

Demography and Disease Related Factors Affecting Pruritus among Patients with Chronic Plaque Psoriasis Attending Tertiary Care Dermatology Unit in Sri Lanka: A Pilot Study

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Pruritus adds to Koebner phenomenon, psychological distress and poor quality of life in patients with chronic plaque psoriasis (CPP). This study evaluates the prevalence, severity and factors associated with pruritus in CPP. A cross-sectional study was conducted among 199 consecutive patients (aged >18years) with CPP attending dermatology clinic at National Hospital, Sri Lanka. Psoriasis Area Severity Index (PASI) score was estimated and severity of pruritus was determined using 10-point visual analogue scale. The median (IQR) age was 54 (42-62) years and 56.3% were male. 78.9% had pruritus with median (IQR) severity of 3 (2-5). Mild, moderate and severe psoriasis were observed in 52%, 31% and 17% respectively. Patients with pruritus compared to those without pruritus had severe disease. Two groups were similar in distribution of age, gender or disease duration. Patients with pruritus severity score of 5 or more, compared to those of <5, were mostly women who had higher body surface area but not different with regards to age, disease duration, psoriasis severity, treatment modality or habit of smoking. Thus, Pruritus is prevalent among patients with CPP and especially among those with severe disease. Age and duration of disease are not associated with pruritus.

Keywords: psoriasis, pruritus, visual analogue scale