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**Scottish Intercollegiate  
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# Psoriasis and Psoriatic Arthritis

## INTRODUCTION

Psoriasis is a common immune-mediated inflammatory disease that predominantly affects the skin and joints. The negative impact of psoriasis on quality of life is comparable to that of ischaemic heart disease, diabetes, depression and cancer.

The diagnosis and management of psoriasis presents major difficulties for GPs. Reasons include:

- Despite the availability of treatment, effective control of disease activity is not always easy to achieve, and there is no standard therapeutic approach.
- GPs may be uncertain when to refer patients to secondary care, and may be unaware of the treatments available to their patients locally.
- In both primary and secondary care, the severity of the disease, and the resulting disability are not always fully explored or documented.
- Psoriatic arthritis may be hard to recognise.

This module aims to cover:

- The benefits and risks of different topical preparations
- Special cases/presentations of psoriasis
- Cardiovascular disease risk, and what to do about it
- Diagnosis and management of psoriatic arthritis

The patient information leaflet related to this module is large, and has therefore not been included. However the authors thought it was useful as a learning resource, and so a link to the leaflet is provided here. Group members may or may not wish to print the leaflet prior to the meeting.

[www.gpcpd.nes.scot.nhs.uk/pbsgl.aspx](http://www.gpcpd.nes.scot.nhs.uk/pbsgl.aspx)