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# Original article

# A study of treatment modalities in psoriasis in dermatology outpatient department of a tertiary care teaching hospital1Y Roja Ramani, 2Benu Panigrahy, 3Sailenkumar Mishra, 4BTPS Singh

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**Abstract:**

Introduction: Psoriasis is a common chronic inflammatory dermatosis and is a major cause of morbidity in our population. Though several treatment modalities exist, there lies a possibility of relapse and remission because of its unpredictable disease course along with negative impact on quality of life.

Aim and Objective: To study the psoriasis pattern,delineate the prevailing treatment options and compare the therapeutic interventions in terms of efficacy (short term) and cost.

Methods and Material: The Psoriasis Area Severity Index the most widely used tool for measuring the severity of psoriasis. Using this tool we evaluated 235 clinically diagnosed cases of psoriasis in the Dermatology O.P.D for one year.

Statistical analysis: The % change in PASI scores were analyzed using Wilcoxon signed ranks test and quantitative values were compared by ANOVA followed by Tukey’s multiple comparison test.

Results: Analysis revealed that plaque psoriasis was the most common. Average no. of drugs prescribed was 3.46/ patient. Maximum drugs prescribed were topical 54.55 %. In majority of patients there was minimal improvement (34.29 %) in response to treatment. Of the enrolled cases 62.55 % were old cases who were on both topical as well as systemic therapy (46.81) and no therapy (34.90%).

Conclusions: Psoriasis accounted to around 0.65% of the patients attending the dermatology OPD in this tertiary care setting. There was a significant change in PASI score at the end of 8weeks in only 8.57% cases. Such poor treatment response to psoriasis warrants rigorous patient counselling as well as studies like this can be an eye opener for the prescriber.

 **Key-words**: psoriasis, PASI score, treatment modalities