



Journey to Knowledge, Self-Esteem, and Improved Quality of Life: Implementation of a Biopsychosocial Model of Care for Patients Through a Psoriasis Support Group



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BACKGROUND/SIGNIFICANCE

- ❖ Psoriasis is the most prevalent autoimmune disease of the skin.
- ❖ 7.5 million Americans suffer from psoriasis
- ❖ Annual spending for psoriasis is \$112 billion
- ❖ Psoriatic patients may suffer from low self-esteem, social isolation, anxiety, depression, and suicidal ideation
- ❖ Psoriasis poses an increased risk for comorbidities: psoriatic arthritis, diabetes, hypertension, and cardiovascular disease

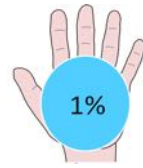
PROBLEM STATEMENT

Problem Statement:

Patients with psoriasis suffer from serious medical comorbidities, as well as low self-esteem, social isolation, anxiety, depression, and suicidal ideation

Clinical Question:

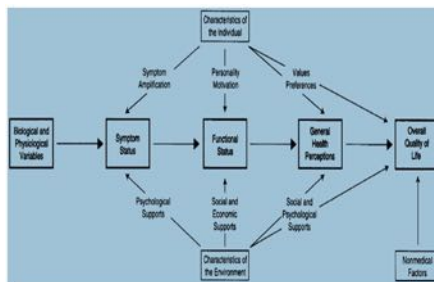
Does implementation of a support group along with patient education improve knowledge, self-esteem, and quality of life in patients with psoriasis?



REVIEW OF LITERATURE

- ❖ Support groups provide validation that patients are not alone in their struggle with psoriasis. Serves as a biopsychosocial model that addresses medical needs and psychological issues
- ❖ Provides relief, reassurance, practical information, and guidance
- ❖ Patients gain education, psychological support, and coping skills through shared experiences
- ❖ Mutual support and shared experiences can be extremely beneficial to those suffering from low levels of self-esteem, confidence, and morale

CONCEPTUAL FRAMEWORK



Wilson and Cleary (1995) HRQOL Conceptual Model

DESIGN/METHODS

Single Group, Pre/Post Test Design
Intervention - Education and Support Group

- ❖ Setting: Liberal Arts College in Long Island
- ❖ Purposive Sampling: Psoriasis patients 20 years and older
- ❖ Interdisciplinary
- ❖ Demographic Survey
- ❖ Instruments : Psoriasis Knowledge RSES, PLSI, and DLQI
- ❖ Pretest: Psoriasis knowledge, RSES, PLSI, DLQI
- ❖ Seven Education and Support Sessions
- ❖ Posttest: Psoriasis knowledge, RSES, PLSI, DLQI

RESULTS/ IMPLICATIONS

Sample size (N=7); Male = 29%, Female 71%
Duration of psoriasis 5-35 years

Paired Samples t test:

Test	Mean Total Score		SD		Sig (1-tailed) t-test
	Pre	Post	Pre	Post	
Psoriasis Knowledge	6.29	7.43	1.11	.79	p = 0.06
RSES	17.57	24.86	6.63	4.67	p = 0.013
PLSI	25.14	9.14	13.52	8.51	p = 0.005
DLQI	16.57	4.57	10.22	3.69	p = 0.007

Implications:

By Participating in support groups, patients can gain knowledge, have improved self-esteem and quality of life, and decreased psoriasis-related stress.

References

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