

Supplemental material 2: Whole list of proposals for a new approach to psoriasis

1. Proposals for a new approach

These proposals relate to diagnosis (proposals 1-2), the monitoring and treatment of mild psoriasis (proposals 3-4), the monitoring and treatment of moderate psoriasis (proposals 5-11) and the monitoring and treatment of severe psoriasis (proposals 12-18).

- **Proposal 1. Consensus document.** This proposal is broken down into three:
 - 1.1. Drafting of a consensus document, which consists of the development and implementation of a set of clinical and monitoring diagnostics for primary care, and which also includes the initial information to be given to the newly diagnosed patient in leaflet form.
 - 1.2. Design, printing and distribution of the informative triptych to newly diagnosed patients.
 - 1.3. Another function of the consensus document is the promotion of the patient's participation in decision-making rather than a paternalistic attitude.
- **Proposal 2. Teledermatology (implementation and use).** This proposal includes the implementation and promotion of the use of teledermatology in the network of Spanish National Health System hospitals. Teledermatology is currently established in 26% of Spanish hospitals.¹
- **Proposal 3. Interdisciplinary meeting in primary care between doctors and nurses.** The specialist doctors and nurses in primary care will meet four times a year to discuss issues relating to the monitoring and treatment of the patient.
- **Proposal 4. Nursing consultation (health education).** The specialists in primary care nursing will provide health education to patients with mild psoriasis through two annual consultations. They would promote healthy lifestyle habits, inform the patient about the way to apply treatments, etc.
- **Proposal 5. Multidisciplinary psoriasis units: individualised and comprehensive monitoring meetings with moderate psoriasis patients.** Monthly meetings of multidisciplinary team (1) with the aim of providing a global and comprehensive assessment of patients with moderate psoriasis. In this case it has been taken into account that they only have to be implemented in 45.5% of NHS hospitals, as they have already been implemented in the rest.²
- **Proposal 6. Initial visit with the multidisciplinary team.** The initial visit by multidisciplinary team (2) consists of comprehensively evaluating the patient with moderate psoriasis.
- **Proposal 7. Prompt multidisciplinary monitoring visit.** This proposal refers to the first monitoring appointment to evaluate the patient with moderate psoriasis (as opposed to the current procedure) and, in addition, by all the members of multidisciplinary team (2).
- **Proposal 8. Information sessions and referral of the patient to the services they require (psychology and dietetics).** It is a single consultation with a nurse, which consists of informing the patient with moderate psoriasis of all the options available in the health system (in case they are needed), and even finding out at this time the patient's needs, with subsequent referral to appropriate specialists.
- **Proposal 9. Psychological care for moderate psoriasis patients whose emotional sphere has been affected.** The proposal is a consultation with a specialist psychologist for those patients with moderate psoriasis where changes in this sphere are detected.
- **Proposal 10. Training in nutrition and dietetics for moderate psoriasis patients with endocrine-metabolic problems.** The proposal is a consultation with a specialist who treats this kind of problem. Nutritional monitoring only takes place for moderate psoriasis patients where disorders at this level are detected.
- **Proposal 11. Implementation of phototherapy equipment.** This proposal considers the introduction of phototherapy equipment in hospitals that do not yet have them and its use to guarantee equal treatment for all patients
- **Proposal 12. Multidisciplinary psoriasis units: Individualised and comprehensive monitoring meetings for patients with severe psoriasis.** These are monthly meetings of the multidisciplinary team (1) with the aim of providing a global and comprehensive assessment of patients with severe psoriasis. In this case it has been taken into account that they only need to be implemented in 45.5% of the hospitals.²
- **Proposal 13. Initial visit with the multidisciplinary team.** The initial visit from the multidisciplinary team (2) consists of evaluating a patient with severe psoriasis in a comprehensive way.
- **Proposal 14. Prompt multidisciplinary monitoring visit.** This proposal refers to the first monitoring appointment to evaluate a patient with severe psoriasis (in comparison to the current procedure) by multidisciplinary team (2).

- **Proposal 15. Reference book.** This is a support document for hospital nurses that allows specialisation in psoriasis, and specifically in severe psoriasis. This proposal is broken down into three:
 - 15.1. The development of the reference book, prepared by Psoriasis Working Group (2).
 - 15.2 Design and distribution of the reference book.
 - 15.3. Training of hospital nurses.
- **Proposal 16. Information sessions and referral of the patient to services that are available (psychology and dietetics).** It is a single consultation with a nurse, which consists of informing the patient with severe psoriasis of all the options available in the health system (in case they are needed), and even finding out at this time the patient's needs, with subsequent referral to appropriate specialists.
- **Proposal 17. Psychological care for patients whose emotional sphere is affected.** The proposal is a consultation with a specialist psychologist for patients with severe psoriasis where changes in this area are detected.
- **Proposal 18. Training in nutrition and dietetics for patients with endocrine-metabolic problems.** The proposal is a consultation with a specialist who treats this kind of problem. Nutritional monitoring will only be undertaken for patients with severe psoriasis where disorders at this level are detected.