

# MANAGEMENT OF PSORIASIS VULGARIS



Ministry of Health Malaysia



Dermatological Society of Malaysia



Academy of Medicine Malaysia

## PHOTOTHERAPY

Clinical Practice Guidelines  
Management of Psoriasis  
Development Group

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# PHOTOTHERAPY



# Learning objectives

- To know
  - The different types of phototherapy
  - Indications for phototherapy in psoriasis
  - Safety of phototherapy
- To understand
  - The efficacy of different types of phototherapy
  - Basic phototherapy treatment protocols

# Types of phototherapy

- UVB
  - Narrowband
  - Broad band
  - Selective band
- PUVA
  - Bath
  - Topical
  - Oral

P= psoralen



# Indication

Moderate to severe chronic plaque psoriasis

Moderate	Severe
BSA >10% to <30%	BSA >30%
PASI > 10 to <20	PASI >20%
DLQI 6 to <10	DLQI >10

# Efficacy

- NBUVB comparable to SELUVB
- NBUVB is more effective than BBUVB
- Oral PUVA has greater clinical response than NBUVB
  - Lower number of treatment sessions and cumulative dose
  - Better remission rate at 6 months
  - Longer duration of remission
- Therapy 2x/week compared with 3x/week is equally efficacious
- Maintenance phototherapy is not recommended

# Side Effects

- Photoaging
- Lentigines
- Skin cancer
- Cataract



# Safety

- Eye protection
- Genitalia protection

Limit:

- $\leq 200$  sessions in total for PUVA
- $\leq 350$  sessions in total for UVB





# Take Home Messages

- Phototherapy is an efficacious and safe treatment for moderate to severe psoriasis
- The number of exposures is limited to avoid long term side effects

# Malaysian CPG on the management of Psoriasis vulgaris

## Phototherapy

### RECOMMENDATION

- Phototherapy 2 - 3 sessions/week may be offered to patients with moderate to severe plaque psoriasis. **(Grade A)**
- Phototherapy should not exceed >200 sessions for PUVA or >350 sessions for UBB. **(Grade C)**