

**Family Well-Being in Psoriatic Disease**

# **Recommendations for Health Care Professionals**



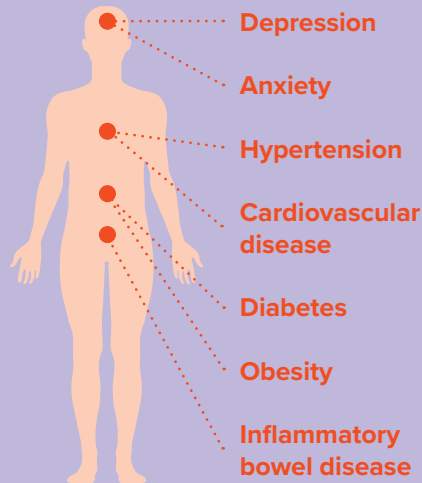
# What is psoriatic disease?

Psoriatic disease is a **chronic, non-communicable, painful, disfiguring and disabling** disease without cure. The most common lesions are present in the skin, most commonly in the form of plaques. The scalp, hands, feet, nails and genital area can also be affected.



Around **30 %** of individuals develop psoriatic arthritis, that affects the joints of the body.

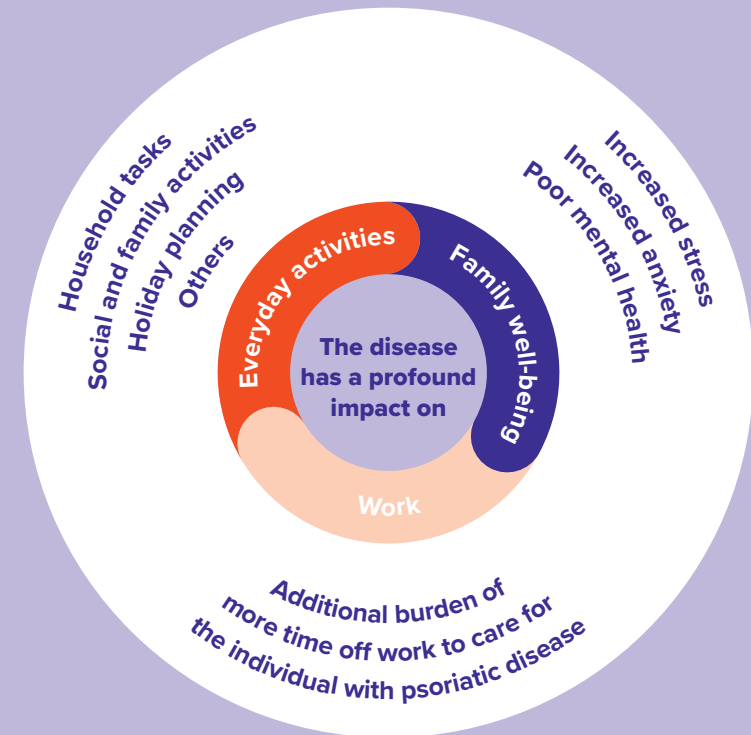
Having psoriatic disease also increases the risk of developing several comorbidities, which can be overlooked when managing the disease.



Living with psoriatic disease causes a severe burden on physical and emotional health, significantly affecting the quality of life.

# The impact of psoriatic disease on the family

The burden of psoriatic disease is felt by those with the disease and by the people in their inner circle. The inner circle often includes **family members, partners and caregivers**. Several studies demonstrated the impact of psoriatic disease on the family is both practical and psychological.



# Family role in disease management

# Why is it important to care for the family's well-being?

Family members, caregivers and partners have a crucial role in supporting their family members with everyday tasks, caring for their well-being and helping with disease management. This role can be built on by the health care system in different ways:



**Assist in guaranteeing the continuation of treatment plans**, including helping with the application of topical medications or monitoring the adherence to treatment and managing appointments.



**Monitor symptoms and document changes** in disease progression. Help manage comorbidities.



**Encourage a healthier lifestyle**, such as eating a healthier diet, reducing risky behaviors (drinking, smoking) and maintaining regular physical activity, important for keeping a healthy weight.



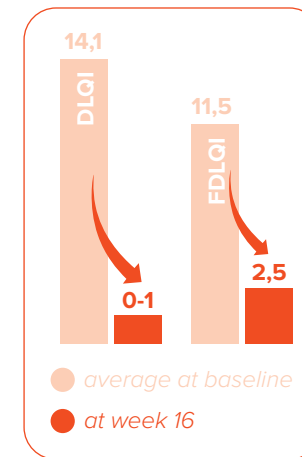
**Provide emotional support** and a calm household, reducing stress and the risk of flare-ups.



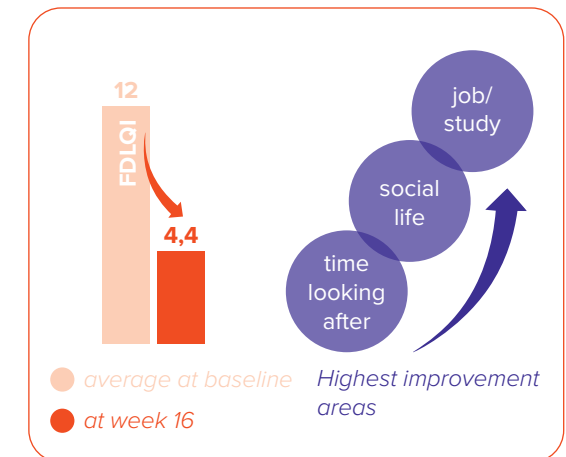
**Encourage a social life**, minimize social isolation and improve mental health.

Family well-being is directly correlated with the well-being of the individual with the disease. Similarly, good disease management of the person with psoriatic disease also improves the quality of life of the family.

## How treatment improves QoL of the family



Augustin et al. 2021



Finlay et al. 2022

When the disease is well managed, the quality of life of people with psoriatic disease and their families invariably improves. For caregivers, particularly, it has a meaningful impact on daily life. Time spent caring for their family members and the need to take time off work is reduced. New career opportunities may be considered, improving the household income.

**Effective treatment has a positive cascading effect for all those touched by the disease.**

# Recommendations for HCPs in consultations:

## CONSIDER THE AGE

Consider how the age of the individual may affect the care needs. Children and adolescents, young and middle-aged adults and seniors have different needs, and the involvement and impact of the family is different as well.

## ASK QUESTIONS

Gather family information to understand the family structure and dynamics, and if the patient has support outside the health care system.

## STARTING A FAMILY?

Ask, if applicable, if the individual is considering starting a family. Involve partners in care management and discuss safe options to have a family.

## ENCOURAGE INVOLVEMENT

Encourage involvement of family members, caregivers and partners in the treatment journey.

## EVALUATE WELL-BEING

Consider evaluating the well-being of those close to the patient. Use validated questionnaires to quantify the impact of the disease on the family's quality of life and follow up on assessments throughout the disease management journey. Refer family members to appropriate counselling if necessary.

## OFFER SUPPORT

Offer support and provide informational materials to family members. Discuss the existence of patient organizations and how they can provide extra support.



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