



NAIL DISORDERS

EFFICACY AND TOLERABILITY OF NAIL BED METHOTREXATE INJECTIONS IN ISOLATED NAIL PSORIASIS: CONVENTIONAL DRUG VIA AN UNCONVENTIONAL ROUTE.

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Background: Nail lesions of psoriasis are debilitating; but in isolated nail involvement, use of toxic systemic therapies like methotrexate may not be justified.

Objective: To evaluate the efficacy and tolerability of “nail bed” injections of methotrexate in isolated nail psoriasis as a form of targeted therapy.

Materials and Methods: Open label, single arm prospective intervention study in which 4 patients with 30 involved nails were enrolled. Injection methotrexate (0.1ml of 25mg/ml solution) was administered in the nail bed at three weekly intervals, for 5 such injections. The response to therapy in terms of improvement in NAPSI score at each sitting and at the end of 15weeks was analyzed using the Friedman’s test. Side effects to therapy were recorded.

Results: The average baseline NAPSI score was 4.77 (cumulative score=143, n=30, range 2-8); dropping successively at each sitting to 2.43 (cumulative score 73, n=30, range 0-4) at 15 weeks. Friedman’s analysis revealed a significant decline of mean rank of NAPSI from 4.87 to 2.17 ($p<0.001$). Side effects were pain and injection site pigmentation and nail bed haemorrhage.

Limitations: Small sample size and lack of controls was a limitation of the study.

Conclusions: Administration of specific targeted therapy to the nail bed may help manage nail psoriasis effectively. Optimum treatment protocols need to be standardized in studies involving larger number of patients.

