



Prevalence of Psoriatic arthritis Among Patients With Arthritis: Insights From a Tertiary Rheumatology Clinic in Bangladesh

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Background and Objective

- ▶ Psoriatic Arthritis (PsA) is an autoimmune disorder in the form of heterogenous arthritis, typically emerging as a complication of psoriasis and characterized by both dermatological and rheumatological manifestations.
- ▶ Features of Psoriatic Arthritis may represent single or multiple musculoskeletal involvements including arthritis, enthesitis, dactylitis, axial involvement along with various degree of skin and nail lesions.

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- ▶ Few studies considered to explore PsA, but the target population was mostly psoriasis patients. Till date, no study reported the incidence of PsA among the patients presenting with arthritic features, in Bangladesh.
- ▶ The study aimed to assess the prevalence, clinical characteristics and severity of PsA in Rheumatological clinic of a tertiary health care setting.

Materials & Methods

- ▶ The descriptive cross-sectional study was conducted over a period of six months on 600 patients in the Rheumatology Clinic, Department of Medicine in Dhaka Medical College Hospital.
- ▶ Enrollment was done according to inclusion and exclusion criteria and following the informed written consent.
- ▶ PsA cases were distinguished from other forms of arthritis according to the CASPAR criteria

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- ▶ DAPSA (Disease Activity in Psoriatic Arthritis) Score was used to assess the disease activity.
- ▶ Data collection was proceeded through face-to-face interview with a pre-structured questionnaire. Data were collected by history taking, relevant laboratory investigations, and reviewing hospital records.
- ▶ Statistical analysis was carried out using SPSS v-21

Result

- ▶ 5% (30 out of 600) were diagnosed with psoriasis arthritis (PsA) according to CASPAR criteria
- ▶ The predominant age group among the PsA patients was 30-39 years with an average of 36.33 years.
- ▶ Gender distribution showed a slight female predominance with over half of the total patients. Male (46.7%) and Female (53.3%)
- ▶ Almost three-fourth of the patients had current psoriasis. The most common type was plaque psoriasis (67.7%) and majority of patients suffered from multiple joint involvements (90%).

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- ▶ According to the Moll and Wright criteria, symmetric arthritis was present among over half (53%) of the patients.
- ▶ Joint involvement predominantly affected the ankle (43.3%) and metacarpal (33.3%) joints.
- ▶ (DAPSA) score, a measure of disease severity, showed that more than half of the patients had high disease activity.

Figure: Incidence of psoriatic arthritis among the arthritic patients attending the study place

Types of arthritis

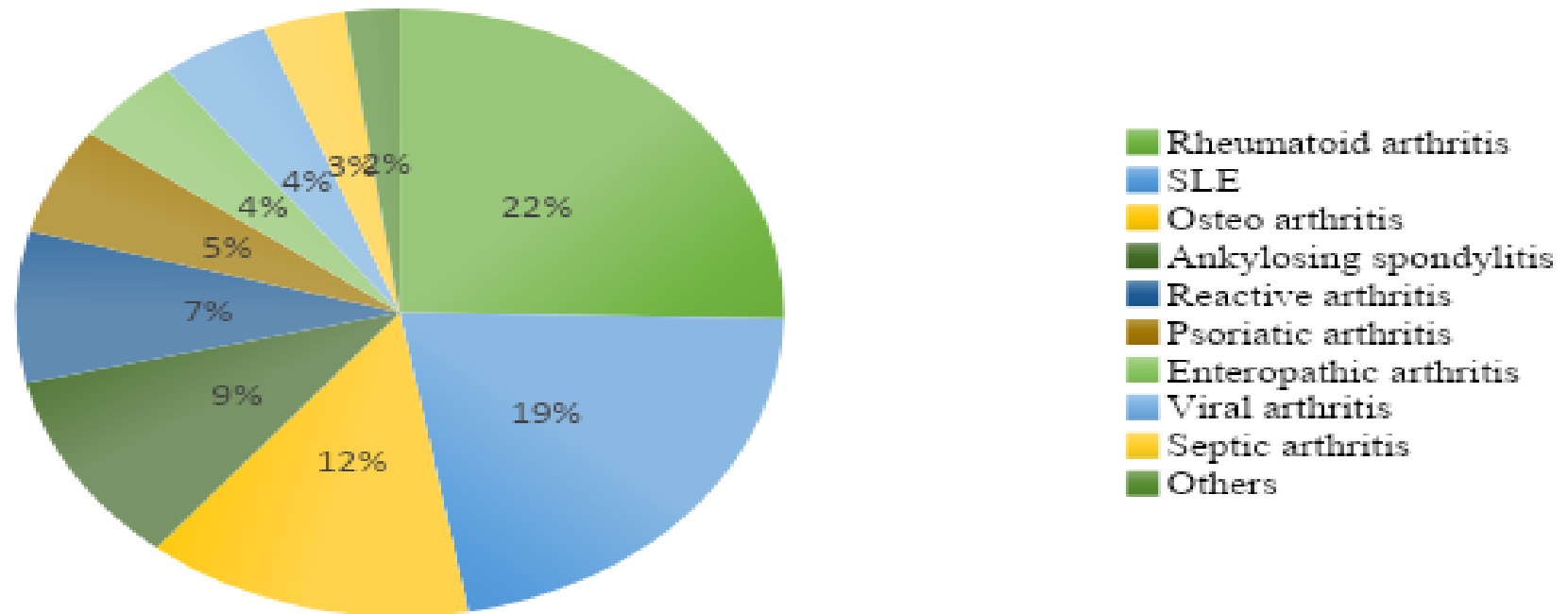
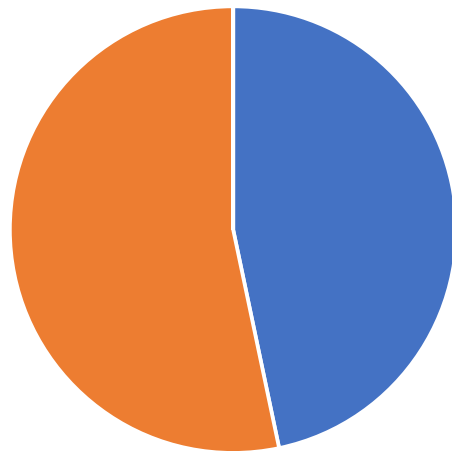


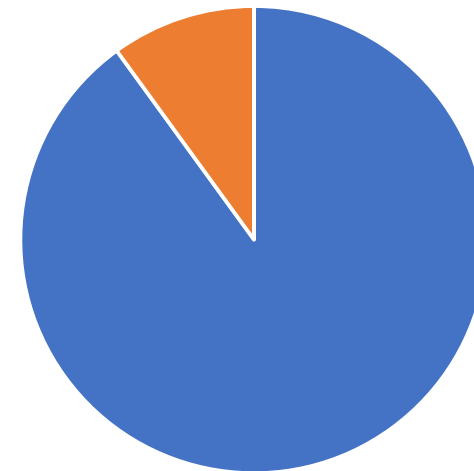
Figure: Gender and Joint Distribution

Gender Distribution



■ Male ■ Female ■ ■

Joint Involvement



■ Multiple ■ Single ■ ■ 4th Qtr

Discussion

- ▶ The present conducted study has provided critical insights into the incidence and characteristics of PsA in a tertiary care setting in Bangladesh.
- ▶ The incidence of PsA among the attending arthritis patients was 5% in this study. The prevalence of psoriatic arthritis among general population is 2-3%, while the present study showed comparable higher incidence reflecting a more pronounced presence of PsA among the study patients.

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- ▶ This disparity could be attributed to various factors including genetic predisposition, environmental triggers. In a similar study in India, an incidence of 8.7% was reported of PsA among the patients of psoriasis.
- ▶ PsA patients were presented with a younger demographic mostly, primarily those in 2nd and 3rd decades of their life. These findings reinforce the importance of early diagnosis and management in this age group.

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- ▶ Joint involvement was predominantly polyarticular, echoing findings from other studies where polyarthrititis is often the most reported pattern.
- ▶ Interestingly, while the most common joint complaints involved the ankle and metacarpal joints, this differs from other studies where hand joints were frequently affected. These findings suggest that disease patterns may vary regionally, and this warrants further investigation.

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- ▶ The DAPSA scores revealed a higher disease activity in younger age groups, especially those between 30 to 39 years, challenging the notion that PsA severity increases with age. This could indicate a need for earlier intervention in younger patients.
- ▶ Another noteworthy finding was, about 13.3% of the patients didn't have psoriatic lesion on skin or nail and diagnosed based on the family history of psoriasis. This finding emphasizes the need of building an effective screening system and awareness among the vulnerable population.

Conclusion

- ▶ Although a minor proportion of patients suffering from PsA, but all patients varied with different severity and gender disparity.
- ▶ Greater awareness and expanded research are essential to form more effective management strategies and improve outcomes for PsA patients in Bangladesh.
- ▶ Future studies should aim to include a larger, more diverse population to provide a more comprehensive picture of PsA across diverse populations.

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