

Quick reference guide

Ustekinumab for the treatment of adults with moderate to severe psoriasis

Guidance

- 1 Ustekinumab is recommended as a treatment option for adults with plaque psoriasis when the following criteria are met.
 - The disease is severe, as defined by a total Psoriasis Area Severity Index (PASI) score of 10 or more **and** a Dermatology Life Quality Index (DLQI) score of more than 10.
 - The psoriasis has not responded to standard systemic therapies, including ciclosporin, methotrexate and PUVA (psoralen and long-wave ultraviolet radiation), or the person is intolerant of or has a contraindication to these treatments.
 - The manufacturer provides the 90 mg dose (two 45 mg vials) for people who weigh more than 100 kg at the same total cost as for a single 45 mg vial.
- 2 Ustekinumab treatment should be stopped in people whose psoriasis has not responded adequately by 16 weeks after starting treatment. An adequate response is defined as either:
 - a 75% reduction in the PASI score (PASI 75) from when treatment started **or**
 - a 50% reduction in the PASI score (PASI 50) and a 5-point reduction in the DLQI score from when treatment started.
- 3 When using the DLQI, healthcare professionals should take into account any physical, sensory or learning disabilities, or communication difficulties that could affect the responses to the DLQI and make any adjustments they consider appropriate.

Implementation tools

- NICE has developed tools to help organisations put this guidance into practice (listed below). These are available on our website (www.nice.org.uk/TA180).
- A costing statement explaining the resource impact of this guidance.
 - Audit support for monitoring local practice.

Further information

Ordering information

You can download the following documents from www.nice.org.uk/TA180

- A quick reference guide (this document) – the recommendations.
- 'Understanding NICE guidance' – a summary for patients and carers.
- The NICE guidance.
- Details of all the evidence that was looked at and other background information.

For printed copies of the quick reference guide or 'Understanding NICE guidance', phone NICE publications on 0845 003 7783 or email publications@nice.org.uk and quote:

- N1989 (quick reference guide)
- N1990 ('Understanding NICE guidance').

Related NICE guidance

For information about NICE guidance that has been issued or is in development, see www.nice.org.uk

- Adalimumab for the treatment of adults with psoriasis. NICE technology appraisal guidance 146 (2008). Available from www.nice.org.uk/TA146
- Infliximab for the treatment of adults with psoriasis. NICE technology appraisal guidance 134 (2008). Available from www.nice.org.uk/TA134
- Etanercept and efalizumab for the treatment of adults with psoriasis. NICE technology appraisal guidance 103 (2006). Available from www.nice.org.uk/TA103

Updating the appraisal

This technology appraisal will be considered for review in January 2010, at the same time as 'Etanercept and efalizumab for the treatment of adults with psoriasis' (NICE technology appraisal guidance 103), 'Infliximab for the treatment of adults with psoriasis' (NICE technology appraisal guidance 134) and 'Adalimumab for the treatment of adults with psoriasis' (NICE technology appraisal guidance 146). Information about the progress of a review will be available at www.nice.org.uk/TA180

This guidance represents the view of NICE, which was arrived at after careful consideration of the available evidence. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. However, the guidance does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Implementation of this guidance is the responsibility of local commissioners and/or providers. Commissioners and providers are reminded that it is their responsibility to implement the guidance, in their local context, in light of their duties to avoid unlawful discrimination and to have regard to promoting equality of opportunity. Nothing in this guidance should be interpreted in a way which would be inconsistent with compliance with those duties.

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