Communicating cardiovascular risk and supporting lifestyle behaviour change in patients with psoriasis: a qualitative study

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BACKGROUND: IMPACT aims to better understand the association between psoriasis and co-morbidity. This qualitative study will explore the acceptability of cardiovascular (CV) risk factor screening for patients with psoriasis and practitioners, and identify factors in the consultation that aid or impede risk perception and enhance motivation to engage in lifestyle behaviours to minimise risk.

METHOD: Nested qualitative study: audio-recorded primary care CV risk screening and follow-up consultations; tape-assisted recall patient and practitioner interviews. Patient interviews will explore understanding of risk, intentions to reduce risk, perceived ability to undertake lifestyle changes and support needed. Practitioner interviews will explore views of delivering risk information, eliciting patients’ understanding and detecting/addressing distress and concerns.

Principles of Framework Analysis will be used to identify similarities and differences within and across datasets, Patients and practitioners from six general practices in North-West England.

Thirty people with psoriasis who have undergone CV risk screening and/or follow-up stratified by age/sex (10 <30 years old; 10 aged 30-55 and 10 >55 years), and fifteen primary health care practitioners involved in CV risk screening and/or follow-up.

RESULTS: Analysis will enable understanding of the structure/processes involved in risk perception, particularly where the evidence for increased risk is currently unknown (as with CV risk and psoriasis), as well as identification of communication techniques which aid patient understanding of risk and promote positive behaviour changes. We will present preliminary data.

CONCLUSION: The use of this innovative method, how results will inform later stages of the IMPACT Programme and risk communication will be discussed.