

BRIDGING THE GAP IN PSORIASIS CARE: THE DEVELOPMENT OF A NURSE-LED INTERVENTION THROUGH EXPERIENCE-BASED CO-DESIGN

Background

Psoriasis can have a profound impact on a person's life, resulting in physical discomfort, psychological distress, and social stigma that significantly restrict daily activities and diminish overall quality of life. Therefore, it is essential to prioritize comprehensive management and ensure access to a wide range of treatment options. The availability of information about and access to all treatment options is of utmost importance. Experience-Based Co-Design (EBCD) emerges as a highly encouraging approach to bridge the gap between the necessary and current management strategies. This collaborative approach involves conducting interviews and observations to gather insights into the needs and perspectives of patients and healthcare professionals (HCP). Subsequently, these valuable insights guide the design process, enabling patients and HCP to collaborate on developing improvements and solutions that lead to enhanced outcomes. Given the limitations in healthcare resources, nurse specialists (NS) can play a vital role in facilitating these improvements.

Aim(s)

To bridge the most important gaps in current psoriasis care by developing a nurse-led intervention through EBCD.

Methods

In two EBCD sessions led by a nurse specialist (NS) 5 patients and 4 HCP watched a 30-minute montage of 14 in-depth interviews, had a brainstorm session and discussed the properties of the intervention needed to support the unmet needs in current care. From the interviews, 'shared decision-making' (SDM) was identified as one of the most significant themes related to unmet needs in current care. A nurse-led SDM intervention was incorporated into the existing specialized consultation program named PsoPlus for first time patient visits. Intervention patients received a comprehensive appraisal of all treatment options by a NS utilizing the decision aid proposed by van der Kraaij et al [1]. Control patients received a regular PsoPlus consultation, approaching the patient in an integrated and holistic matter by a specialized nurse but without specific attention for SDM.

Results

76 patients were enrolled in the study to investigate the impact of SDM. There was no significant difference between the intervention group and the control group. However, there was a significant increase in the degree of shared decision-making after the patients' consultation with PsoPlus. At the follow-up visit after three months the satisfaction with the treatment in the intervention group was significantly higher than before the first consultation, while there is no significant increase in the control group.

Discussion

This study presents the first example of EBCD in dermatology, where two nurse-led interventions were developed based on extensive patient participation and in-depth understanding of their illness perspectives. The impact of the decision instrument, applied by a nurse specialist, on the degree of SDM does not differ significantly from that of a standard PsoPlus consultation. The PsoPlus approach increased the degree of SDM significantly.

Implications and future perspectives

Further research is needed to identify the elements that influence the degree of SDM. The involvement of specialized nurses could enhance SDM, while alleviating the burden on dermatologists.

References

1. van der Kraaij GE, van Huizen AM, Baerveldt EM, Boshuizen M, Determann D, van Ee I, Hageman M, de Kort W, Tafuni G, Smeets PMG, Spuls PI. Online decision aid for patients with psoriasis. *Br J Dermatol.* 2021 May;184(5):981-983. doi: 10.1111/bjd.19761. Epub 2021 Mar 2.