

Indoor Salt Water Baths + UVB Light helps Chronic Psoriasis

Clinical Question	Are indoor salt water baths followed by exposure to artificial UVB beneficial for treating chronic plaque psoriasis in adults?
Bottom Line	<p>Salt bath with artificial ultraviolet B (UVB) light may improve psoriasis in people with chronic plaque psoriasis compared with UVB light treatment alone (RR 1.71 (CI 1.24 to 2.35)). This is based on the PASI 75 which is the number of people whose psoriasis score dropped by 75 percent. This results in an NNT of 5.</p> <p>There may be no difference in the occurrence of treatment-related adverse events requiring withdrawal (RR 0.96 (0.35 to 2.64)).</p>
Caveat	The quality of evidence for the primary outcome, PASI-75, was judged as low due to lack of blinding and because of the high probability of publication bias. Six studies included in the review did not contribute to the primary outcome. The two studies that did contribute data were conducted by the same sponsor. The outcome of treatment-related adverse events requiring withdrawal, was also graded as low quality again due to lack of blinding and publication bias as only three of the eight studies reported this outcome.
Context	Chronic plaque psoriasis is an immune-mediated, chronic, inflammatory skin disease, which can impair quality of life and social interaction. Disease severity can be classified by the psoriasis area and severity index (PASI) score ranging from 0 to 72 points. Indoor artificial salt bath with or without artificial ultraviolet B (UVB) light is used to treat psoriasis, simulating sea bathing and sunlight exposure; however, the evidence base needed clear evaluation.
Cochrane Systematic Review	Peinemann F, Harari M, Peternel S, Chan T, Chan D, Labeit AM, Gambichler T. Indoor salt water baths followed by artificial ultraviolet B light for chronic plaque psoriasis. Cochrane Database of Systematic Reviews 2020, Issue 5. Art. No.: CD011941. DOI: 10.1002/14651858.CD011941.pub2. This review contains 8 trials with a total of 2,105 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011941.pub2/full#CD011941-sec-0060>