

Table VI. Strength of recommendations on the TNF- α inhibitor adalimumab

Recommendation No.	Recommendation	Strength of recommendation
3.1	Adalimumab is recommended as a monotherapy treatment option for adult patients with moderate-to-severe plaque psoriasis	A
3.2	The recommended starting dose of adalimumab is 80 mg taken as 2 self-administered subcutaneous 40-mg injections of the initial dose, followed by a 40-mg self-administered subcutaneous injection 1 wk later, followed by 40 mg self-administered every 2 wk thereafter	A
3.3	A maintenance dose of adalimumab 40 mg/wk is recommended for better disease control in some patients	A
3.4	Adalimumab is recommended as a monotherapy treatment option for adult patients with moderate-to-severe plaque psoriasis affecting the palms and soles (palmoplantar psoriasis)	A
3.5	Adalimumab is recommended as a monotherapy treatment option in adult patients with moderate-to-severe plaque psoriasis affecting the nails	A
3.6	Adalimumab can be recommended as a monotherapy treatment option in adult patients with moderate-to-severe plaque psoriasis affecting the scalp	B
3.7	Adalimumab can be recommended as a monotherapy treatment option in adult patients with other subtypes (pustular or erythrodermic) of moderate-to-severe psoriasis	B
3.8	Adalimumab is recommended as a monotherapy treatment option in adult patients with plaque psoriasis of any severity when associated with psoriatic arthritis	A
3.9	Combination of adalimumab and topicals such as high-potency corticosteroids with or without a vitamin D analogue can be recommended as a treatment option to augment efficacy for the treatment of moderate-to-severe plaque psoriasis in adults	B
3.10	Adalimumab may be combined with acitretin to augment efficacy for the treatment of moderate-to-severe plaque psoriasis in adults	C
3.11	Adalimumab may be combined with methotrexate to augment efficacy for the treatment of moderate-to-severe plaque psoriasis in adults	B
3.12	Adalimumab may be combined with apremilast to augment efficacy for the treatment of moderate-to-severe plaque psoriasis in adults	C
3.13	Adalimumab may be combined with cyclosporine to augment efficacy for the treatment of moderate-to-severe plaque psoriasis in adults	C
3.14	Adalimumab may be combined with narrowband ultraviolet phototherapy to augment efficacy for the treatment of moderate-to-severe plaque psoriasis in adults	B

TNF- α , Tumor necrosis factor- α .

levels of the drug, and loss of efficacy (see the section Primary and Treatment Secondary Failure).^{71,82,107-109}

Additionally, immunogenicity is correlated with infusion reactions to infliximab, which range from mild, moderate, or severe to serious (<1% of infusions).¹⁰⁹⁻¹¹¹ A retrospective study showed that the use of acetaminophen, hydroxyzine, ranitidine, and methylprednisolone right before administration of infliximab, can reduce the number of infusion reactions and could prolong drug survival (Table V).[†]

Adalimumab (FDA approval on January 22, 2008)

Adalimumab is a human anti-TNF- α monoclonal antibody. It binds to soluble and membrane-bound TNF- α , inhibiting its interaction with TNF

receptors.¹²⁰ Adalimumab is currently approved for 10 indications (ie, psoriasis in adults, PsA, juvenile idiopathic arthritis, ankylosing spondylitis, adult rheumatoid arthritis, adult and pediatric Crohn's disease, ulcerative colitis, hidradenitis suppurativa, and uveitis). Adalimumab dosing for psoriasis is 80 mg given subcutaneously initially, followed by 40 mg subcutaneously given the next week and at 2-week intervals thereafter.¹²¹ Multiple RCTs evaluating adalimumab versus placebo, methotrexate, or other biologics have established the efficacy of this drug in patients with moderate-to-severe psoriasis (Table VI).^{51,120,122-126}

The phase III RCT REVEAL assessed the efficacy of adalimumab for the treatment of moderate-to-severe plaque psoriasis, reporting that at week 16, PASI 75 was achieved by 71% and 7% of patients with psoriasis treated with adalimumab versus with placebo and PASI 90 was achieved by 45% and 2% of

†35,38,42,43,50,51,60,63,81,83-94,101-103,110,112-119