



PSORIASIS

CREATION OF AN INTEGRAL CLINIC FOR PSORIASIS PATIENTS IN HONDURAS

D Espinoza⁽¹⁾

Universidad Nacional Autonoma De Honduras (unah), Internal Medicine, Tegucigalpa, Honduras⁽¹⁾

INTRODUCTION: In the year 2010 the Honduran Psoriasis Foundation was created to raise awareness of psoriasis and to provide all available aid to nationwide psoriasis patients. Psoriasis is a chronic inflammatory disease associated with many comorbidities. Amongst the most common are insulin resistance, diabetes, metabolic syndrome, hypertension and other chronic degenerative diseases, depression and substance abuse. In partnership with UNAH (the country's public university with the first medicine school) a treaty was signed. The objective is to provide multiple integral services for patients at the foundation's facilities based on three pillars: research, teaching and assistance.

OBJECTIVE: To determine the major health problems psoriasis patients are facing and to aid in a financially feasible way.

MATERIALS AND METHODS: A survey was taken to assisting patients at the foundation's facilities addressing personal and family history of major health issues including depression and substance abuse. Simultaneously biochemical blood analyses, bioelectrical impedance analysis and skin prick test for dust mites performed. PASI score was determined on all patients. Alternative medicine for their psoriasis and/or comorbidities was offered.

RESULTS: Hypertension was present in 39%, diabetes in 19% and a body mass index average of 43 kg/m². Dermatophagoides pteronyssinus and dermatophagoides farinae were uncommonly positive. Quality of life was significantly affected in all patients. In the survey it was determined that forty percent desired alternative medicine.

CONCLUSIONS: Comorbidities in psoriasis are as disabling and important to treat as the main disease itself. The clinic must include psychological and nutritional assistance. Immunotherapy will be beneficial for atopic patients with psoriasis. Alternative medicine was highly attractive to patients and their preferences should be taken into consideration.

