

BEFORE YOUR APPOINTMENT



You have made an appointment so now it's a good idea to take some time to think about the conversation you want to have with your doctor or nurse, and what you want to find out. Some people find it useful to prepare by talking with friends or family, or someone they know who has psoriasis.

During the appointment, you can speak to your doctor or nurse about what your goals are. Examples could be to achieve clearer skin, to change how you are feeling emotionally, to discuss lifestyle changes or talk about alternative medication options. Of course your appointment will be absolutely individual to you and what is discussed during each appointment will differ.

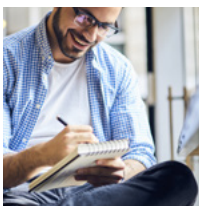


"I think first and foremost, before you go, prepare yourself."

Sean

You may want to think about your physical symptoms, emotional impact and how your psoriasis is affecting wider aspects of your life.

Our tips to help you prepare for your appointment:



Write a list

Think about writing a list of the questions you want to ask and any issues you want to discuss before your appointment. Examples might include flare-ups or mood changes. Write these down and then take them with you. It's helpful to think about which questions are the most important so that you can ask these first.

Check lists and templates to help you prepare are available at the back of this section.



"My personal technique is to make a list of questions I want to ask and take them with me."

Sean

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Track your psoriasis

You'll get so much more out of your appointment if you are able to track your psoriasis over time and show how it has been impacting your quality of life. It's important to record the good and the bad days so that you have a full picture of how your psoriasis is affecting you over time.

Also record how your psoriasis is affecting your wider life, such as doing everyday things like housework, gardening, cooking or going for a walk. Don't forget to record your mood and how you feel in yourself. It is a good idea to complete a Dermatology Life Quality Index (DLQI) weekly to assess the impact your conditions in having on your quality of life. You can do this by visiting www.askforclear.co.uk

Have you tried keeping a diary to help record this information? Alternatively, why not try SymTrac™ Psoriasis to help you with this:

SymTrac™ Psoriasis is a free app, which has been developed with patients to help you track your psoriasis and the impact it has on your life over time. It has 3 easy to use features which help do this:

- A symptom diary and DLQI questionnaire which are completed weekly
- A camera function which allows you to upload photos of your skin & add notes to help capture the true extent of your psoriasis symptoms
- All your data is displayed in easy to read graphs which can be exported into a PDF along with any photos and notes ahead of your appointment.

Search 'SymTrac Psoriasis' in the Apple App Store or Android Google Play Store to download for free!

If you prefer not to write, you can also use drawings, download a body chart, or take in photos to help you explain to your doctor or nurse how your psoriasis is progressing. You could make voice recordings on your mobile phone if this is easier for you.



"I find that keeping a diary really helps me remember what I need to say."

Laura

"When my doctor asked me what my treatment goals were, I told her that last week I had a great day. I went swimming for the first time in ages because my back was clear and I didn't feel embarrassed like I usually do. I said I wanted to stay this way."

Eileen



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Rehearse

It can be helpful to have another look at your list to remind yourself of your key points so that you can get your thoughts across clearly and concisely. You can do this at any point before the appointment – you could do it when having breakfast, on the bus or when talking to a friend.

Some people get a little nervous beforehand so it can be helpful to 'get in the zone'. Try to concentrate on what you're going to say and focus on what you want to get out of your appointment. You can even ask a friend or family member to come with you into the appointment for support.



"Rehearsing helps me prepare."

Sean

It's a good idea to arrive a little early so you don't feel rushed and are relaxed to talk.

RESOURCES:

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My overall goal in psoriasis is:

(For example, to feel comfortable in my swimsuit on the beach next year)

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My appointment goals are:

(For example, to find out about alternative treatment options)

1

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RESOURCES:

BEFORE YOUR APPOINTMENT

Questions to ask yourself

How have I been physically since my last appointment?

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Have I had any flare-ups? If so, how did they affect me?

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How have I felt emotionally?

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How has my mood been?

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RESOURCES:

BEFORE YOUR APPOINTMENT

Questions to ask yourself *(continued)*

How has psoriasis affected my life?

For example, interfering with work, studying, leisure activities etc.)

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Has psoriasis impacted on my personal relationships at all? If so, how?

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What would I like to change in my condition?

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RESOURCES:

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Questions to ask your doctor or nurse:

Today my priority questions are:

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