

Belgian Consensus: Defining A Treat-to-Target Outcome for Psoriasis



Grine Lynda^{1,2}, de la Brassinne Michel³, Ghislain Pierre-Dominique⁴, Hillary Tom⁵, Lambert Julien⁶, Segaert Siegfried⁷, Willaert Fabienne⁸, Belgian Psoriasis T2T Specialist Group*, Lambert Jo^{1,2,†} (QR code)

Belgian dermatologists define consensus on treat-to-target for

INTRODUCT



THE 4C'S OF PSORIASIS

- CHRONIC
- COMPLEX
- COMPLIANCE
- COMORBIDITIES

TREAT-TO-TARGET, A TIGHT CONTROL CONCEPT

- T2T** Treat-to-target: therapeutic algorithm to reach well-defined clinical status
- AREA** T2T inspired by type 1 diabetes and shown to be successful in rheumatoid arthritis
- PSO** Attempts for T2T in psoriasis by European, Canadian, Spanish and American consensus
- .BE** T2T for Belgian psoriasis: previous attempts not applicable or up-to-date

METHODOL

OBJECTIVE Define T2T outcome for Belgian psoriasis

DELPHI SURVEY

Consensus-building through anonymous and iterative process

DELPHI Q1

Topics selected based on nominal discussions

ANALYSIS

Consensus upon at least 80% of respondents in single response category

DELPHI QX

Survey rounds until consensus for all statements

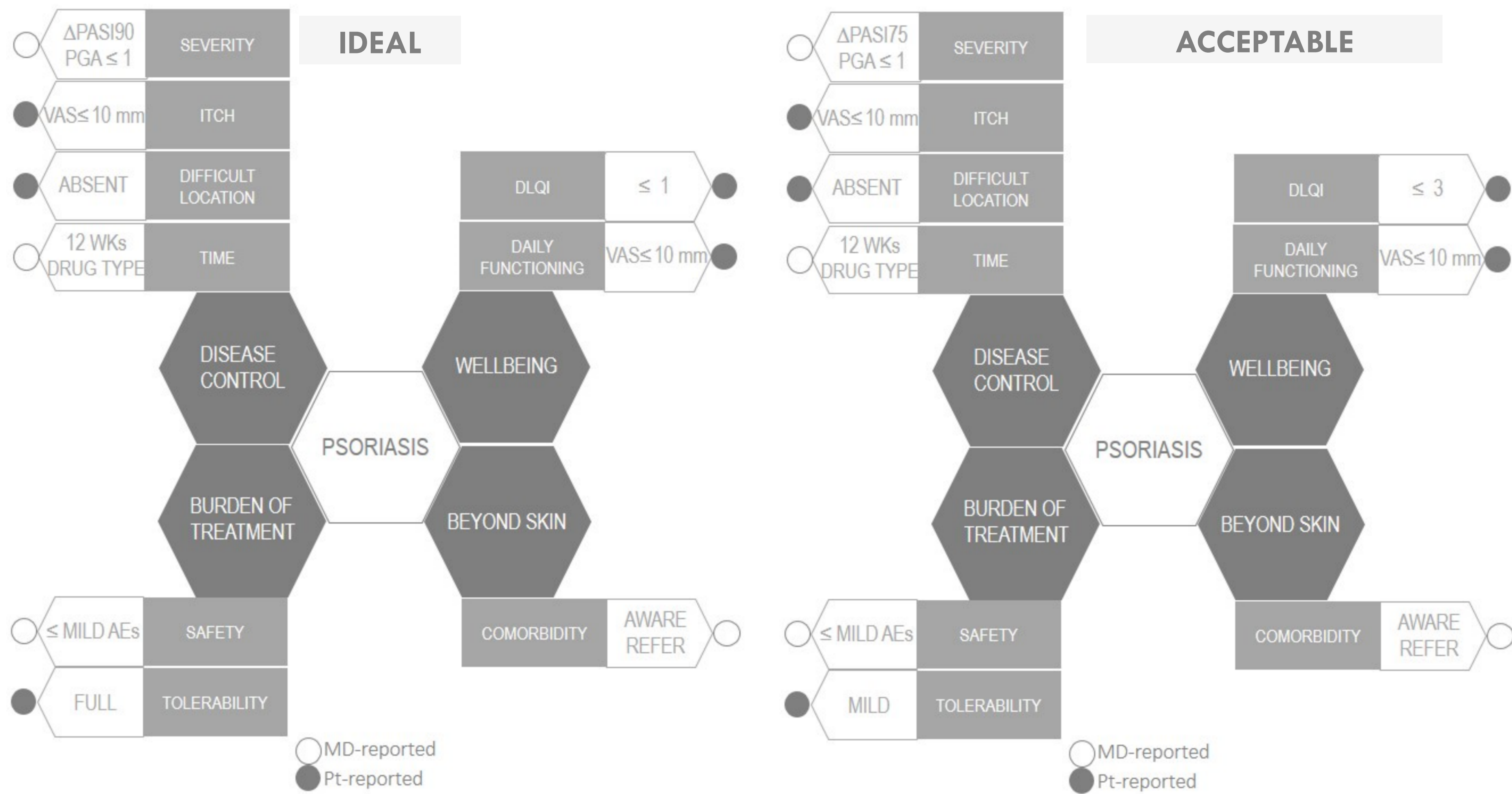
EXPERT BOARD

Respondents included key opinion leaders and experienced dermatologists

- Duplicate statements for ideal (no restrictions) and acceptable target (some restrictions in treatment choice)
- Round one included 156 statements, round two 104 and round three 28.
- Consensus was reached for 49 statements in round 1; 17 in round 2; and 8 in the third round
- Total respondents per round; 19, 20 and 17, respectively

METHODOLOGY

RESULTS Multidimensional and situational target



CONCLUSION Belgian psoriasis T2T definition

- Applicable if shared-decision making and proper adherence
- Applicable in different situations; dependent on treatment restrictions
- Multidimensional with aspects beyond skin, including PROMs
 - Guidance to reach ambitious goals
 - Ultimate tool to compare true value of treatments and care

