

COMMUNICATING WITH YOUR GP

GETTING A DIAGNOSIS

Your medical history is very important for an accurate diagnosis of psoriasis and its severity. Use the checklist below to ensure that your GP has all the necessary information to determine the severity of your psoriasis and the appropriate treatment approach.

YOUR SYMPTOMS	PLEASE DESCRIBE HERE
How long have you had the rash?	
Is the rash itching and/or burning?	
Are the rashes painful?	
Do you have dry, cracked skin? Does it bleed sometimes?	
Have you been experiencing pain, stiffness or swelling of joints?	
Are your nails thickened, pitted or ridged?	
Which parts of your body are affected?*	
HOW HAVE RASHES IMPACTED YOUR LIFE?	
Have you missed work/school?	
Are you unable to work or have difficulty working because of the rashes?	
Do you feel self-conscious because of the rashes?	
Do you avoid social situations?	
Have you changed the way you dress to cover your rashes?	
Do you feel depressed?	

*You can print the 'My psoriasis' sheet and shade in the affected regions and take it with you the next time you see your GP.

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WHAT TREATMENTS HAVE YOU TRIED FOR THE RASHES?

- Creams and/or ointments from the pharmacy
- Moisturisers
- Herbal medicines
- Alternative treatments
- Prescription medications
- Other

YOUR FAMILY HISTORY

Does anyone in your family have psoriasis?

Does anyone in your family have any other skin conditions?

Does anyone in your family have arthritis?

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THE TREATMENT PLAN

It is important to understand your treatment plan so you know when a treatment is working or if you are experiencing side effects. The following is a list of topics you can discuss with your GP to help you gain a better understanding of the treatments you are on or any new ones you may be receiving.

IS MY CURRENT TREATMENT WORKING?	PLEASE DESCRIBE HERE
How long have you been taking/using your current treatment?	
Have you noticed an improvement in your symptoms?	
Have you experienced any side effects?	
Have you missed/stopped treatment? Why?	
WHAT ARE MY OTHER TREATMENT OPTIONS?	
What other treatments can be given to patients with my level of severity?	
Is light therapy or systemic therapy an option for me?	
What will be the next step if my current/new treatment doesn't work?	
STARTING NEW TREATMENTS	
How is the new treatment different from the last one?	
How long will it take to work?	
What are the possible side effects?	
How long will I have to take/use the treatment for?	
If my symptoms disappear, can I stop taking/using the treatment?	
What happens if this treatment doesn't work? Will I be referred to a skin specialist?	

MY PSORIASIS

BODY AREAS AFFECTED

This document is designed to help you describe the areas of your body affected by psoriasis to your GP. Print this document and shade in the affected areas. You may also wish to note which areas are the most problematic next to that region (i.e. very painful, affecting your ability to work). Take it with you to your next GP visit.

