

SECOND QATAR ALLERGY CONFERENCE

CRUSE – What the first 100 days have taught us

Sophia Neisinger^{1,2*}, Bernardo Sousa Pinto^{4,5,6}, Aiste Ramanauskaite^{1,2}, Jean Bousquet^{1,2,4}, Karsten Weller^{1,2}, Martin Metz^{1,2}, Markus Magerl^{1,2}, Emek Kocatürk^{1,2,3}, Ivan Cherrez Ojeda⁷, Ana M Gimenez-Arnau⁸, Marcus Maurer^{1,2}

Address for Correspondence:

Sophia Neisinger

¹Institute of Allergology, Charité – Universitätsmedizin Berlin, Corporate member of Freie Universität Berlin and Humboldt-Universität zu Berlin, Berlin, Germany

²Fraunhofer Institute for Translational Medicine and Pharmacology ITMP, Allergology and Immunology, Berlin, Germany

³Department of Dermatology, Urticaria Center of Reference, and Excellence (UCARE), Koç University School of Medicine, Istanbul, Turkey

⁴MEDCIDS-Department of Community Medicine, Information and Health Decision Sciences, Faculty of Medicine, University of Porto, Porto, Portugal

⁵CINTESIS-Center for Health Technology and Services Research, University of Porto, Porto, Portugal

⁶RISE-Health Research Network, University of Porto, Porto, Portugal

⁷Universidad Espíritu Santo, Samborondón, Ecuador, Respiralab Research Center, Guayaquil, Ecuador

⁸Department of Dermatology, Urticaria Center of Reference, and Excellence (UCARE), Hospital del Mar, IMIM, Universitat Pompeu Fabra, Barcelona, Spain

Email: sophia.neisinger@charite.de

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Introduction: Health apps play an increasing role in everyday healthcare, especially for chronic diseases. The Chronic Urticaria Self Evaluation (CRUSE) is a new mobile health app for chronic spontaneous urticaria (CSU) patients, which replaces disease tracking via paper and pen, thus making disease monitoring more convenient, increasing tracking compliance, and improving data quality and access.

Methods: CRUSE enables patients to complete patient-reported outcome measures on their smartphone and send the results, along with current medication and pictures, to their treating physician via email. CRUSE captures the urticaria (UAS) and angioedema activity (AAS) scores and the urticaria and angioedema control tests (UCT and AECT). In this work, a descriptive analysis of CRUSE users and reported days was performed. The global network of Urticaria Centers of Reference and Excellence (UCARE) provides the app and its data.

Results: CRUSE is now available in Germany, Switzerland, Austria, the UK, Italy, Spain, France, and Turkey. Of 620 newly registered users (from July 1st until November 18th of 2022), 72 % were female, and the mean age was 36.6 years (17 - 78 years). The average daily UAS and AAS value (mean \pm standard deviation) were 2.1 ± 1.9 and 7.2 ± 3.3 , respectively. Most CRUSE patients had poorly controlled disease, with mean UCT values of 7.0 ± 4.4 and mean AECT values of 8.1 ± 4.5 .

Conclusion: The first days of patients with CSU using CRUSE confirm the high need for an app that helps to monitor disease activity, impact, and control. The first results indicate low levels of disease control in most CRUSE users, with low UCT and AECT values. Future analyses will assess follow-up documentation data and evaluate the effects of treatment changes on CSU activity, impact, and control.