

# 24<sup>th</sup> Annual Resident Poster Day

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## Home Phototherapy: Improving Access to Dermatologic Care

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Psoriasis and atopic dermatitis (AD) are common chronic skin diseases. Phototherapy is a first-line treatment for psoriasis and second-line treatment for AD. When compared with other systemic therapies, it has less severe side effects, comparable efficacy, and is less costly.<sup>1</sup> However, phototherapy clinics are available in only 11% of counties in the United States.<sup>2</sup> With many recommended treatment regimens requiring patients to visit the clinic several times a week, this can result in substantial treatment burden. Home phototherapy has emerged as an alternative that has the potential to bridge many of the barriers that patients face in accessing care. Yet, it remains widely under-prescribed. The objective of this study is to determine disease, quality-of-life, and treatment satisfaction outcomes from a home phototherapy program at the University of Rochester Medical Center. A retrospective review of electronic medical records and telephone survey were conducted of all adult patients prescribed home phototherapy. Data collected from chart review included demographics and disease course. Telephone surveys consisted of validated questionnaires regarding disease severity and quality-of-life, as well as questions about patient satisfaction and device use. IRB approval was obtained prior to initiation. Our data suggest that home phototherapy is an effective and safe treatment option, particularly for patients who may otherwise have difficulties obtaining in-office care. It also presents a promising alternative to in-person care amidst the COVID-19 pandemic. However, regular follow-up may be required to ensure understanding of treatment regimens, appropriate device use, and to monitor for adverse reactions.