

# Understanding the impact of Chronic Spontaneous Urticaria (CSU) and what is most important to patients – Results from qualitative patient interviews

\*Maurer M<sup>1</sup>, Balp, M-M<sup>2</sup>, O'Donoghue J<sup>3</sup>, Danyliv, A<sup>2</sup>, Christen, L<sup>2</sup>, Smeets, S<sup>2</sup>, Mueller, M<sup>4</sup>, LopezOrtiz, D<sup>5</sup>, McKenna, SJ<sup>6</sup>, De Ruijter, A<sup>7</sup>, Freedle, K<sup>8</sup>, Morrison S<sup>9</sup>, \*Winders, T<sup>10</sup>, \*Bernstein, J<sup>11</sup>, \*Giménez-Arnau, A.M<sup>12</sup>

<sup>1</sup> Dermatological Allergology, Department of Dermatology and Allergy, Charité - Universitätsmedizin Berlin, Germany. <sup>2</sup> Novartis Pharma AG, Basel, Switzerland. <sup>3</sup> Ipsos SA, Basel, Switzerland. <sup>4</sup> Novartis Pharma GmbH, Nuremberg, Germany. <sup>5</sup> Novartis Farmaceutica, S.A., Barcelona, Spain. <sup>6</sup> Novartis Business Services, Dublin, Ireland. <sup>7</sup> Novartis Pharma B.V, Amsterdam, Netherlands. <sup>8</sup> Novartis Pharmaceuticals Corporation, East Hanover, USA. <sup>9</sup> Ipsos, London, UK. <sup>10</sup> Global Allergy & Asthma Patient Platform, Vienna, USA. <sup>11</sup> Department of Medicine, University of Cincinnati College of Medicine, Cincinnati, Ohio. <sup>12</sup> Department of Dermatology, IMIM, Universitat Autònoma and Universitat Pompeu-Fabra, Barcelona, Spain. \*Joint senior authors

## Background

- With new injectable biologic treatments planned to launch in chronic spontaneous urticaria (CSU) it is important to capture, in a structured manner, patient preferences for different treatments profiles
- Patient preference studies are a means of generating data on patients' perception of existing or new treatments<sup>1</sup> and can be beneficial in informing reimbursement/market access discussions<sup>2,3</sup>
- Here we present the results of the qualitative phase of the CHOICE study conducted in order to inform the discrete choice design of the quantitative phase

## Objective

- To understand the patient view on disease and its impact, knowledge and expectations related to treatments among patients with CSU in USA, Germany and Spain

## Methods

- Telephone interviews (~45 minutes) were conducted with patients diagnosed with CSU who were recruited via physician referral in the USA, Germany and via a patient panel in Spain
- The interview focused on areas such as:
  - Physical and emotional impact
  - Perception/knowledge of CSU
  - Patient journey
  - Treatment experience and expectations from future treatments
- Inclusion:** CSU patients inadequately controlled on H1 antihistamines despite up-dosing and eligible for a biologic
- Exclusion:** Less than 1 year since confirmed medical diagnosis of CSU
- Country-specific and pooled content thematic analysis was conducted
- Results are presented for the pooled cohort

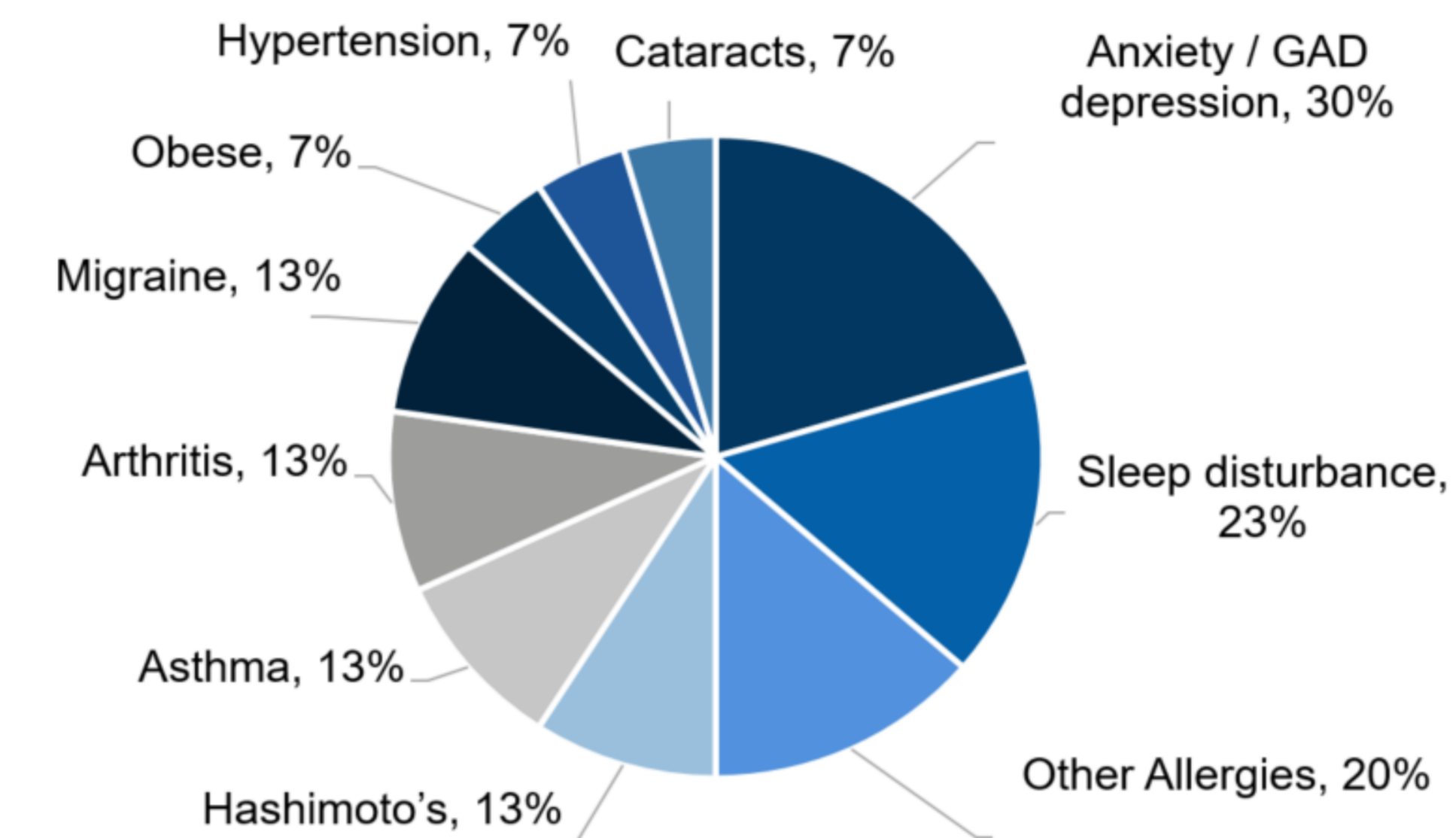
## Results

- The cohort comprised 30 patients (10 per country) described in **Table 1**
- Most commonly reported comorbidities were anxiety/depression (30%), sleep disturbance (23%) and allergies (20%) (**Figure 1**)

**Table 1: Patient demographics**

	Total cohort (N=30)
Mean (SD) age, years	42 (15)
% Female	77%
<b>CSU severity</b>	
Moderate, n (%)	15 (50%)
Severe, n (%)	15 (50%)
Mean (SD) time since CSU diagnosis, years	9 (8.9)
<b>Current CSU treatments, n (%)</b>	
Antihistamines	30 (100%)
Omalizumab	16 (53%)
Corticosteroids	14 (47%)
Cyclosporine	2 (7%)
Doxepin	2 (7%)

**Figure 1: Comorbidities**



- Figure 2** summarizes the key steps in a patient journey and patient experience

## Physical and emotional impact

- The unpredictability of the symptoms and uncertainty around the duration of disease were consistently reported
- Itching intensity, swelling, soreness were high but variable over time

- The emotional burden was high at disease onset and worsening over time
- Patients reported inability to function normally, their social and personal life was highly impacted

## Perception/knowledge of CSU

- There was variability in the level of knowledge of CSU, patients rely on information from their physician and online sources
- Patients felt a strong need to understand their condition further and seek ways to manage their condition and identify potential triggers

## Treatment experience and expectations from future treatments

- There was a feeling of dependency on medication and high daily pill burden was a problem
- Patients were desperate for complete relief and considered this a key outcome for future treatments
- Most patients would accept mild short-term downsides for high efficacy and long-term symptom-free periods

## Conclusions

- This study highlights the complex impact of CSU and reveals expectations that patients have from treatments
- The data will be used to design a discrete choice experiment to assess in a quantitative way preferences for treatment profiles which could support future HTA assessment of new drugs in CSU

## References

- Jackson Y et al (2019). *Expert Review of Pharmacoeconomics & Outcomes Research*, 19:4, 383-396.
- Bouvy J.C et al (2020). *Patient*, 13(2):145-149.
- Cowie et al (2019). NICE Scientific Report – *Measuring Patient Preferences*

## Acknowledgments

The study was funded by Novartis Pharma AG, Basel, Switzerland. Design support by Jayaram K. of Novartis Healthcare Pvt. Ltd., Hyderabad, India. The final responsibility for the content lies with the authors.

Poster presented at the Virtual ISPOR Europe 2021 held 30 November - 3 December 2021

**Figure 2: Patient Journey and experience living with CSU**

