

PRESS RELEASE

NICE issues guidance on the use of adalimumab for the treatment of psoriasis in adults

The National Institute for Health and Clinical Excellence (NICE) has today (25 June 2008) published guidance on the use of adalimumab for the treatment of psoriasis in adults.

Adalimumab is recommended as a possible treatment for adults with plaque psoriasis only if:

- their condition is severe **and**
- their condition has not improved with other treatments such as ciclosporin, methotrexate **and** PUVA (psoralen and long-wave ultraviolet radiation), or they have had side effects with these in the past or there is a medical reason why they should not be given these treatments.

Adalimumab treatment should be continued beyond 16 weeks only if the psoriasis has clearly improved within this time.

The severity of a person's psoriasis before and during treatment should be assessed by considering the redness, thickness and scaliness of the plaques, the area of the body involved, and how the condition affects the person's quality of life.

When assessing a person's psoriasis, healthcare professionals should take into account any disabilities or difficulties in communicating the person might have, which might mean that standard assessments do not provide accurate information about their condition.

Professor Peter Littlejohns, NICE Clinical and Public Health Director and Executive Lead for this guidance said: “Psoriasis is an extremely debilitating disorder that is estimated to affect 2% of the population. A UK study of people with severe psoriasis found that 60% had taken time off work as a direct result of their condition, many requiring hospitalisations. Today’s guidance recommending the use of adalimumab will ensure adults with severe psoriasis are able to access a treatment of proven benefit.”

Ends

Notes for editors

About NICE

1. The National Institute for Health and Clinical Excellence (NICE) is the independent organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.
2. NICE produces guidance in three areas of health:
 - **public health** – guidance on the promotion of good health and the prevention of ill health for those working in the NHS, local authorities and the wider public and voluntary sector
 - **health technologies** – guidance on the use of new and existing medicines, treatments and procedures within the NHS
 - **clinical practice** – guidance on the appropriate treatment and care of people with specific diseases and conditions within the NHS.