

Abstract citation ID: ljae360.149**P119 Quality of life assessment in psoriasis patients: experiences from a dermatology day hospital**Gabriela Kronberga-Pitura,^{1,2,3}Vanda Bondare-Ansberga,^{1,2} Lelde Reinberga,^{1,2}Ilona Hartmane^{1,2} and Ingmars Mikazans^{1,2}¹Riga Stradiņš University, Riga, Latvia; ²Riga 1st Hospital, Riga, Latvia; and ³Medical Centre NUCLEO, Riga, Latvia

The aim of the study was to determine the severity of psoriasis and the associated quality of life in patients with psoriasis who attended the dermatology day hospital for treatment.

In this retrospective study, adults with different severities and subtypes of psoriasis were enrolled. The study included patients who were treated in the day hospital for more than 7 days and whom Affected body surface area (BSA), psoriasis area and severity index (PASI) and Dermatology Life Quality Index (DLQI) results were available. The BSA, PASI and DLQI were acquired before and after received treatment. Additional information about received therapy also was collected. Based on DLQI result, patients were divided as follows: 0–1 (no effect on patient's life), 2–5 (small effect), 6–10 (moderate effect), 11–20 (very large effect), 21–30 (extremely large effect), before and after treatment. All data were summarized using MS Excel and analysed with IBM SPSS 25. The changes in BSA, PASI and DLQI after treatment were calculated and used to acquire Spearman's correlation coefficients. The DLQI trend changes post-treatment in the corresponding groups were evaluated using crosstabs.

Altogether 62 adult patients with psoriasis were enrolled—41.9% ($n=26$) men, 58.1% ($n=36$) women. The mean age was 51.26 years (range from 17 to 75 years). The average number of days spent in a Dermatology Day hospital was 18 days (range from 9 to 28 days). Upon admission to the hospital, based on the PASI scores 45.2% ($n=28$) of patients met the criteria for mild psoriasis and 54.9% ($n=34$) met the criteria for moderate-to-severe psoriasis. However, upon discharge from the hospital 62.9% ($n=39$) of patients met the criteria for mild psoriasis and 37.1% ($n=23$) met the criteria for moderate-to-severe psoriasis. 40.3% ($n=25$) of patients in the day hospital received therapy with methotrexate, and 77.4% ($n=48$) received Nb UVB phototherapy. There were no statistically significant correlations found between BSA and DLQI ($P=0.051$) and PASI and DLQI ($P=0.092$). From all included patients the DLQI 0-1 group pre-treatment was 3.2%, post-treatment increased to 12.9%, in 2–5 group from 12.9% increased to 32.3%, in 6–10 group from 29.0% increased to 32.3%, in 11–20 group from 40.3% decreased to 17.7%, in 21–30 group from 14.5% decreased to 4.8%.

Although a statistically significant connection between quality-of-life index and BSA, PASI results was not determined, a decreasing trend in patients with very large effect and extremely large effect on quality of life after receiving treatment was established. Overall improvement in the patients' quality of life was observed.