

Understanding NICE guidance

Information for people who use NHS services

Golimumab for psoriatic arthritis

NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.

This leaflet is about when **golimumab** should be used to treat people with psoriatic arthritis in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Clinical Excellence). It is written for people with psoriatic arthritis but it may also be useful for their families or carers or for anyone with an interest in the condition.

It does not describe psoriatic arthritis or the treatments in detail – a member of your healthcare team should discuss these with you. You can get more information from the organisations listed on the back page.



This may not be the only possible treatment for psoriatic arthritis. Your healthcare team should talk to you about whether it is suitable for you and about other treatment options available.

What has NICE said?

NICE recommends golimumab as a possible treatment for people with psoriatic arthritis in the same circumstances as other drugs for this condition (see 'Who can have golimumab?*' below).

Who can have golimumab?*

You should be able to have golimumab if you have three tender and three swollen joints and you have already tried at least two disease-modifying drugs (DMARDs), given on their own or together, but they haven't worked.

Only people whose psoriatic arthritis improves enough by 12 weeks should be able to carry on with treatment.

When assessing whether your psoriatic arthritis has improved, healthcare professionals should take into account any disabilities or difficulties in communicating you may have.

Why has NICE said this?

NICE looks at how well treatments work, and also at how well they work in relation to how much they cost the NHS. NICE recommended golimumab because its cost is justified by its benefits compared with other drugs available on the NHS.

* The circumstances described in this section are the same circumstances in which NICE recommends etanercept, infliximab and adalimumab (see www.nice.org.uk/guidance/TA199).

Psoriatic arthritis

People with psoriatic arthritis have painful, swollen or stiff joints, as well as psoriasis – red patches of skin covered with silvery scales often described as 'plaques'.

Golimumab

People with psoriatic arthritis produce too much of a substance called 'TNF alpha', which is thought to be involved in causing inflammation of the skin and joints.

Golimumab (also known as Simponi) stops TNF alpha working in the body, reducing the pain and inflammation.

What does this mean for me?

When NICE recommends a treatment, the NHS must make sure it is available to those people it could help, normally within 3 months of the guidance being issued.

So, if you have psoriatic arthritis, and you and your doctor think that golimumab is the right treatment for you (see 'What has NICE said?' across the page), you should be able to have the treatment on the NHS. Please see www.nice.org.uk/aboutguidance if you think you are eligible for the treatment but it is not available.

More information

The organisations below can provide more information and support for people with psoriatic arthritis. NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

- Psoriasis and Psoriatic Arthritis Alliance (PAPAA), 01923 672837
www.papaa.org
- The Psoriasis Association, 08456 760076
www.psoriasis-association.org.uk
- Skin Care Campaign, 020 8378 1497
www.skincarecampaign.org

NHS Choices (www.nhs.uk) may be a good place to find out more. Your local patient advice and liaison service (usually known as 'PALS') may be able to give you more information and support. If you live in Wales you should speak to NHS Direct Wales for information on who to contact.

About NICE

NICE produces guidance (advice) for the NHS about preventing, diagnosing and treating medical conditions. The guidance is written by independent experts, including healthcare professionals and people representing patients and carers. They consider the evidence on the disease and treatments, the views of patients and carers and the experiences of doctors, nurses and other healthcare professionals, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

To find out more about NICE, its work and how it reaches decisions, see www.nice.org.uk/aboutguidance

This leaflet and other versions of the guidance aimed at healthcare professionals are available at www.nice.org.uk/guidance/TA220

You can order printed copies of this leaflet from NICE publications (phone 0845 003 7783 or email publications@nice.org.uk and quote reference N2520). The NICE website has a screen reader service called Browsealoud, which allows you to listen to our guidance. Click on the Browsealoud logo on the NICE website to use this service.

We encourage NHS and voluntary organisations to use text from this leaflet in their own information about psoriatic arthritis.