



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

PSYCHOCUTANEOUS DISEASE AND THE IMPACT ON QUALITY OF LIFE: A LITERATURE REVIEW

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Background: Psychodermatology deals with diagnosis and treatment of skin diseases caused or aggravated by psychological disorders. It has great relevance to Dermatologists and patients due to their resulting alterations in your self-image.

Objective: Describe the impact of psychosomatic dermatoses on the patient's life.

Methods: Literature review searches in PubMed and Google Scholar using the search terms "Psychocutaneous", "Psychodermatology", "Psychosomatic Dermatoses" and "Quality of Life" between 2000-2018, was analyzed a total of 30 articles.

Results: Psychodermatoses can be classified as primary psychiatric with dermatological disorders or as psychological disorders with dermatologic manifestations. Both cause emotional impact in at least a third of patients. They precipitate an impact on the patient's life similar to diseases as asthma and epilepsy, revealing that psychosomatic dermatoses affect the patient's self-image and can trigger depression and anxiety as well as serious systemic diseases. The negative impact in the functionality and quality of life leads to the maintenance of the disease, creating a vicious cycle that would worsen either: dermatological symptoms and quality of life.

Conclusions: The skin is the largest and most apparent organ of the human body, it connects people to the world, which is why dermatological patients with psychosomatic dermatoses have an impact on the quality of life being influenced by the stigmas caused by the appearance of skin lesions. This directly affects their emotional state, social relations and daily activities. Even though skin changes related to psychopathology are neither life-threatening nor physically debilitating, they alter the quality of life due to the effect at the psychological and social functions of the patient.

