

Patient-initiated consultations beneficial in psoriasis

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(HealthDay)—For patients with psoriasis, a patient-initiated care

consultation (PICC) intervention may offer clinical benefits compared with routine care, according to a study published online Jan. 24 in the *British Journal of Dermatology*.

Lina R. Khoury, from the Herlev and Gentofte Hospital in Denmark, and colleagues conducted a prospective trial involving patients with [psoriasis](#) in a [dermatology](#) outpatient clinic. One hundred fifty patients were randomized to the PICC group, where they participated in one annual consultation with a dermatologist and were able to initiate consultations as necessary, or to routine care, with a consultation every 12 to 16 weeks.

The researchers found that there was no statistically significant mean difference between the groups in Dermatology Life Quality Index (0.28; 95 percent confidence interval, -0.35 to 0.9) or Psoriasis Area Severity Index (-0.24; 95 percent confidence interval, -0.84 to 0.36) at week 52. PICC group patients requested 63.1 percent fewer dermatologist consultations (mean, 2.5 ± 0.1 versus 5.1 ± 0.6). Equal patient adherence and safety with treatment monitoring was seen between the groups; those in the PICC group were significantly better at attending consultations than those in the control [group](#).

"PICC offers additional clinical benefits compared to routine care, making patients less dependent on clinical visits," the authors write. "The intervention adds no harm to monitoring systemic treatment and [patients](#) report high quality of life and satisfaction with healthcare."

Two authors disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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