

TITLE: Clobetasol Propionate 0.05% Spray vs Calcipotriene 0.005%, Betamethasone Dipropionate 0.064% Ointment for the Treatment of Plaque Psoriasis: Results from a Randomized Study

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## INTRODUCTION

Topical corticosteroids including clobetasol propionate have been widely used in the treatment of psoriasis since the 1950's. Similar efficacy successes have been reported following 2 weeks of treatment with clobetasol propionate 0.05% (CP) spray or 4 weeks of treatment with calcipotriene 0.005%, betamethasone dipropionate 0.064% (C-BD) ointment, in separate studies. Greater efficacy has been noted with clobetasol propionate 0.05% spray when used for 4 weeks compared to 2 weeks with an acceptable safety profile. Clobetasol propionate 0.05% spray and calcipotriene 0.005%, betamethasone dipropionate 0.064% ointment have not previously been directly compared for efficacy and safety in the same study.

## METHODS

It was therefore the aim of this study to compare the efficacy and safety of clobetasol propionate 0.05% spray to calcipotriene 0.005%, betamethasone dipropionate 0.064% ointment in patients with moderate to severe plaque psoriasis for a period up to 4 weeks. Assessments were made at baseline, week 2, week 4 (end of treatment) and week 8 (4 weeks post-treatment).

## RESULTS

An assessment for Overall Disease Severity (ODS) found that 75% of CP spray treated patients ( $P=.003$ ) achieved a rating of clear or almost clear after four weeks of treatment compared to 45% of C-BD ointment treated patients. Adverse events were reported by less than one-third of patients from each treatment group (31% for CP spray and 33% for C-BD ointment).

## CONCLUSIONS

The results of this randomized 4-week comparative study are expected to provide further information to dermatologists considering treatment choices for psoriasis patients who are candidates for topical corticosteroid therapy.

## NURSING IMPLICATIONS

Nurses in the specialized field of dermatology will gain insight into the disease state and treatment options, which will be useful information for patient consultations.

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