

## THE CLINICAL CHARACTERISTICS OF PSORIATIC ARTHRITIS: A CROSS-SECTIONAL STUDY BASED ON THE PSORIATIC ARTHRITIS COHORT OF SPECIAL HOSPITAL FOR MEDICAL REHABILITATION – NAFTALAN, CROATIA

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**Introduction.** The aim of the study was to describe the demographic and clinical characteristics of patients with psoriatic arthritis (PsA) in the Special Hospital for Medical Rehabilitation – Naftalan, Croatia. Patients and methods All patients with PsA who were admitted for inpatient rehabilitation at the Special hospital “Naftalan”, Ivanić Grad, Croatia from January 2019 to January 2020 were enrolled in the study cohort named psoriatic arthritis cohort of Special hospital “Naftalan”, Ivanić-Grad, Croatia (PsASHNIC). All patients met the classification criteria for psoriatic arthritis (CASPAR). Psoriasis (PsO) was diagnosed by a dermatologist.

**Results.** A total of 119 patients with PsA were enrolled in the study. The ratio of female to male patients was 1:1 (49.6% male, 50.4% female), mean age 59.2 ( $\pm$  9.67 SD), range 27 to 89 years. Skin lesions preceded arthritis in 71.4% (n 85) of patients. In 13.4% (n 16) of patients PsA and PsO occurred simultaneously, while in 15.1% (n 18) arthritis preceded skin disease. Among all comorbidities, hypertension had the highest prevalence of 57.9 % (n 69) followed by obesity (BMI 30+) 42.0% (n 50). The prevalence of arthritis (swollen and/or painful joints), distal interphalangeal (DIP) joint involvement, dactylitis and enthesitis were as follows 82.4% (n 98; n 52 swollen joints, n 98 painful joints), 63.0% (n 75), 25.2% (n 30), and 38.7% (n 46). Psoriatic nail involvement was present in 46.2% (n 55) of patients. Psoriasis severity assessed with body surface area (BSA) was moderate (median 5; mean 7.29,  $\pm$  9.39 SD).

**Conclusion.** In the study cohort (PsASHNIC) there was no sex prevalence detected. In the majority of patients skin disease preceded arthritis, and almost half of patients had psoriatic nail involvement with high prevalence of DIP joint arthritis, dactylitis and enthesitis. With respect to comorbidities, hypertension and obesity were by far the most prevalent ones.

**Keywords:** arthritis, psoriatic, psoriasis, comorbidity, cohort studies, Croatia

**Conflict of interest statement:** The authors declare no conflict of interest.