

## **厚生労働科学研究費補助金 難治性疾患等政策研究事業**

**(難治性疾患政策研究事業) 総括研究報告書**

### **強皮症・皮膚線維化疾患の診断基準・重症度分類・診療ガイドライン作成**

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#### **A. 研究目的**

2004 年に厚生労働省強皮症調査研究班により「強皮症における診断基準・重症度分類・治療指針」が作成され、2007 年に改訂された。2010 年には EBM に基づいた「全身性強皮症診療ガイドライン」が公表された。欧米の全身性強皮症の診断基準の改定および治療の変化に対応するため、今回新たに全身性強皮症のみならず限局性強皮症、好酸球性筋膜炎、硬化性萎縮性苔癬の診断基準・重症度分類・診療ガイドラインを作成することとなった。

#### **B. 研究方法**

各疾患、各臓器毎に分担研究者・研究協力者の中からエキスパートを選出し、担当を決定した。班会議、メール会議を頻回に行い、各疾患の診断基準・重症度分類・診療ガイドラインの作成・改訂を進めた。

#### **C. 研究結果**

全身性強皮症診断基準に関しては 2013 年 ACR/EULAR から発表された分類基準を参考にしつつ、本邦の従来の診断基準に改訂を加えることとした。全身性強皮症の重症度分類に関しては過去の重症度分類を参考と

しつつ ACR/EULAR での議論をふまえ、肺病変など一部変更した。全身性強皮症の診療ガイドラインに関しては、過去に作成したものと参考にしつつ、最近数年での治療の変遷を鑑みて CQ (クリニカル クエスチョン) を変更。追加した。限局性強皮症・好酸球性筋膜炎・硬化性萎縮苔癬に関しては従来診断基準がないため、班会議、メール会議にて疾患概念を議論し、新たに診断基準を作成した。限局性強皮症・好酸球性筋膜炎・硬化性萎縮苔癬の重症度分類に関しても現存のものがないため、班会議、メール会議にて重症例について議論し、新たに重症度分類を作成した。各疾患の診療ガイドラインも現在まで存在しないため新たに重要な CQ を挙げ、班会議、メール会議にて議論して絞り込んだ。

## D. 考 案

班会議、メール会議を頻回に行い、全身性強皮症および各皮膚線維化疾患の診断基準・重症度分類が完成し、各疾患の診療ガイドラインの CQ を決定することができた。これは当初想定したより早く達成されたものである。

## E. 結 論

本年度各疾患の診療ガイドラインの CQ を決定することができたため、次年度は Minds 診療ガイドライン作成マニュアルに従い、EBM に基づいて各 CQ に対する推奨度、推奨文、解説等の作成を進める予定である。

## F. 文 献

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- 公益財団法人日本医療機能評価機構 EBM 医療情報部「Minds 診療ガイドライン作成マニュアル」Ver. 1.1、2014 年。

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## H. 知的財産権の出願・登録状況 なし。