

Transcript Details

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Perspectives on Psoriasis: A Look at Disease Burden

Announcer

Welcome to ReachMD. This medical industry feature, titled "Perspectives on Psoriasis: A Look at Disease Burden" is sponsored by Dermavant. Here's your host, Dr. Linda Stein Gold.

Dr Stein Gold

Hello, and thank you for joining us for the first part of a three-part podcast series. Today we're going to talk about the psoriasis disease burden. My name is Linda Stein Gold, and I'm the Director of Dermatology Clinical Research at Henry Ford Health System in Detroit, Michigan. And I am thrilled to have with me my friend and colleague, Dr Jonathan Weiss, who joins us from Georgia where he is the President and managing partner of Georgia Dermatology Partners. Welcome, Jon.

Dr Weiss

Thank you, Linda. It's a pleasure to be here.

Dr Stein Gold

Well, we're going to start out by talking about the burden of psoriasis, and we know that this is a tremendous burden for our patients. And it's true for those patients whether they have localized or mild disease or even more widespread disease. You know, I think it's a myth among a lot of us that localized disease might be easier to control than widespread disease. Maybe not having as much of an impact on the patient. What are your experiences with this?

Dr Weiss

I couldn't agree with you more, Linda. Localized disease can be burdensome to patients. I'm often surprised when I'm evaluating psoriasis how much different my concept of how they are doing is versus their concept. There are just those patients who even a small spot of discoloration or scale is just too much for them. (Lebwohl M. J Am Acad Dermatol. 2014)(Feldman S. Ann Rheum Dis. 2005)

Dr Stein Gold

I agree with you. And often, we can't necessarily determine the impact of the disease based on even the body surface area or whether they have mild disease or more extensive disease. We still see depression, we see anxiety, we can see pain and itching.(Hsu M-A. JPPA. 2017) Lebwohl M. J Am Acad Dermatol. 2014)Do you have a way, Jon, that doesn't take too much time out of the clinic, to understand where the patient is coming from?

Dr Weiss

Absolutely. You know, we have multiple measures in our studies that measure patient-reported outcomes, but they are so burdensome. They're 29 questions, 16 questions. There was a recent article in *JAAD* by Bob Swerlick, out of Emory, that talked about a Skindex-Mini that is actually just three questions that covers three domains of burden for the patient that gives you a good idea of what the psychological burden of the disease is.(Swerlick RA. J Am Acad Dermatol. 2021) At the very least, we should simply ask the patient, "How do you feel your psoriasis impacts your life?"

Dr Stein Gold

I agree with you. It is absolutely unrealistic to expect that we're going to be giving these patients very long questionnaires to fill out. We don't have the time, and the patients, I think, appreciate that we're asking, three questions I think is doable even in a busy office. Any final thoughts for our listeners about how to really get the best out of our approach to our patients in terms of listening to them and trying to remove that disconnect between the patient and the physician?

Dr Weiss

I think you just said the key word, and that is listen to the patient. Assess them from the time you walk in the room, look at their body language, see how they feel about their disease and what their mindset is, because that's what ultimately matters.

Dr Stein Gold

Yeah. And I think taking even just 30 seconds to sit down and say to them, "How does the disease impact your life? Tell me about how it impacts going to school or working or dating." And I think this way we help the patient to understand this is a team approach asking about their mental health. And I don't think we should be expected to manage it, but we certainly can refer these patients to appropriate professionals.

So, Jon, I want to thank you so much. I think that you've given us a lot of good food for thought. I'd like to thank our listeners for listening to the first of the three podcasts. Please stay tuned for Episode 2, where we'll talk a little bit more about the pathogenesis of psoriasis, and Episode 3, where we'll talk more about the patient perspectives. Thanks so much.

Dr Weiss

Thank you, Linda.

Announcer

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