SYNOPSIS
- Neuropathic itch arises from damage to neurons and may occur with or without pain and other sensory symptoms; data on patients’ experiences with neuropathic itch are incredibly limited.
- It is estimated that approximately 8% to 19% of chronic itch arises from neuropathic origins, but epidemiological data are sparse.
- In this international survey, we sought to identify patients suffering from neuropathic itch in an effort to better characterize their symptoms.

METHODS
- NIRVE was an online survey conducted globally from October 18 to December 2, 2022, and included adult participants experiencing neuropathic itch associated with a diagnosis of brachioradial pruritus, diabetic neuropathy/itch, notalgia paresthetica, post-herpetic neuralgia, prurigo nodularis, or small-fiber neuropathy.
- The most common symptoms participants currently experienced were ranked as severe or extremely severe and included itch, tingling, sensitive skin, and numbness.
- Visible symptoms of disease, such as cutaneous manifestations, were less common than physical sensations, such as itch.
- Together, these data suggest that cutaneous symptoms related to neuropathic itch conditions are burdensome.

RESULTS
- The mean age of participants was 48.4 years.
- Most participants were male (51%) and from the United States (n=477); Figure 2 shows the number of participants from each country.
- The most common neuropathic itch condition reported was diabetic neuropathy, followed by small-fiber neuropathy, post-herpetic neuralgia, and notalgia paresthetica (Figure 3).
- Of those participants currently experiencing cutaneous symptoms, 78% reported that their condition interfered with their sleep (Figure 6).

CONCLUSIONS
- Findings of the NIRVE survey provide new insights into the symptom burden and impact on quality of life associated with neuropathic itch conditions.
- The most common symptoms participants currently experienced were itch, tingling, sensitive skin, and numbness.
- For each symptom that participants experienced, more than half of participants ranked it as severe or extremely severe, with a very small minority reporting only mild symptoms.
- Visible symptoms of disease were less common than physical sensations, such as itch.
- Cutaneous manifestations such as skin discoloration, lumps or bumps, bleeding or scabbing, and weeping/oozing were likely a result of scratching.
- In addition, sleep interference from neuropathic itch conditions was common.
- Together, these data suggest that cutaneous symptoms related to neuropathic itch conditions are burdensome.
- Future studies and analyses should identify treatment goals for these patients.

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REFERENCES

ACKNOWLEDGMENTS
This study was sponsored by Cara Therapeutics. The authors gratefully acknowledge Peloton Advantage, LLC, an OPEN Health company, for editorial support, which was funded by Cara Therapeutics, under the direction of the authors.

DISCLOSURES

Presented at: the Fall Clinical Dermatology Conference (FC23); October 19–22, 2023; Las Vegas, NV

SYMPTOMS OF NEUROPATHIC ITCH: A REPORT FROM THE NEUROPATHIC ITCH PATIENT SURVEY (NIRVE)

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Figure 1. NIRVE Survey Participant Flow Diagram

Figure 2. Most Participants Were From the United States

Figure 3. Diabetic Neuropathy/Diabetic Itch Was the Most Common Neuropathic Condition Reported

Figure 4. Itch Was the Most Common Symptom for Survey Participants Who Experienced Skin Symptoms, Followed by Tingling, Sensitive Skin, and Numbness

Figure 5. Participants With Diabetic Neuropathy or Small-Fiber Neuropathy Were More Likely to Report They Were Currently Suffering From Cutaneous Symptoms Other Than Itch

Figure 6. Greater Than 75% of Participants Currently Experiencing Cutaneous Symptoms Reported That Their Condition Interfered With Sleep