

International Conference on

Psoriasis and Skin Specialists Meeting

December 08-09, 2016 Dallas, USA

Rheumatologic evaluation of psoriasis patients with a questionnaire efficiently aids in early diagnosis of psoriatic arthritis

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Psoriatic arthritis (PsA), enthesitis and/or soft tissue swelling accompany psoriasis in 10-30% of all psoriatic patients. Early recognition of PsA is crucial since it is a serious disabling comorbidity with irreversible complications. Patients who admitted to the outpatient clinic of Hacettepe University Department of Dermatology between March 2014 and 2015 with plaque psoriasis lacking any prior PsA diagnosis were enrolled for this study. Demographic data, previous treatment history, laboratory parameters and physical examination of the patients were collected. All patients were examined by the same physician with a rheumatologic questionnaire that consists of five questions about any accompanying rheumatologic complaints. All patients who had at least one positive answer were consulted with the department of rheumatology of the same center. 223 patients were included, 58% (n=129) were male and 42% (n=94) were female. Mean age of the patients was 43.46±14.31 years. Mean PASI score was 12.66±9.89 SD. The most common complaint detected by the questionnaire was myalgia/arthralgia at rest in 28% (n=62) of the patients. 30% (n=69) of the patients were consulted to rheumatology for a positive answer on the questionnaire and 24% (n=53) of the patients were evaluated by a rheumatologist. 51% (n=27) of the evaluated patients were diagnosed with a rheumatologic disease which were PsA in 40% (n=21), sacroileitis 6% (n=3) and ankylosing spondylitis in 4% (n=2). The improvement of dermatologist's skills about suspecting, questioning and examination of PsA symptoms is crucial to provide early diagnose. This study concludes that a standard rheumatologic questionnaire efficiently helps dermatologists to predict PsA in psoriatic patients.

Biography

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