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Psoriasis

Patient name: _____

Admission: _____

NRS
DATE INITIAL

- I. The client/caregiver can define psoriasis.**
- It is a skin disease characterized by rapid growth of epidermal cells.
 - Cells are replaced in four days instead of the normal 28 days.
 - It is chronic with periods of remission and exacerbation.
 - Psoriasis is not contagious.
- II. The client/caregiver can recognize signs and symptoms of psoriasis.**
- Red patches of skin covered with silvery scales
 - Dry, cracked skin that may bleed
 - Itching, burning, or soreness
 - Thickened, pitted, or ridged nails
 - Swollen and stiff joints
 - Psoriasis patches that can range in size
- III. The client/caregiver can list some triggers of psoriasis.**
- Factors that may trigger psoriasis
 - Infections, such as strep throat
 - Injury to the skin, such as cuts, bug bites, or severe sunburn
 - Stress
 - Cold weather
 - Smoking
 - Heavy alcohol consumption
 - Certain medications
- IV. The client/caregiver can list factors that may increase risk of psoriasis.**
- Familial history of psoriasis
 - Depressed immune systems
 - Trauma, burns, lacerations, or chemical injuries
 - Anxiety and stress
 - Certain systemic drugs such as steroids
 - Low-humidity environment
- V. The client/caregiver can list measures to prevent or control psoriasis.**
- Bathing
 - Soak in warm tub baths to remove scales and promote cleanliness.

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- Add bath oil, oiled oatmeal, and Epsom salts to water and soak for 15 minutes.
 - Avoid hot water and harsh soaps.
 - Use lukewarm water and mild soaps with added oils or fats.
 - Blot the skin dry. Apply ointment-based moisturizer while skin is moist.
- B. Avoid or manage factors that may exacerbate condition.**
- Obtain early treatment for any type of infection.
 - Use safety precautions to avoid irritation or trauma.
 - Use stress-management techniques.
 - Avoid excessive sunlight. Small amounts of sunlight can improve lesions.
- C. Obtain adequate rest, nutrition, and exercise.**
- D. Humidify the air in the winter.**
- E. Apply treatments as ordered using precautions as directed (topical corticosteroids, anthralin preparations, salicylic acid, crude coal tar, occlusive wraps, photochemotherapy, etc.).**
- F. Provide scalp care as ordered (tar shampoo, topical steroids, etc.).**
- G. Avoid drinking alcohol.**
- VI. The client/caregiver is aware of possible complications.**
- Severe itching, which can lead to secondary infections
 - Exfoliative psoriatic state (covers entire body)
 - Arthritis
 - Depression and low self-esteem
 - Stress and anxiety

RESOURCESNational Psoriasis Foundation
www.psoriasis.org/home/

Support groups

REFERENCECohen, B. J., & Taylor, J. J. (2005). *Memmler's the human body in health and disease* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.