Secukinumab effect on nail psoriasis in people with psoriatic arthritis affecting the joints of the back and neck (axial joints)

Full title: Secukinumab demonstrates efficacy in managing the axial manifestations of psoriatic arthritis: Results from the randomised controlled trial, MAXIMISE

Abstract authors: Baraliakos X, Coates LC, Pournara E, et al.

Full abstract title: Secukinumab demonstrates efficacy in managing the axial manifestations of psoriatic arthritis (PsA) as well as nail psoriasis.

Date: October 2020

Why was this study done?

To evaluate the effects of secukinumab compared to placebo on PsA affecting the joints of the back and neck (axial joints) and nail psoriasis, respectively. Information is summarized from the original randomised controlled trial, MAXIMISE, which was designed to investigate the safety and efficacy of secukinumab in PsA patients.

What did this study find?

The safety of secukinumab was consistent with previous studies in psoriasis and PsA. Nail psoriasis symptoms were measured using a validated tool called the modified Nail Psoriasis Severity Index (mNAPSI). Improvement was measured using different methods. One of these is the Assessment in Ankylosing Spondylitis (ASAS) criteria, which is a scale of symptoms including how the inflammation of the axial joints affects the patients' life, ability to do things (function) and pain. The study looked at how many patients had a 20% improvement in three out of four areas of disease (the back and neck (axial joints), patient's life, ability to do things (function) and pain). The study compared patients that were given injections containing secukinumab every week for 12 weeks and those that were given injections containing placebo every week for 12 weeks.

Improvement was measured using different methods. One of these is the Assessment in Ankylosing Spondylitis (ASAS), which is a scale of symptoms including how the inflammation of the axial joints (the back and neck) affects the patients' life, ability to do things (function) and pain.

Nail psoriasis symptoms were measured using a validated tool called the modified Nail Psoriasis Severity Index (mNAPSI). Improvement was measured using different methods. One of these is the Assessment in Ankylosing Spondylitis (ASAS), which is a scale of symptoms including how the inflammation of the axial joints affects the patients' life, ability to do things (function) and pain.

What did this study look at?

The study was a randomised controlled trial comparing secukinumab to placebo in patients with PsA affecting the joints of the back and neck (axial joints) and nail psoriasis. Patients were randomised to receive secukinumab 150 mg or 300 mg every week for 4 weeks, followed by 4 weeks of no treatment, or placebo every week for 12 weeks. After 12 weeks of no treatment, those in the placebo group could then receive an approved dose of either a 150 mg or 300 mg of secukinumab every week for 4 weeks and then once a month thereafter. After 12 weeks of no treatment, those in the placebo group could then receive an approved dose of either a 150 mg or 300 mg of secukinumab every week for 4 weeks and then once a month thereafter.

The primary outcome was the American Society for Dermatologic Surgery (ASDAS) improvement in patients with PsA affecting the joints of the back and neck who were treated with secukinumab from the start of the study, with similar improvements a year after the initiation of treatment.

Nail psoriasis symptoms were measured using a validated tool called the modified Nail Psoriasis Severity Index (mNAPSI). Improvement was measured using different methods. One of these is the Assessment in Ankylosing Spondylitis (ASAS), which is a scale of symptoms including how the inflammation of the axial joints affects the patients' life, ability to do things (function) and pain. The study looked at how many patients had a 20% improvement in three out of four areas of disease (the back and neck (axial joints), patient's life, ability to do things (function) and pain). The study compared patients that were given injections containing secukinumab every week for 12 weeks and those that were given injections containing placebo every week for 12 weeks.

Why does this matter?

8 out of 10 patients had clear or almost clear nails across all secukinumab groups.

What did the study find?

Nail psoriasis symptoms were measured using a validated tool called the modified Nail Psoriasis Severity Index (mNAPSI). Improvement was measured using different methods. One of these is the Assessment in Ankylosing Spondylitis (ASAS), which is a scale of symptoms including how the inflammation of the axial joints affects the patients' life, ability to do things (function) and pain. The study looked at how many patients had a 20% improvement in three out of four areas of disease (the back and neck (axial joints), patient's life, ability to do things (function) and pain). The study compared patients that were given injections containing secukinumab every week for 12 weeks and those that were given injections containing placebo every week for 12 weeks.

Glossary
- Psoriatic arthritis: A form of arthritis that affects some people with psoriasis.
- Inflammation: A normal immune response to help the body fight infection, but it can become a problem if it occurs more than needed or happens without a good reason. In PsA, inflammation results in swollen and painful joints and tendons, nail psoriasis, axial disease (the back and neck) and psoriasis.
- Secukinumab: A type of medication called a biologic. It helps reduce inflammation by blocking one of the proteins that activates inflammatory cells.
- Biologic: A treatment made using living organisms, rather than substances to help the body fight the infection.

Further information
- More on the MAXIMISE study can be found here: https://clinicaltrials.gov/ct2/show/NCT02721966
- More on the patient perspective can be found here: https://www.palpitations.org.uk/ask.html

Date: October 2020

Author details
Baraliakos X, Coates LC, Pournara E, et al.

Please note that this summary only contains information from the full EADV 2020 scientific abstract.