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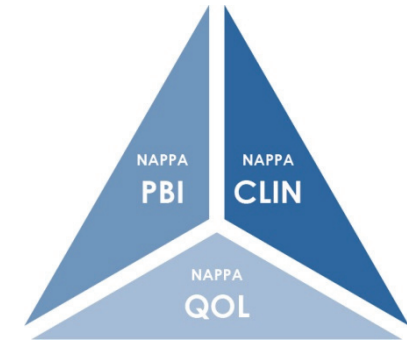
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The **NAPPA** Instrument: Nail Assessment in Psoriasis and Psoriatic Arthritis



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Introduction and objective

More than 50% of moderate to severe psoriasis patients have **nail involvement** which in many cases causes functional and emotional impairment and can be painful.

Measurement of **patient-related outcomes** is essential for research and clinical care. There has been a lack of a valid, multidimensional international instrument for nail psoriasis:



Nail Psoriasis

Other validated scores on psoriasis severity have **limitations** when used in nail psoriasis:

- **PASI**¹ includes severity and body surface area affected by psoriasis. Since nails cover only a very small percentage of the body, nail psoriasis will not substantially raise PASI outcomes.
- **NAPSI**² does not include pain or impairments in function or QoL. Individual clinical characteristics are not given separate scores in the NAPSI, and its recording is time-consuming.
- **DLQI**³ focuses on quality of life, but focuses only on skin condition, not on nail psoriasis.

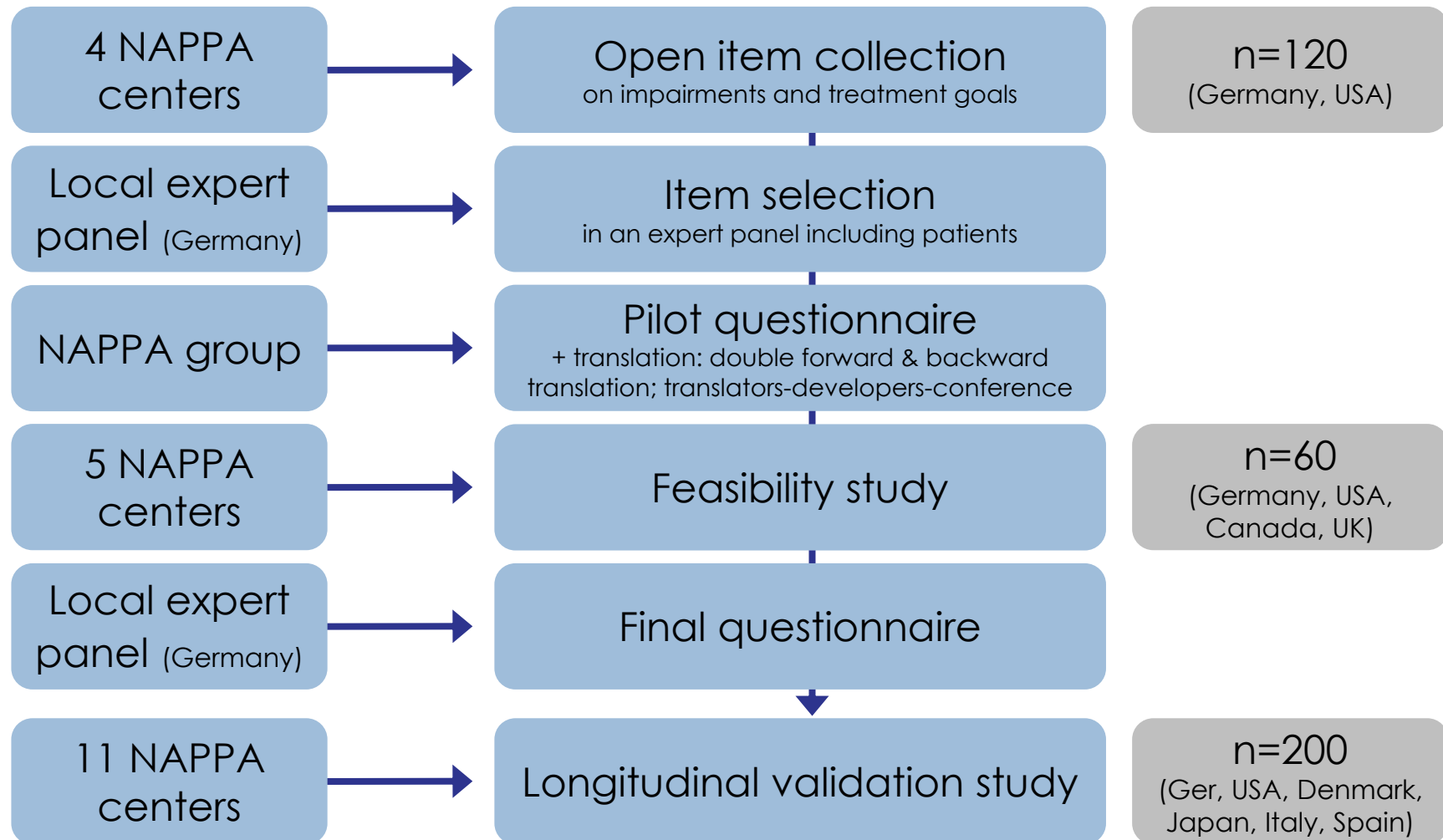
Objective:

Development and validation of a modular instrument measuring patient-related outcomes in nail psoriasis including **quality of life** ('NAPPA-QoL'), **patient-relevant treatment benefit** ('NAPPA-PBI') and **clinical severity** ('NAPPA-CLIN').

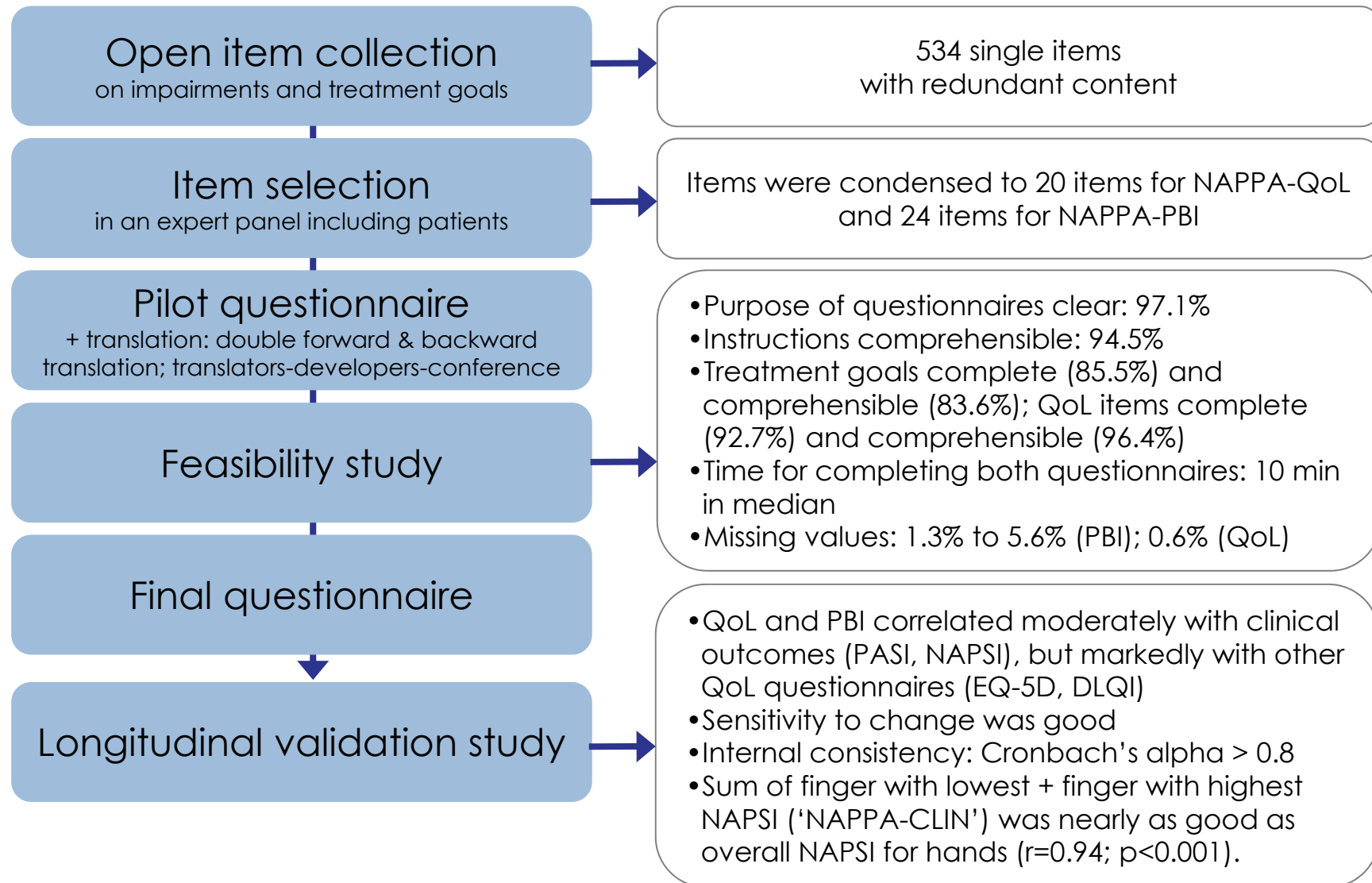
1) 'Psoriasis Area and Severity Index'; 2) 'Nail Psoriasis Severity Index'; 3) 'Dermatology Life Quality Index'

Methods

The tool was developed by a multinational expert group according to international standards of PRO development, involving dermatologists, psychologists, statisticians and patients:



Results



Conclusion



NAPPA is a valid, reliable and feasible instrument for the assessment of patient-related outcomes and severity of nail psoriasis to be used in clinical studies and daily practice.

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www.nappa-online.com