

Pathway:	Psoriasis
Referral Criteria/Commissioning position:	
<p><i>Patients should be managed in primary care. Patients should be referred to secondary care if they have any of the following:</i></p> <ul style="list-style-type: none"> • generalised pustular or erythrodermic psoriasis • psoriasis is acutely unstable • widespread symptomatic guttate psoriasis where phototherapy may be appropriate <p><i>Consider referring to secondary care in any of the following circumstances:</i></p> <ul style="list-style-type: none"> • the rash fails to respond to management in general practice • the condition is causing severe social or psychological problems; prompts to referral should include sleeplessness, social exclusion and reduced quality of life or self-esteem • the rash is sufficiently extensive to make self-management impractical • the rash is in a sensitive area (such as face, hands, feet, genitalia) and the symptoms particularly troublesome • the rash is leading to time off work or school sufficient to interfere with employment or education • they require assessment for the management of associated arthropathy (refer to rheumatology) • failure of previous treatment is probably best based on the subjective assessment of the patient. Sometimes failure occurs when patients are unable to apply the treatment themselves <p>Investigations prior to referral:</p> <ul style="list-style-type: none"> • Skin scrapings and nail clippings if diagnostic doubt. 	
Information to include in referral letter:	
<p><i>The GP referral letter should contain:</i></p> <ul style="list-style-type: none"> • Extent and location of disease • Treatments tried already and their effects • Alcohol consumption • Effect on quality of life • Relevant past medical/surgical history • Current regular medication • BMI • Smoking status 	
References & Additional information:	
<p>Patient Information Leaflets/ PDAs: http://www.dermnetnz.org/scaly/psoriasis.html for patient information.</p> <p>References: Psoriasis and its management – clinical review BMJ 2006;333:380 http://www.dermnetnz.org/scaly/psoriasis-general.html</p>	
CCG GP sign off:	SRCCG Business Committee (Delegated to Dr Greg Black)
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