Section 2

Checklist for your clinical experience

The checklist below is designed to improve your experience with clinical treatment. These simple tips will help you collect the important information you should share with your doctor so that he or she can recommend the best treatment plan for you.

Getting ready to visit the doctor:

What information do I take with me for the visit?

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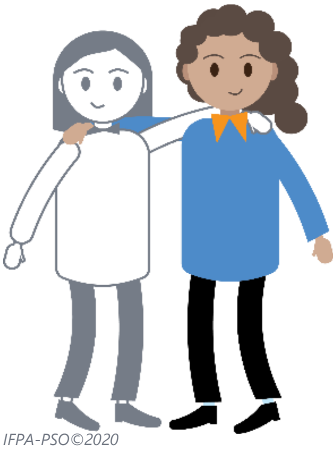
☐ Arrange permission for your doctor to access your medical records

☐ Write a list of the medications and supplements that you take. Bring your medication and supplements with you to the visit.

☐ Take note of any recent health-related changes you have noticed to keep your doctor up to date.

☐ Bring a list of questions for your health care provider to make sure you don't forget anything



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Should I bring someone with me?

You might want to bring someone with you for moral support and to help you remember information from your visit. This could be family member or friend. Be selective about who you invite to your visit.

☐ Let them know in good time of the visit. They could also stay in the waiting room for part of the appointment.

☐ You can ask them to take notes during the visit. This is a great way to remember what was said. Remember that discussion is important between you and your doctor.

What tests or screenings should I have?

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Tests and screenings may be different for each patient. Your health care provider will work with you to assess any other symptoms.

☐ Have you experienced any other symptoms? What happened and when?

☐ Do I need further testing or screening for comorbidities?

☐ Where will the tests be done? How long they will take? When are results expected?

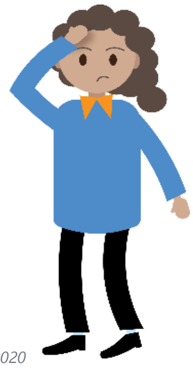
What about treatment and other clinic visits?

☐ Share your concerns. You and your health care provider can work together with other clinicians or with a team of experts to ensure holistic care.

☐ Request to know which specialist will be consulted to manage a psoriasis-related condition

☐ Is there something I need to do or prepare for my next visit?

After your visit:



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Who will talk with me about the next steps?

☐ Besides talking to experts who else can I talk to (Nutritionist, Physiotherapist)

☐ Are there other patient advocates that can be helpful as you search for the best care for you?

☐ Are there patient associations and support groups that specialize in this kind of support?

The International Federation of Psoriasis Associations strongly believes that the best way to find information and further resources is to get connected to a patient association. Our priority is to connect members in Europe and around the world Visit: IFPA's members page for a list of member associations. See link here: https://ifpa-pso.com/

We encourage you to contact local associations for support in living with psoriasis. Many thanks to our member; the European Federation of Psoriasis Patient Associations (EUROPSO)

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Brief description about IFPA

The International Federation of Psoriasis Associations (IFPA) is a non-profit organization uniting national and regional psoriasis associations from around the globe. At IFPA, we envision a world without suffering from psoriasis. To achieve this, we focus on empowering our members, improving living conditions for people living with psoriasis and raising awareness.

Find out more about World Psoriasis Day, an IFPA promoted annual advocacy campaign where members and supporters organize activities to raise awareness on psoriasis and psoriatic arthritis.
Visit: https://ifpa-pso.com

To be included in other sections as seen necessary.

Appreciation

We appreciate the efforts made by the EuroGuiDerm Team/ European Dermatology Forum (EDF) to include patient representation from EUROPSO and IFPA. Through this collaboration the values and needs of people living with psoriasis are reflected in the guideline and were communicated in making the standards of this guideline inclusive.

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IFPA supports open access to the published work as it is fundamental part of our mission to improve the quality of life among people living with psoriasis and psoriatic disease, provided the International Federations of Psoriasis associations is acknowledged as the source using the following suggested citation: [Title]. [Sweden]: International Federation of Psoriasis Associations; [Year]

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