

Preparing for your next appointment

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Deepti — Melbourne



Before your next appointment, take a few moments to go through the following checklist. It's a handy reminder of any questions you may have, while also helping ensure you get the information you need to manage your psoriasis effectively. If you have access to a printer, you can even print it out and take it to your check-up.

QUESTION	ANSWER
When did you first notice this rash?	
Has the rash changed since you first noticed it? e.g. spread, shrunk, appeared in different places, changed in colour.	YES NO If yes, can you describe how?
How does the rash feel? e.g. itchy, painful.	
Have you noticed anything that makes the rash worse? e.g. temperature changes, detergents, certain food.	YES NO If yes, can you describe these instances?
Have you noticed any bleeding or oozing from the rash?	YES NO
Have you experienced any joint pain, stiffness or swelling?	YES NO If yes, can you describe where?
What over the counter, herbal or pharmacy treatments have you tried?	
Does the rash impact your sleep?	YES NO
Does anyone in your family have a skin condition? e.g. dermatitis, eczema, psoriasis?	YES NO INSURE
Does anyone in your family have asthma?	YES NO INSURE
Does anyone in your family have arthritis?	YES NO INSURE

QUESTION	ANSWER
<p>If you are currently using a treatment, what sort of change have you noticed with your symptoms? Please select one option.</p>	<p>They have deteriorated a lot</p> <p>They have deteriorated somewhat</p> <p>They have stayed the same</p> <p>They have improved somewhat</p> <p>They have improved a lot</p>
<p>If you are currently using a treatment, how satisfied are you with that treatment?</p>	<p>Unsatisfied</p> <p>Somewhat unsatisfied</p> <p>Neutral</p> <p>Somewhat satisfied</p> <p>Satisfied</p>
<p>What is most important to you about managing your psoriasis? Please select as many as apply.</p>	<p>How the treatment controls your symptoms</p> <p>Any side effects and safety of the treatment</p> <p>How convenient the treatment is</p> <p>How often you have to take the treatment</p> <p>The consistency of results over time</p> <p>The ability to control flare-ups</p> <p>How much time is spent on treatment</p> <p>The number of treatments used at one time</p> <p>The cost of treatment</p>

Any additional notes or questions?