

## Scalp Psoriasis: Taking control of your next appointment

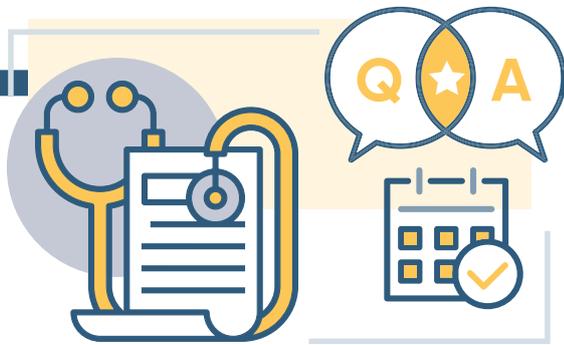
We know that **living with scalp psoriasis can be challenging** and can often make you feel self-conscious. As frustrating as the situation can be, **it is important that you feel comfortable about seeking the support you need**, helping you to take better control of your scalp psoriasis.

The first step in taking control to manage your scalp psoriasis is to **visit your healthcare professional**, the initial point of contact could be your GP, primary care nurse or pharmacist. If you can, it's best to **talk openly and clearly about how you're feeling, the impact of living with scalp psoriasis and what your goals are**, they will then be in a better position to provide you with the help and support you need.



### Preparing for an appointment

- Think about **how your scalp psoriasis has been since your last appointment**, how often you have had psoriasis 'flare-ups' (times when your symptoms worsen)
- Consider **how your psoriasis affects your general wellbeing**, your quality of life, social life and work—share how you are feeling
- Make sure you **have details of any current treatments/medication** you're using to help manage your psoriasis and consider how you are finding using them
- If your appointment is with a new GP, nurse or dermatologist **they may want to hear a more general history of your condition**
- It may help to **take some pictures of your condition in advance**, particularly if you are attending a virtual consultation via video. Consider asking someone to help take photos of areas where it isn't easy for you to photograph yourself or it might be in places that would be difficult to show the extent of your psoriasis easily on video

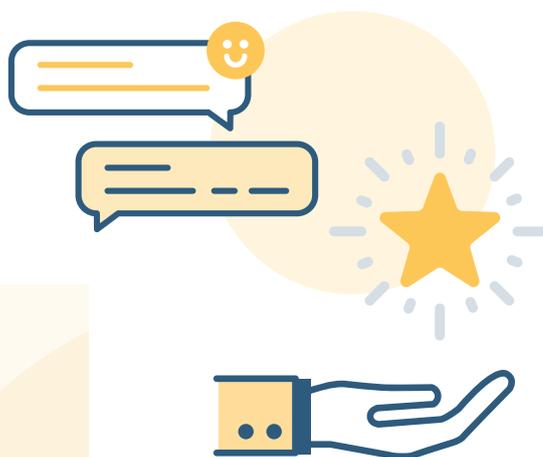


## Taking control of your appointment

The following questions are designed to help you consider the ways in which psoriasis impacts on your life. It is helpful to note your answers down so you can refer back to them during your appointment.

- **How long have you had symptoms** of scalp psoriasis for?
- **How would you describe your scalp psoriasis over the past few months?** Have you experienced any flare-ups lately?
- **Do your flare-ups only occur on your scalp**, or other parts of your body?
- **Are there any common activities or triggers that lead to your flare ups?** e.g. stress at work, hot weather etc
- **Where on your scalp is/was your psoriasis** – e.g. around the hairline/behind your ears / has it changed or become more/less itchy recently and what particular symptoms are troubling you the most?
- **How is scalp psoriasis impacting your wellbeing and quality of life?** Have you missed work or cancelled social engagements because of your scalp psoriasis? Is your psoriasis affecting your mental health?
- **Do you ever find it challenging to carry out day to day tasks** like visiting the hairdressers/barbers?
- **Is your sleep being disrupted** because of psoriasis?
- If you have a management or care plan (an agreement between you and your doctor on your treatments and routines) **do you feel that is working well for you?**
- **Do you feel you are able to manage your psoriasis** – do you follow your care plan? If not, what factors are stopping you?
- **Does your current care plan impact your day-to-day life?** If so, what would you like to change about it?
- Discuss in your appointment **how you like to manage body vs scalp?**

Remember, **psoriasis is a lifelong condition**, and different approaches work for different people, and different treatments may work at different stages in life, depending on the characteristics of your psoriasis at the time<sup>1</sup>. It may take a few appointments to find out what works for you and your scalp psoriasis, so **be persistent and stay positive!** The more open conversations you have with your GP, nurse, pharmacist, the more they will understand your unique situation better and work with you to provide the personalised care you need for you to **take control of your psoriasis**.



## What the experts say

### Dr Angelika Razzaque

has been a GP for over 20 years, and is the Executive Chair of the Primary Care Dermatology Society

*"I would say it's essential that you come as prepared as possible. The more we know, the more we can help and advise. What I need to understand from my patients is the frequency of their flareups and how their current treatment regime is working in practice. For me it is also important to know any impact their condition is having on their mental health, social life and relationships."*

### Dr Alia Ahmed

is a consultant dermatologist working for Frimley Health NHS Trust

*"As we move to virtual appointments becoming much more common, it is important to take high quality photos of your skin, especially if you want to discuss making any changes to your treatment. A virtual appointment should be the same amount of time as an in-person consultation and should never feel rushed."*

**For more information** on how to better understand and manage your scalp psoriasis, you can find a number of resources on the following websites:

**The Psoriasis Association**  
[psoriasis-association.org.uk](https://psoriasis-association.org.uk)

**LEO Pharma's QualityCare™**  
[psoriasis.qualitycarebyleo.com](https://psoriasis.qualitycarebyleo.com)

**Reference 1.** Menter A et al. Guidelines of care for the management of psoriasis and psoriatic arthritis. Section 3. Guidelines of care for the management and treatment of psoriasis with topical therapies. J Am Acad Dermatol. 2009;60(4):643–659.