

# National performance assessment of psoriasis care

2019



Psoriasis is a systemic disease that affects the skin. The disease varies greatly in intensity and extent between individuals. The treatment can be both local and systemic. The development of systemic drugs has been successful in recent times, especially of biological drugs. Although there is today new and effective treatment for psoriasis, the disease is still undertreated. There are also regional differences in psoriasis care.

## **What is psoriasis?**

Psoriasis means that the body's immune system does not function properly, and the immune system reacts to and attacks its own tissue. The reaction is that the tissue becomes inflamed. In Sweden, according to the National Board of Health and Welfare's patient register and the register of medicines, approximately 200,000 people have psoriasis. About 5,000 of them are children and young people (under 18 years of age). Psoriasis can start at any age, but most are diagnosed in young adulthood. Psoriasis goes into remission. The disease varies greatly in intensity and extent between individuals. Some have mild symptoms and may be asymptomatic for long periods, while others have more continuous and severe symptoms. The treatment can be both local and systemic.

## **Increase the availability of treatment interventions for people with moderate to severe psoriasis**

Although there is today a new and effective treatment for psoriasis, the disease is still undertreated. There are also regional differences in psoriasis care. For example, regions offer different treatment options and accessibility, for example for podiatry and climate care. In addition, there is a lack of continuity in care and structured follow-up of treatment.

## **More clinics need to offer individual review of risk factors linked to lifestyle habits in severe psoriasis**

Reviews of risk factors linked to lifestyle such as body mass index (BMI), waist measurements, smoking and alcohol consumption make it easier to take action early. Only half of people with severe psoriasis receive an individual review of risk factors linked to lifestyle. The effort should have a greater impact in the regions. This applies in particular to people with psoriasis who are cared for in specialized care.

## **More clinics need to offer structured follow-up of treatment effect**

The physical and psychological aspects of psoriasis often significantly impair the quality of life. Therefore, it is important to follow the effect of the treatment in a structured manner. It is of great importance to follow up the treatment of psoriasis with systemic drugs, to evaluate whether the treatment is effective. In order to achieve the optimal treatment effect, the regions need to follow up the people treated with systemic drugs to a greater extent in a structured manner.

## **Drug treatment**

Recently, biological systemic drugs have been developed in psoriasis care. The development has led to more patients having access to more effective treatment. At the same time, these drugs are still underprescribed. There are also regional differences in how often these drugs are prescribed to people with severe psoriasis. It is difficult to follow up the biological drugs, as there are restrictions on how these are registered in the National Board of Health and Welfare's drug register.

## All areas for improvement

- More clinics need to follow up people with severe psoriasis in the specialized care.
- More clinics need to offer structured follow-up of treatment effect.
- More clinics need to offer medical foot care.
- More clinics need to offer climate care.

## What are national guidelines and performance easements?

National guidelines and evaluations consist of recommendations, indicators, target levels and evaluations. They are primarily aimed at decisionmakers and business managements at all levels, but can also be useful for professionals, patient associations and the media. The evaluations show in which the regions work in accordance with the recommendations in the national guidelines and what needs to be improved. In 2019, the National Board of Health and Welfare published the first national guidelines for care for psoriasis. In connection with this, a first evaluation of the current situation was started and is a basis for future prioritization and quality work in the area.

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More information on the evaluation is available on the National Board of Health and Welfare's website, [www.socialstyrelsen.se](http://www.socialstyrelsen.se)