The interleukin 1 receptor antagonist anakinra to reduce disease severity of palmoplantar pustulosis in adults: APRICOT RCT and PLUM mechanistic study

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Plain English summary

APRICOT RCT and PLUM mechanistic study

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Plain English summary

Palmoplantar pustulosis is a rare, debilitating, chronic skin disease that affects the hands and feet, with few treatment options available.

Previous research has shown that interleukin 1 could play a role in the severity of pustular psoriasis; therefore, we have tested whether or not anakinra (a drug that blocks the action of interleukin 1) helps in the treatment of palmoplantar pustulosis.

The trial was placebo controlled (some participants received the active treatment, anakinra, and some participants received an inactive substance, the placebo) and double blinded (neither the participants nor the researchers/clinicians knew who was receiving which treatment).

Participants with palmoplantar pustulosis were randomly allocated (1 : 1) to receive either anakinra or the placebo for 8 weeks and were then followed up for a further 12 weeks. A total of 64 people took part from 16 hospitals across England, Scotland and Wales.

We used clinician assessments of disease severity (including the Palmoplantar Pustulosis Area and Severity Index score, which was our primary outcome measure), safety measures and patient assessments of disease severity and impact on quality of life to determine whether or not anakinra was efficacious and safe in the treatment of palmoplantar pustulosis.

Our results suggested that 8 weeks of anakinra treatment is not of benefit in patients with palmoplantar pustulosis.

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