



TELEDERMATOLOGY

IMPROVING MANAGEMENT OF PSORIASIS PATIENTS: A TELEDERMATOLOGY APPROACH

B Trettin⁽¹⁾ - S Feldman⁽²⁾ - H Agerskov⁽³⁾ - D.b. Danbjørg⁽⁴⁾ - F Andersen⁽⁵⁾

*University Of Southern Denmark, Odense University Hospital, Research Unit Of Dermato-
venerology And Allergy Centre, Odense, Denmark⁽¹⁾ - Wake Forest School Of Medicine,
Department Of Dermatology, North Carolina, Uzbekistan⁽²⁾ - University Of Southern
Denmark, Odense University Hospital, Research Unit Of Nephrology, Odense, Denmark⁽³⁾ -
University Of Southern Denmark, Odense University Hospital, Research Unit Of
Haematology, Odense, Denmark⁽⁴⁾ - University Of Southern Denmark, Research Unit Of
Dermato-venerology And Allergy Centre, Odense, Denmark⁽⁵⁾*

Introduction: Psoriasis is one of the most common chronic skin diseases affecting 2-4 % of the population worldwide. In Denmark psoriasis patients treated with biologics are required to have intensive monitoring with regular follow-ups every three months. The regular follow-ups may be a challenge for patients, living far away from the hospital, especially when they are in optimum treatment, and do not feel the need for visits. A teledermatological (TD) solution may be able to replace the follow up visits.

Objective: The overall aim of the study is to assess the potential of TD to monitor psoriasis patients receiving biological treatment.

Materials and Methods: The research design is participatory design (PD) involving patients and healthcare professionals in the design and development of a TD solution. So far 48 hours of participant observations of consultations with patients and healthcare professionals have been conducted, including 20 informal interviews with patients and 10 with healthcare professionals. Data will be analyzed using a qualitative structured approach based on Paul Ricoeurs Philosophy of Interpretation.

Results: The preliminary results show that the consultations have a strong bio-medical focus and admonishing approach focusing on lifestyle behavior change (LBC), measurements and permanent routines. Patient centered care approaches seemed to be lacking. Healthcare professionals feel the need for enhanced competencies providing LBC support and the possibility of providing patients more specific strategies.

Conclusion: Empowering patients through active involvement in their treatment may improve the quality of care. A TD solution may be accepted by physicians if it provides practical LBC support. The TD solution could enhance current monitoring by providing a more patient





centered approach. Our next step is to conduct semi structured interviews with psoriasis patients receiving biological treatment and with healthcare professionals to gain an in-depth understanding of their needs and how to combine their different perspectives.

