 required by insurance to utilize step-therapy prior to a specialty medication <b>Exclusion:</b> Patients < 18 years old; lost to follow-up prior to step-therapy requirement identified; change to non-VUMC provider or insurance required formulary alternative specialty medication; patient or provider decision to not pursue specialty medication
<b>Primary outcome</b>	Number of patients for whom insurance denies a specialty medication then fail a step-therapy medication
<b>Secondary outcomes</b>	Number of patients that are not started on specialty medication within 12 months and reason Time from first referral documented to time of second referral documented

Figure 1. Study Sample Size Attrition



## RESULTS

Table 1. Baseline Characteristics (n=62)

Characteristics	n (%)
<b>Age, years [median (IQR)]</b>	50 (37 – 60)
<b>Female gender</b>	36 (58)
<b>Race</b>	
White	42 (73)
Black	6 (10)
<b>Indication</b>	
Atopic dermatitis	42 (68)
Psoriasis	20 (32)
<b>Pharmacy insurance type</b>	
Commercial	53 (86)
Medicare	7 (11)
<b>Previous medications</b>	
Topical corticosteroids	62 (100)
Tacrolimus	9 (15)
Methotrexate	8 (13)
Pimecrolimus	4 (7)
Phototherapy	4 (7)
Cyclosporine	1 (2)
Acitretin	2 (3)
<b>Medication on initial BI</b>	
Dupixent	42 (68)
Otezla	7 (11)
Skyrizi	7 (11)
Taltz	3 (5)
Humira	2 (3)
Stelara	1 (2)

BI = benefits investigation

## CONCLUSION

- 37 patients (60%) failed step-therapy and were referred back to the specialty pharmacy with a median of 75 days from the initial referral to the second referral
- Step-therapy requirements often delay clinically appropriate treatment for atopic dermatitis and psoriasis

## RESULTS

Figure 2. Patient Journey from Decision to Treat to Receiving Treatment

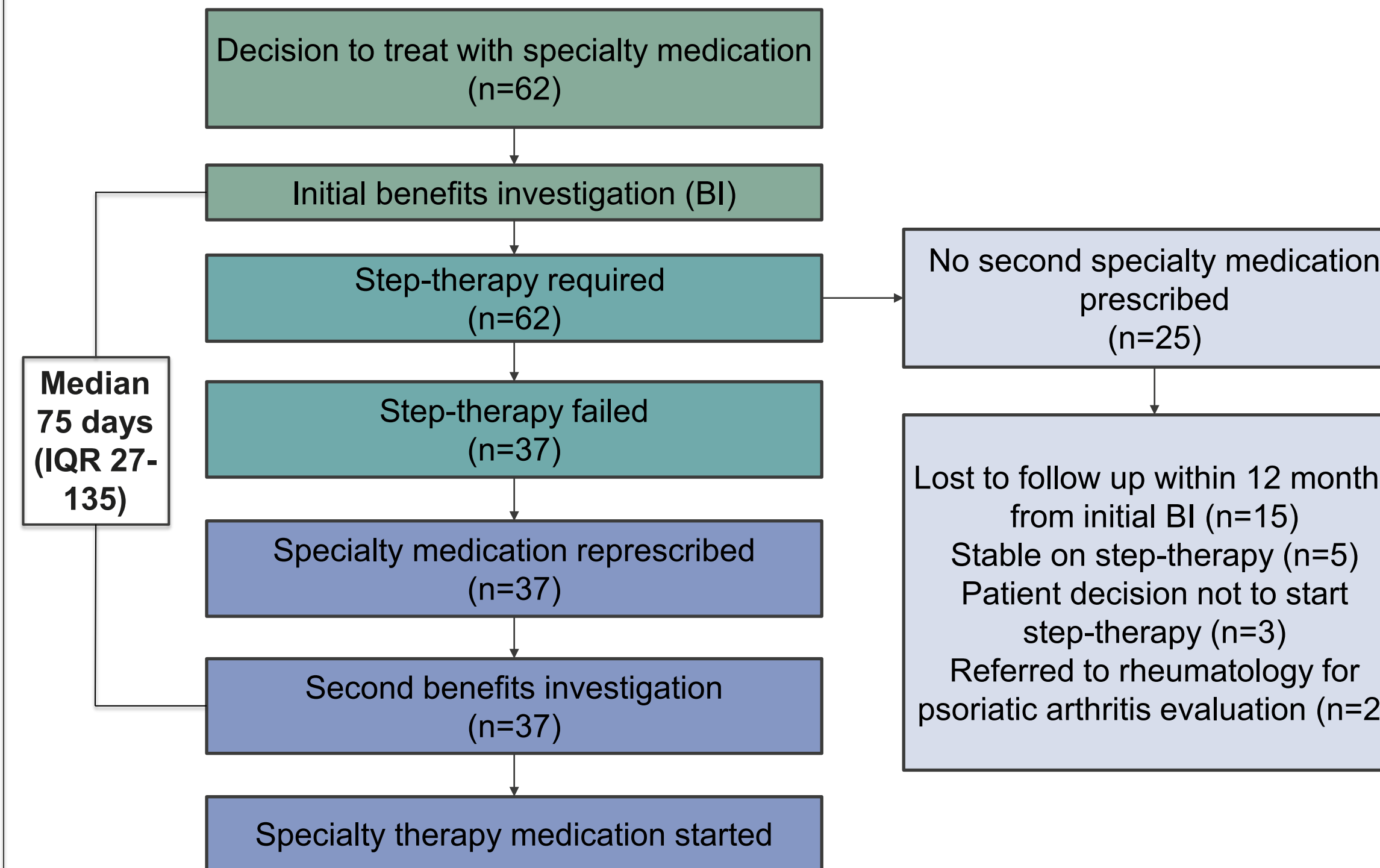


Figure 3. Primary Outcome Measure\*

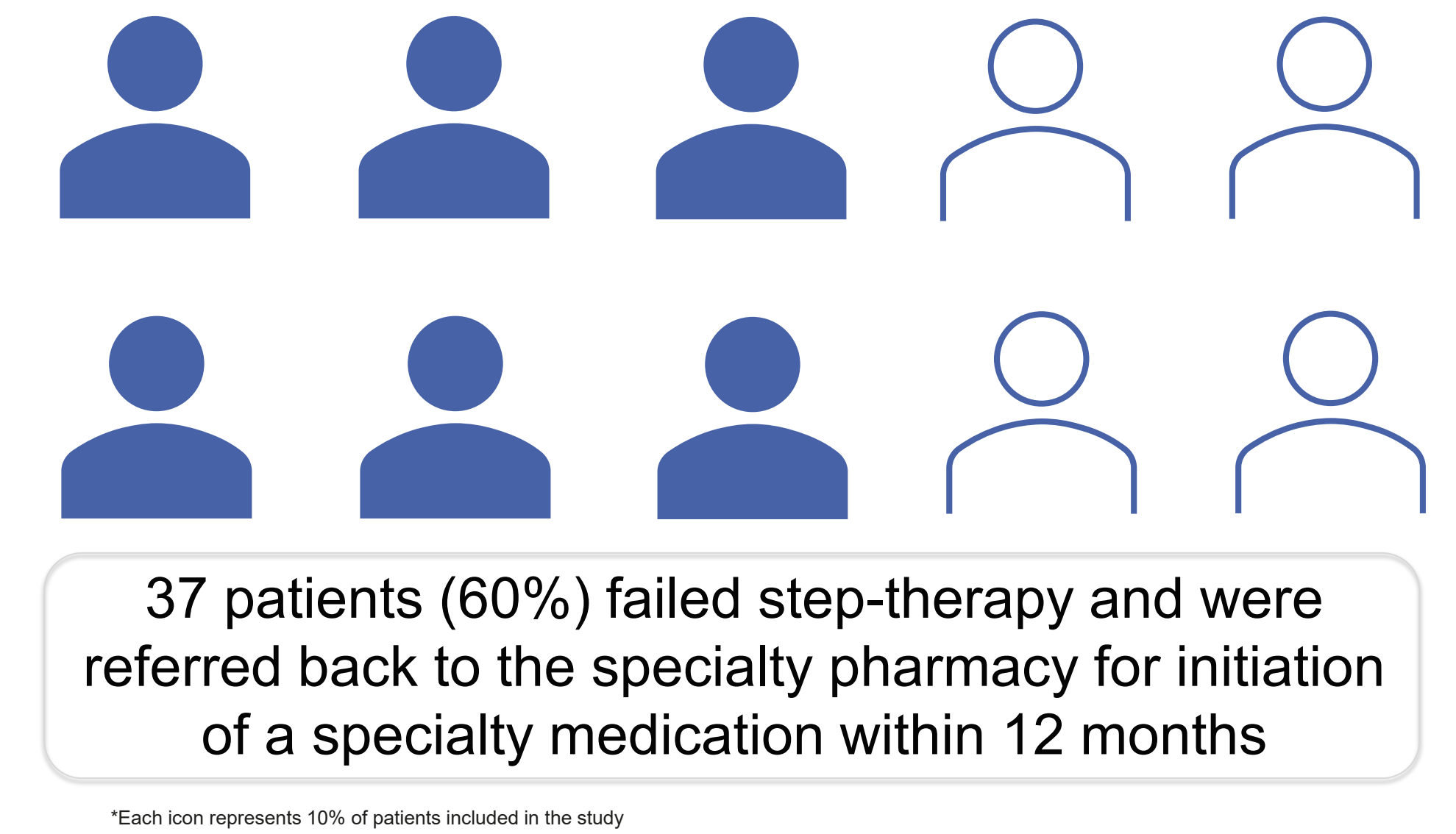


Figure 4. Patient Journey to Specialty Medication Initiation

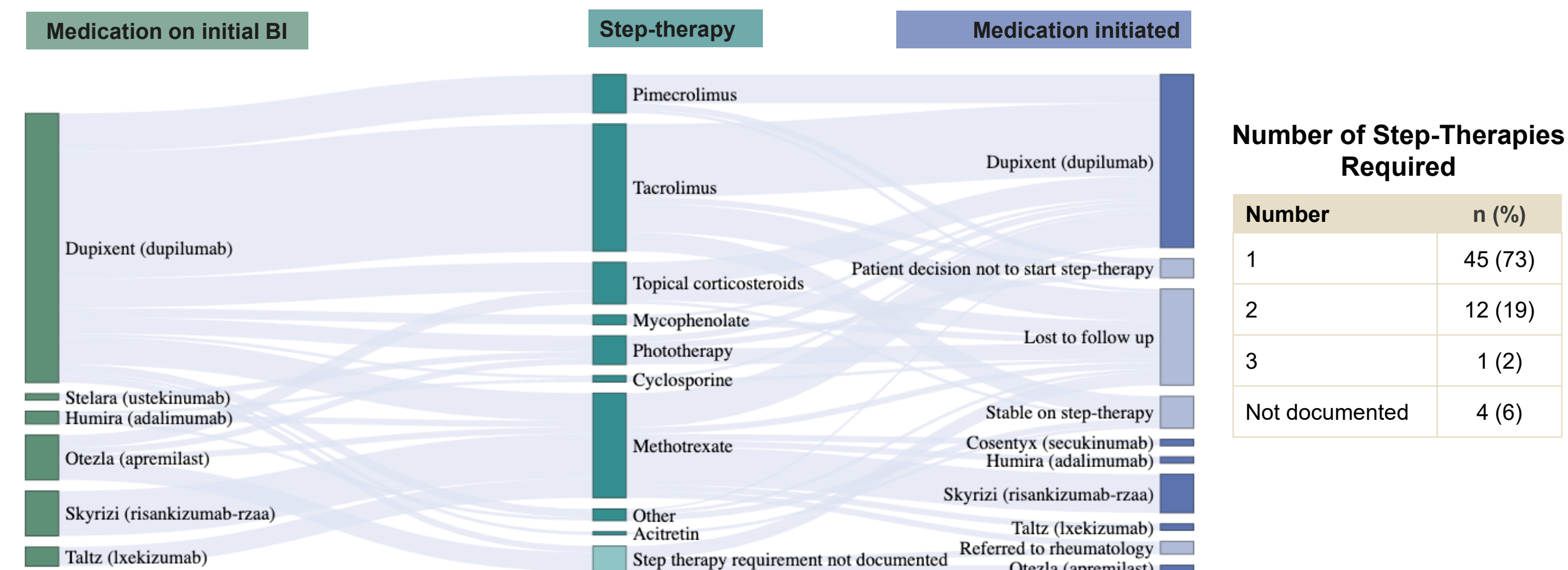


Table 2. Medication Initiated for Step-Therapy<sup>a</sup>

Medication	Step-therapy, n (%)
Tacrolimus	24 (39)
Methotrexate	18 (29)
Topical Corticosteroids	9 (15)
Pimecrolimus	8 (13)
Step-therapy requirement not document in patient chart	4 (7)
Cyclosporine	2 (3)
Mycophenolate	2 (3)
Acitretin	1 (2)
Aquaphor topical	1 (2)
Amitriptyline/ketamine	1 (2)

<sup>a</sup>Numbers will not add up to 62 as some patients were required to complete two or more medications as part of step-therapy