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Biological therapies for immune-mediated skin diseases are effective but can be costly, requiring careful management to optimize resources. This study examines the savings achieved through a program focused on the rational use of biological treatments at an integrated clinic (CLIPSO) by implementing strategies of therapy optimization.

Objective

To describe the savings generated in a program of rational use of biological therapy in an integrated clinic of immune-mediated skin diseases (CLIPSO).

Method

A descriptive cross-sectional study in a cohort of patients diagnosed with immune-mediated dermatologic diseases (psoriasis, hidradenitis suppurativa, urticaria, and atopic dermatitis) attended at CLIPSO between May 2023 - May 2024.

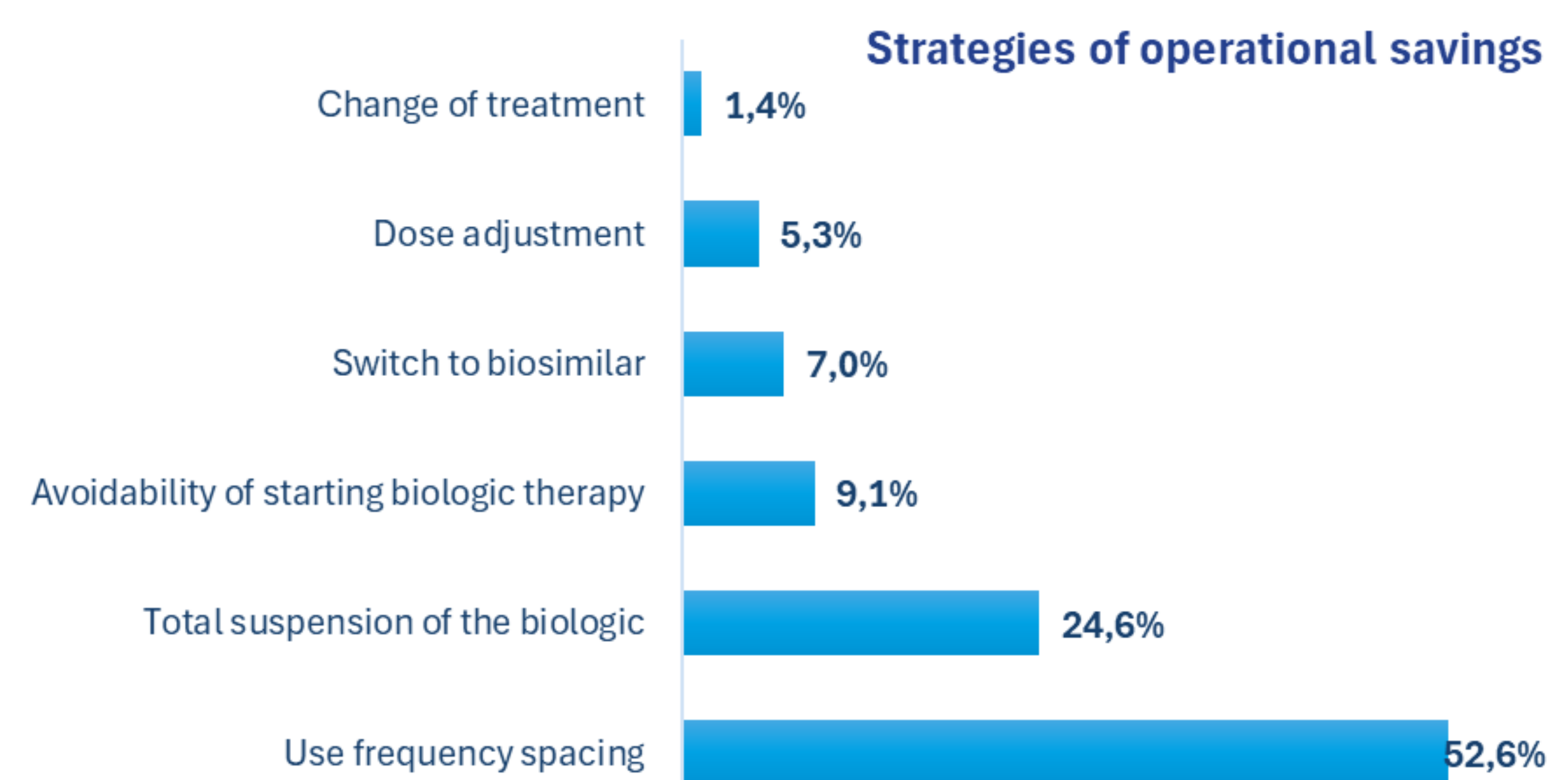
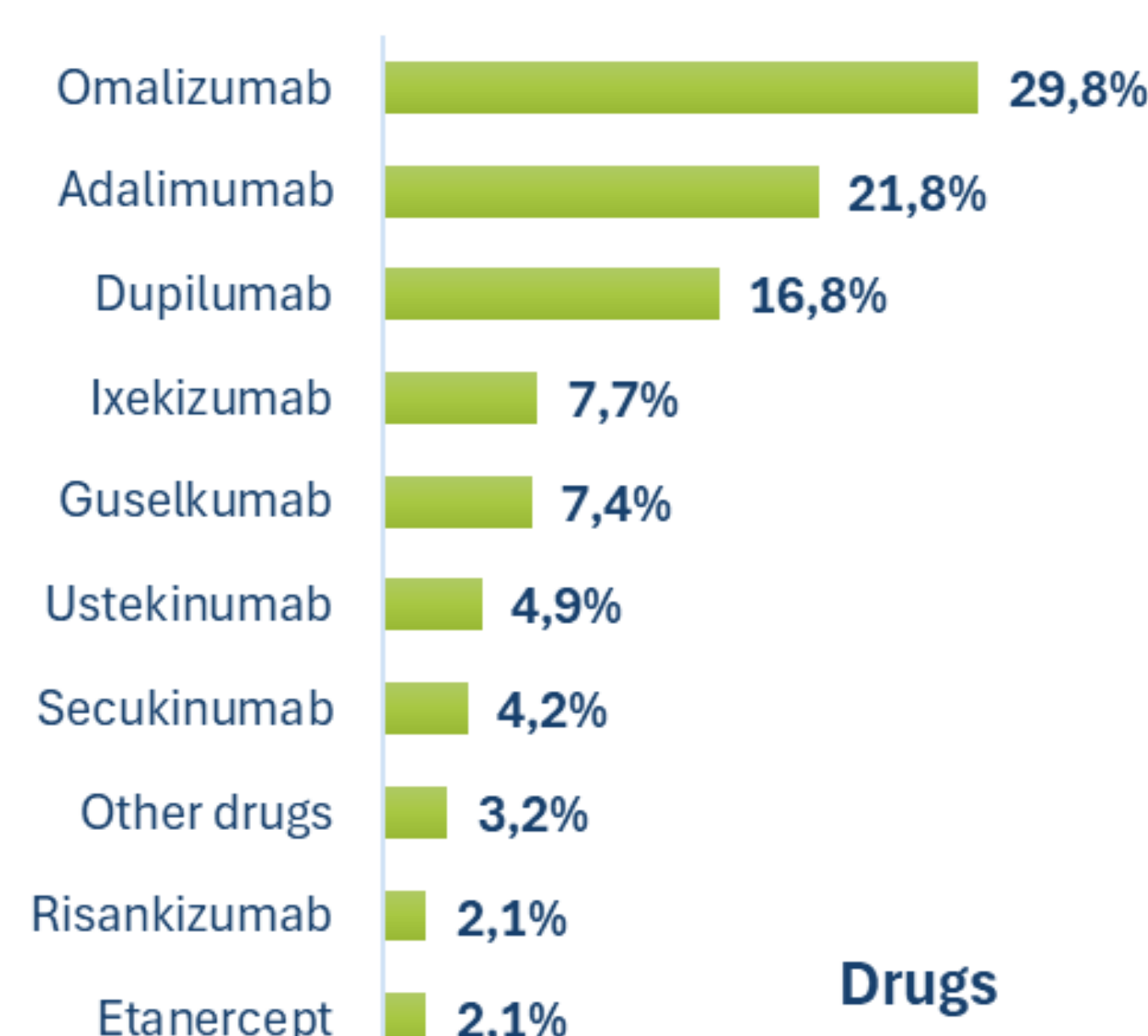
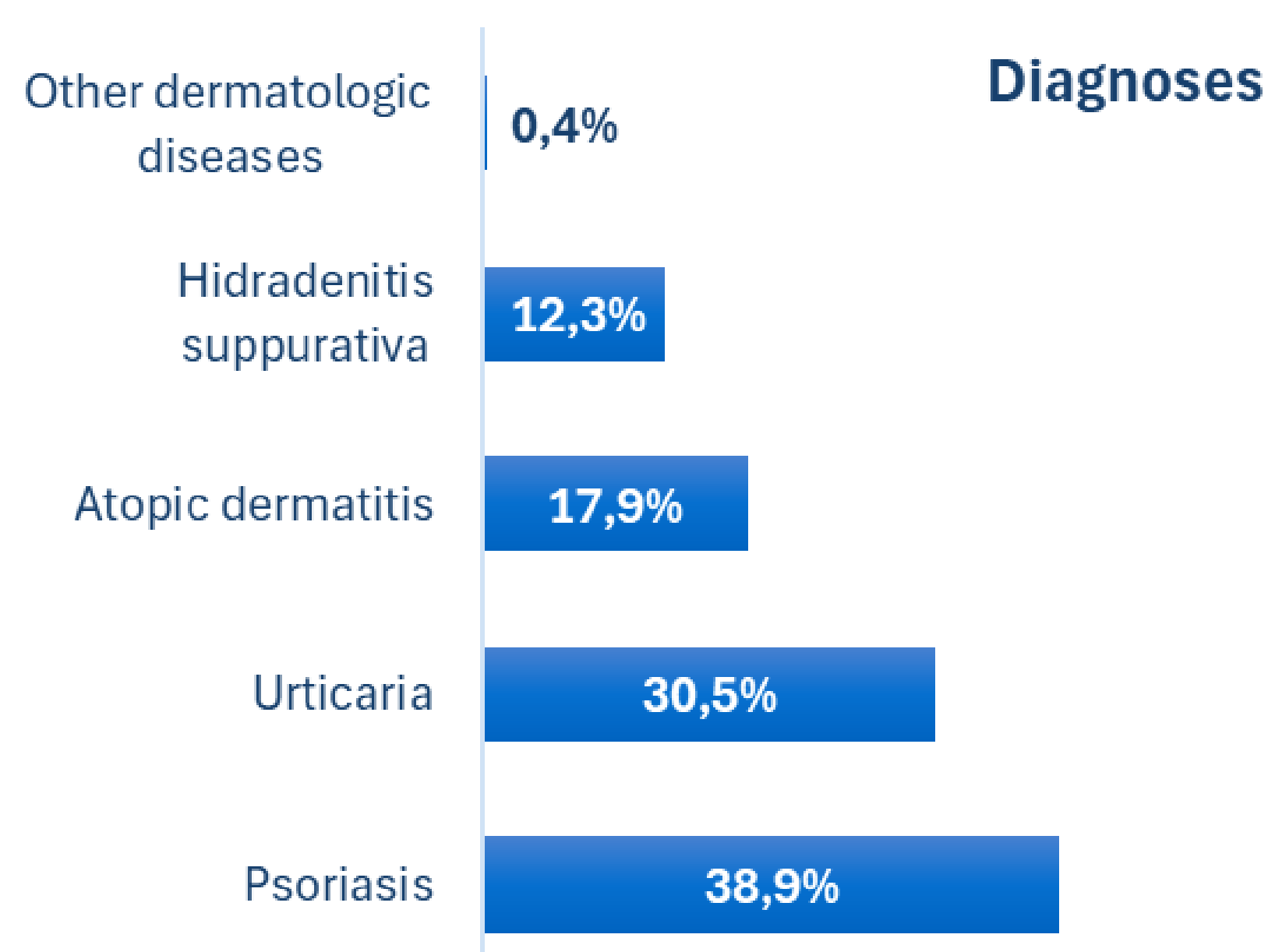
Patients were evaluated by a team of physicians, dermatology specialists, and pharmacists, who depending on clinical and pharmacological follow-up of defined the most appropriate therapy or established optimization strategies of biological therapy.

The savings were defined as the use of a more economical therapy, decreasing the doses, or increasing the use frequency of the drug, total suspension of treatment due to disease control, switching to biosimilar drugs, and avoidability of starting unnecessary biologic treatment.

A univariate analysis was performed using the statistical package R Core Team Version 4.2 (2022).

Results

- 1921 patients were identified with biological therapy, of which 285 patients (14,8%) had therapy optimized according to their clinical evolution.
- The mean age was 46 years (SD: 18), 62.6% were female



- All patients maintained satisfactory clinical results and a total saving of 633,800 USD was generated.

Conclusion

CLIPSO generates a relevant economic impact on the appropriate prescription and scaling of biological therapies for patients with immune-mediated skin diseases.

Conflict of interest: none.