

PSYCHODERMATOLOGY

# THE IMPORTANCE OF A MULTIPROFESSIONAL TEAM IN THE MANAGEMENT OF PSYCHOCUTANEOUS DISEASE: A REVIEW OF LITERATURE

*Maria Elisa Meneguetti<sup>(1)</sup> - Alaiana Aparecida Soares<sup>(1)</sup> - Virgilio Frota Rossato<sup>(1)</sup> - Julia Maria Kato<sup>(1)</sup> - Mayara Rosvailer<sup>(2)</sup>*

*Little Prince Institution, Medical College, Curitiba, Brazil<sup>(1)</sup> - Little Prince Institution, Professor Of Medicine, Curitiba, Brazil<sup>(2)</sup>*

**Background:** Diseases that involve skin and mind constitute psychodermatology. Their diagnosis and treatment require the participation of specialists in dermatology, psychiatry, psychology and neurology, once the skin, nervous system and the mind are simultaneously affected.

**Objective:** Describe the relevance of the multidisciplinary care in the management of patient with psychosomatic dermatosis.

**Methods:** It is a systematic review of the past 10 years, which examined articles that discuss the treatment of skin diseases in multidisciplinary performance contexts, and the importance of this. The data base used was PubMed and Google Scholar, was analyzed a total of 25 articles.

**Results:** Psychosomatic dermatoses address skin diseases that are related to the patient's psychological state. The diagnosis is commonly given by the dermatologist who has knowledge about the subject. The management of the clinical picture should be conducted by a multiprofessional team composed by mental and neurological health and dermatologists. A systematic approach is needed once most patients with skin disorder don't accept psychological help because of the stigmas of psychiatric diagnoses.

**Conclusions:** Often underdiagnosed and untreated, psychodermatoses need dermatological, psychological and neurological support, which reminds us of the importance of reconciling agonist performance to its management, considering that there are no guidelines with approaches to these. The patient should be evaluated in a comprehensive manner so that the disease may be treated in its complexity and with the multiprofessional work the patients can recognize their comorbidity and understand their treatment. The psychological impact generated by the disease may, undoubtedly, influence the evolution of the dermatosis and the therapeutic response.