



Guide 1:

What to expect from your doctor consultation

If the thought of speaking with your doctor about your psoriasis makes you feel uncomfortable, or you do not know where to start, look no further! This guide provides useful tips to help you communicate confidently with your doctor, and information about useful tools that you can find on www.psoriasis360.com

Where do I begin?

You might find yourself asking this question when preparing for your doctor's appointment.

We understand that it can be hard to find the words to describe how your psoriasis makes you feel or to express any concerns you may have. Maybe you are embarrassed to say how you feel, maybe you do not know the questions to ask about your psoriasis, or maybe you believe that the doctor 'knows best'.

Remember, whilst it may not be easy to discuss these things, it is important to make sure your voice is heard.

Don't suffer in silence

Whatever you have to say about your psoriasis, don't suffer in silence, your doctor is there to listen and can talk it through with you.

To find a treatment plan which works for you, your doctor will need your honest and open feedback. If a treatment is not working for you, you are feeling low, or not coping with your psoriasis, the only way your doctor can help is if you let them know what you are feeling.

This means that what you have to say is important in helping your doctor to help you.

Getting started

A good starting point is to remind yourself that the appointment is for **YOU!** Your doctor is there to help you by:

- Finding a treatment plan which works for you and your lifestyle
- Listening to and answering your queries and concerns about your psoriasis
- Monitoring your progress to ensure you are happy with your treatment plan and that your psoriasis is under control





Confident communication with your doctor - a few tips to get you started!

- 1 Be prepared!** Take a list of what you would like to ask your doctor. Don't be afraid to ask questions, this is all part of informing yourself about your condition and helping your doctor to help you.
- 2 What will the doctor ask?** Think about some of the questions your doctor might ask you so they can get a good picture of how you are feeling about your psoriasis.
- 3 Understanding your doctor** – Take a pen and paper, or a friend/relative to your appointment and if you find it helpful, write down the answers you get from your doctor. If what your doctor is saying is not clear, repeat what you understood back to them and ask them to confirm if it is correct.
- 4 Speak up if you feel low** – If you are feeling low about your psoriasis, or not coping, it's always best to let your doctor know, your emotional wellbeing is an important part of your treatment plan.
- 5 Be honest about your treatment** – If you are not happy with your treatment plan, i.e. if you feel the treatment is not working, or does not fit with your lifestyle, tell your doctor – they may be able to explain the issue, or give you other suitable treatment options.
- 6 Don't rush** – take your time and make sure the doctor has answered all your questions. Don't rush because you feel the doctor is 'too busy'. Your doctor is there to help, and should be able to spend more time with you if needed, and can always suggest a second appointment with you to finish your conversation.
- 7 In confidence** – If you are worried or concerned about your treatment plan in any way, don't suffer in silence, just ask! Remember everything you say will be treated in absolute confidence.
- 8 Be persistent** – If something is not clear, or if your situation has changed (i.e. your psoriasis has worsened), do not be afraid to bring up questions that you may have asked before. If you still find you would like to know more, it is ok to ask for a second opinion or, if being treated by your GP, a referral to a dermatologist (a specialist in the treatment of skin diseases).

For more hints and tips on getting the most out of your next doctor's consultation, see our 'Preparing for your appointment' guide on www.psoriasis360.com