

This is the lay version of a HIPPOCRATES publication. HIPPOCRATES is an international consortium to conduct studies benefitting people with psoriasis and psoriatic arthritis. The original publication can be downloaded from the HIPPOCRATES website: www.hippocrates-imi.eu/publications

FitzGerald O, Behrens F, Barton A, et al. Application of clinical and molecular profiling data to improve patient outcomes in psoriatic arthritis. *Therapeutic Advances in Musculoskeletal Disease*. 2023;15. doi:[10.1177/1759720X231192315](https://doi.org/10.1177/1759720X231192315)

Improving Outcomes in Psoriatic Arthritis – The HIPPOCRATES Approach

Research Background

Psoriatic Arthritis (PsA) is a form of arthritis which is found in approximately 30% of people who have psoriasis. PsA has a big impact on quality of life and can be difficult to manage. Achieving a good outcome for a person with PsA is challenging by late diagnosis and because of specific symptoms that are not easy to control, in particular inflammation in the joints. Research studies from individual centres have certainly contributed to our understanding of why people develop PsA. However, to adequately address the major unmet needs of people with PsA, multi-centre, collaborative research programmes are now required.

Key Findings

This article outlines the approach of the HIPPOCRATES research team:

- The researchers are combining clinical data and biological samples (like blood) from patients across Europe to work on these challenges at a large scale.
- The focus is on using "liquid biopsies" (blood tests) instead of invasive tissue samples to make testing easier and more suitable for routine care.
- Modern technologies like genomics, proteomics, and Artificial Intelligence will be used to find markers (biological clues) that can predict disease or response to treatment.

Patients play a major role in shaping the project—they are involved in leadership, study design, and making sure research is patient-friendly.

Research Impact

It is expected that the study findings will result in earlier diagnoses and improvements in effective treatments with better outcomes for people with PsA.

This review highlights **four key gaps** in our current knowledge:

1. How to identify which people with psoriasis will develop PsA?
2. How to create a reliable test or checklist to diagnose PsA at an early stage?
3. How to tell early on which patients are at risk of serious joint damage?
4. How to personalise treatment for better results (precision medicine)?

View the graphical abstract for an accessible overview!

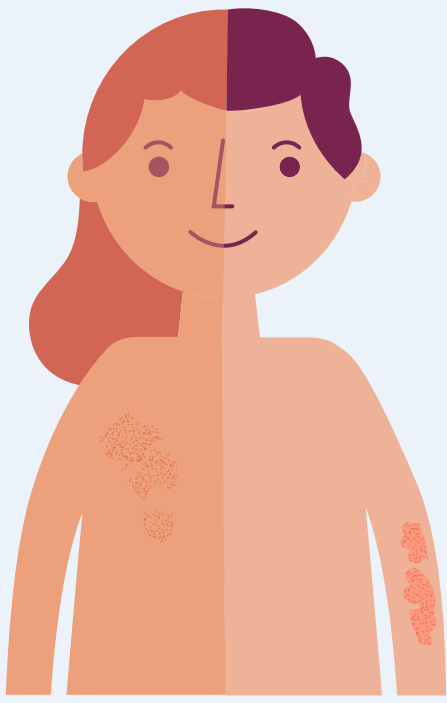


IMPROVING OUTCOMES IN PSORIATIC ARTHRITIS (PSA) – THE HIPPOCRATES APPROACH



THE CHALLENGE

Psoriatic Arthritis: A Complex, Hard-to-Diagnose Disease



30%

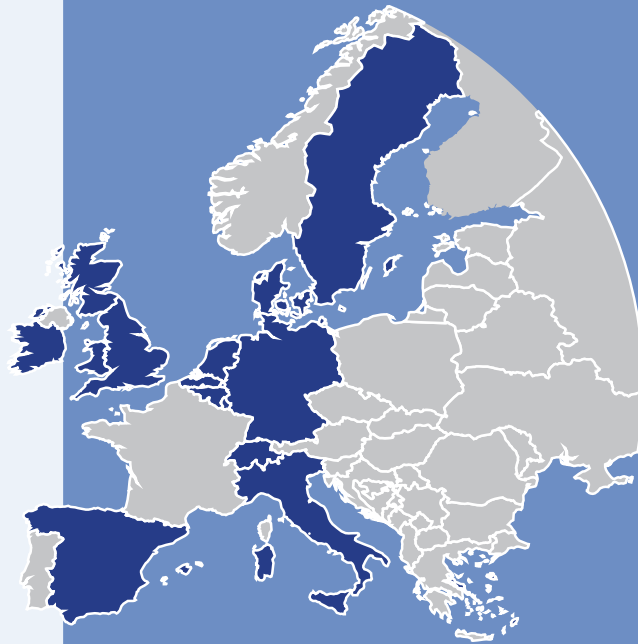
Of people who have the skin condition Psoriasis develop PsA



This is difficult to predict and can lead to

- late diagnosis
- joint damage
- uncontrolled inflammation

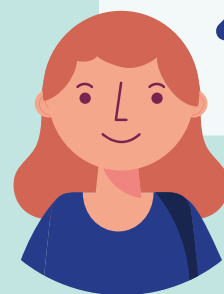
THE HIPPOCRATES APPROACH: Europe-Wide Science Collaboration Tackling PsA



PATIENT RESEARCH PARTNERS

People with PsA at the Heart of Research

- ✓ Study Design
- ✓ Feedback
- ✓ Leadership



ENSURING RESEARCH IS PATIENT-FRIENDLY



predicting PsA



diagnosing earlier



identifying damage risk



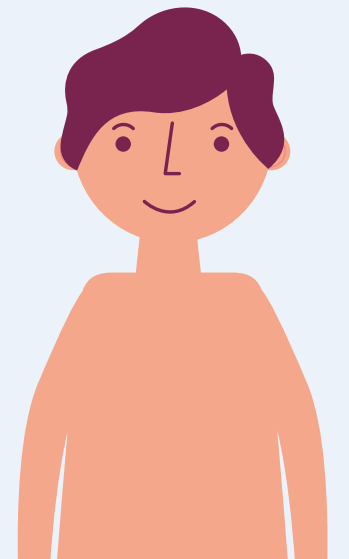
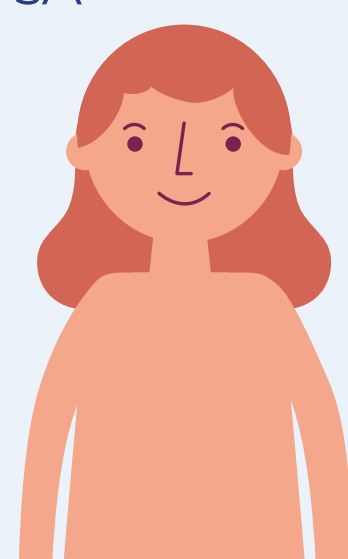
personalised treatment

IMPACT AND GOALS

Towards Better Outcomes for people with PsA



Improved outcomes



Related publication:

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