**RE:**

Diagnosis:

Medication:

This patient with psoriasis is starting on apremilast tablets. This is a black triangle drug▼, classified as red on the Traffic light drug list in Sheffield. Apremilast is indicated for the treatment of moderate to severe plaque psoriasis in those where other treatments have either failed or are contraindicated. NICE recommends that it is only prescribed in a select group of patients 1. **Initiation, prescribing and monitoring is currently all done through secondary care.**

The dose is gradually increased to 30 mg bd over the first week with review in secondary care approximately 16 weeks after starting treatment and at 16 week intervals to assess response.

GPs are encouraged to add apremilast as a hospital issued drug to the clinical record in order to pick up potential interactions. There is a useful reminder on how to do this for GP practices on the intranet (link below 2).

For more information please refer to the SPC and NICE guidance (links below 3,1). You will also note the recent MHRA safety alert (link below 4) which warns that some patients may experience psychiatric symptoms with apremilast, including depression and suicidal thoughts and that patients should be advised to report changes in mood.

Yours sincerely,

**Consultant Dermatologist**

1. [NICE TA 419 Apremilast moderate to severe plaque psoriasis](https://www.nice.org.uk/guidance/ta419/resources/apremilast-for-treating-moderate-to-severe-plaque-psoriasis-82604611623877)
2. <http://www.intranet.sheffieldccg.nhs.uk/Downloads/Medicines%20Management/Practice%20resources%20and%20PGDs/Recording_SIDs_on_practice_clinical_systems.pdf>
3. <http://www.medicines.org.uk/emc/medicine/29793>
4. <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/584584/pdf_Jan.pdf>