PSORIASIS

POSSIBILITIES OF EHELATH DEVICES FOR PSORIASIS PATIENTS TO IMPROVE PATIENTS CARE.

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Patients with psoriasis have a significantly reduced quality of life due to permanent pain and itching. Some patients additionally suffer from joint problems, which can make everyday life difficult. This is accompanied by an increased incidence of depression, anxiety and suicide rate. To reduce disease activity and the associated consequences intensive treatment, a high therapy compliance of the patient and a trusting doctor-patient relationship is required. Numerous studies have shown that well-informed and medically well-managed patients are more able to reduce flare-ups of their disease and are no longer ashamed of their illness. A new opportunity for a better patient monitoring, exchange of doctor-patient information, and a better patient self-management of the disease are eHealth devices such as Apps.
In order to provide scientific evidence for the effects an eHelath device has for the quality of life and outcome of psoriasis patients, we have designed and programmed an App specifically for psoriasis patients, which will be tested in a clinical phase-4 clinical randomized controlled trial and is presented in detail on this poster. With the help of this App the patient can provide a regular photo-documentation of her/his psoriasis plaques and fill-out questionnaires about treatment adherence, quality of life, itch and pain as well as depression and anxiety, which can be monitored by the doctor on his/her dashboard weekly. In addition, the doctor can add all medically important information to the patients' folder and send the patient novel information.
If the app reduces the burden of the psoriatic disease in a clinically significant way, this eHealth application will be developed into a medical product and implemented in the clinical praxis.