

Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/psoriasis-whats-beneath-surface/multidisciplinary-teams-for-psoriasis/10512/>

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Multidisciplinary Teams for Psoriasis

Announcer:

This is ReachMD, and you're listening to Psoriasis: What's Beneath the Surface, sponsored by Lilly.

On this episode, Multidisciplinary Teams for Psoriasis, we will hear from Dr. Matthew Keller, Associate Professor and Director of the Jefferson Psoriasis Center at Jefferson University.

Dr. Matthew Keller:

I think one of the most important things about being on a multidisciplinary team is you learn what, say, in my case a rheumatologist will do for a particular joint complaint, and they learn what you'll do for their skin complaint, so that when you're not seeing those patients that happen to be within a multidisciplinary team or clinic, you're able to say, "Oh, I think I know the right medicine to give you," and it allows these patients to navigate the health system a lot more easily.

I think the other way that multidisciplinary teams can be hugely impactful is that many patients have comorbidities associated with their psoriasis. We know that psoriasis worsens some of those—cardiovascular disease, stroke, sometimes high blood pressure and other things—so having... In our case, having a team of people that you rely upon and understand the way you are going to take care of your patients and the way you'd like your patients taken care of in rheumatology, in cardiology, as well as within psychiatry whenever possible, and I think that is one of the greatest challenges that I as an academic faculty but also dermatologists in general run into is that, as I mentioned before, psoriasis has a major impact on people's overall well-being.

It's amazing the number of patients that relate 50%, 75%, even 100% of their depression directly to having psoriasis and all the things people talk about that they would do if they did not have psoriasis, if that was not something they dealt with on a daily basis. So I think having access to whether it's a psychologist or a psychiatrist in order to help you take care of your patients, help them work through rough spots, help them feel like there is hope, because many of these therapies for psoriasis, they are really dependent on compliance, and compliance we know is better when you have good well-being, when you feel hopeful, when you feel like things are going to be better in the future. So, imagine if they had an even greater support system associated, how much of a life-changing event that would be for them.

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