GPs' and patients' perspectives on psoriasis: A qualitative study

P.A. Nelson¹, Z. Barker², C.E.M. Griffiths ³, L. Cordingley⁴, C.A. Chew-Graham⁵

Affiliations:
¹Manchester Centre for Dermatology Research, Institute of Inflammation and Repair, University of Manchester, ²Manchester Medical School, The University of Manchester, ³Salford Royal NHS Foundation Trust, ⁴Manchester Centre for Health Psychology, University of Manchester, Manchester Academic Health Science Centre, Manchester, ⁵Research Institute, Primary Care and Health Sciences, Keele University, Keele, UK

Presented at the Royal College of General Practitioners, Harrogate, UK, October 2013

BACKGROUND: Psoriasis affects 2% of the UK population and often involves significant effects on wellbeing. The majority of patients are managed in primary care, however their perspective and that of their GPs about psoriasis management in this setting are absent from the literature. We performed an in-depth study to explore this issue.

CONTENT OF PRESENTATION: In-depth, qualitative, semi-structured interviews were conducted with a diverse sample of 29 people with psoriasis and 14 GPs in NW England. Data were analysed using principles of Framework Analysis to enable a comparison of patient and practitioner perspectives.


RESULTS: Findings suggest that current psoriasis management in primary care is mismatched with the expressed needs of patients. Both patients and practitioners lacked knowledge and understanding about psoriasis, leading to sub-optimal assessment of disease severity and impact. They also identified the lack of long-term condition management of psoriasis in primary care; however patients desired regular contact with their GP for information, advice and monitoring.

CONCLUSION: Improved understanding of psoriasis as a long-term condition is needed to enable management in partnership with patients. Multi-disciplinary services, which focus on long-term impacts on wellbeing and quality of life, might address some current deficits in care.