Good Care Checklist for your psoriatic arthritis journey

The checklist below is designed to improve your experience with clinical treatment. Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA): updated treatment recommendations for psoriatic arthritis 2021 can be found on page 11.

Name

Date

Getting ready to visit the doctor – Rheumatologist, Dermatologist or Healthcare provider:

What information do I take with me for the visit?

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 and download the treatment guidelines for your healthcare provider to make sure you don’t forget anything.

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 a 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?

Tests and screenings may be different for each patient. Your healthcare 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 healthcare 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:

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?

People living with PsA have a higher chance of certain other health conditions called comorbidities.

Knowing about them helps you and your care team protect your long-term health.

Common comorbidities in PsA are:

- **Heart & blood vessels** (cardiovascular disease)
- **Metabolic health** (type 2 diabetes, metabolic syndrome, and obesity)
- **Mental health** (depression and anxiety)
- **Eyes** (inflammation inside the eye - uveitis)
- **Gut** (inflammatory bowel disease - IBD)
- **Liver** (non-alcoholic fatty liver disease - NAFLD/MASLD)
- **Sleep & breathing** (obstructive sleep apnea - OSA)
- **Skin psoriasis & nail changes**

Write your notes here

IFPA 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 IFPA's global members all around the world. Visit IFPA's members page for a list of member associations: ifpa-pso.com

We encourage you to contact local associations for support in living with psoriatic arthritis – IFPA continues to stress the importance of the patient-provider relationship when making any treatment decisions and that the patient should remain at the center of decision-making processes. The decision to switch between treatments should be made on an individual basis and only with the full, informed consent of both patient and provider.

IFPA

IFPA is a non-profit organization uniting national and regional associations from around the globe.

At IFPA, we envision a world without suffering from psoriatic disease. To achieve this, we focus on empowering our members, improving living conditions for people living with psoriatic disease 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: ifpa-pso.com

Appreciation

Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA) is a non-profit organization focused on advancing knowledge related to psoriasis and psoriatic arthritis through information sharing, networking among medical disciplines, and supporting research, diagnosis, and treatment efforts. **GRAPPA** advocates for each symptom to be included in therapeutic choice, and for the lowest possible level of disease activity in all domains.
For more information about their updated treatment recommendations for psoriatic arthritis, visit: www.nature.com

References

Coates, L.C., Soriano, E.R., Corp, N. et al. Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA): updated treatment recommendations for psoriatic arthritis 2021. Nat Rev Rheumatol 18, 465–479 (2022).
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good
care
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