SEVEN
publicações acadêmicas

CHAPTER 32

Psoriasis and quality of life

Crossref doi
https://doi.org/10.56238/interdiinovationscrese-032

Andressa Galleas Bender
Undergraduate students in Nursing, Centro Universitário Santa Cruz, Curitiba, Paraná, Brazil.

Lucelia Maria de Freitas
Undergraduate students in Nursing, Centro Universitário Santa Cruz, Curitiba, Paraná, Brazil.

Beatriz Essenfelder Borges
Advisor Professor at Centro Universitário Santa Cruz, Curitiba, Paraná, Brazil.

ABSTRACT

Introduction: Psoriasis is a chronic skin disease characterized by inflammation, which is not contagious. The treatment of this condition is personalized, considering the patient's clinical condition, the history of the disease, and the severity of the injuries. Psoriasis stands out for having significant psychosocial consequences, due to visible lesions on the skin, resulting in significant restrictions in daily and social activities, thus compromising Quality of Life (QoL). Objective: This article seeks to understand psoriasis and describe the main characteristics that affect the QoL of patients, addressing the advances in the field of health related to this condition. Methodology: The study consists of an integrative literature review, delimited in the publication period of the last 10 years. For the selection of publications, inclusion criteria were applied, where it was decided to use a form for data collection, covering information related to the identification of the study, such as year of publication, type of study, study objective, sample used and research results. Discussion: According to the data analysis, it was possible to understand the main etiopathogenic aspects, diagnostic methods, and therapeutic approaches of psoriasis, where we have the dimension of the damage caused to the patient's QoL. From this, the disease presents itself as a skin condition triggered by multiple external factors that activate the individual's immune system. Regarding the etiology, it was clear that it involves genetic and environmental aspects. In addition, the treatment should be carried out in a multidisciplinary way. Conclusion: It is essential to highlight that the patient's QoL is directly related to the patient's health status and disease severity. QoL is an important indicator to guide the treatment and prognosis and management of the disease. Thus, there is an improvement in the QoL of patients after the beginning of drug treatment since it improves the visual aspect of the disease.

Keywords: Quality of life, Psoriasis, Public health.

1 INTRODUCTION

Psoriasis is a chronic condition of inflammation of the skin that is not contagious. The disease cycle can lead to an intensification or relief of symptoms. This pathology is characterized as a systemic disease, manifesting mainly through skin lesions, which negatively impacts the patient's Quality of Life (QoL). In addition, psoriasis has significant psychological, social, and economic repercussions (MARQUES; RODRIGUES, 2011).

The precise etiology of psoriasis is still unknown, but it is widely recognized that the disease is multifactorial, involving correlations with the immune system, interactions with the environment, and genetic susceptibility. Studies indicate that the appearance of skin lesions may be related to the release of inflammatory and angiogenic substances by T lymphocytes. As a result, skin cells are affected, resulting in an accelerated cycle of cell renewal and an increased production of scales due to the immaturity of the cells (MACHADO ER, et al., 2019; PARAÍSO et al., 2021).

The treatment of psoriasis is individualized, considering the patient's clinical condition, the history of the disease, and the severity of the lesions. Treatment usually begins with the use of topical medications, such as creams, ointments, hair solutions, and phototherapy. However, in some cases, conventional treatments may not be sufficient to control the disease, which may require the adoption of alternative therapies to relieve symptoms (TEIXEIRA et al. 2023).

Patients suffering from psoriasis often experience feelings of rejection, guilt, and shame, leading to social isolation and negatively affecting mental health. This is due to the stigma still present regarding dermatological conditions. These aspects contribute to the worsening of the disease, since skin lesions can increase psychological stress, resulting in greater severity of the lesions and negatively impacting the individual's mental state and QoL (SILVA and GODINHO, 2022; RODRIGUES, et al., 2020).

The World Health Organization (WHO) defines QoL as the individual's perception of his/her position in life, within the cultural context, values, goals, expectations, standards and concerns. From this perspective, people with chronic diseases may have their QoL affected, since they need to adapt their habits and develop processes to adapt to the disease (SILVA and GODINHO, 2022; SOUZA, et al., 2021).

Considering that, among the various dermatological diseases that affect people's lives, psoriasis stands out for having profound psychosocial consequences, due to the visible lesions on the skin, which leads to a significant restriction in daily and social activities.

From this perspective, it is expected that this study will play an important role in clarifying existing doubts on the subject, providing a comprehensive review of the available literature. Thus, the objective of this article is to understand psoriasis and describe the main characteristics that affect the QoL of patients, addressing the advances in the health field related to this condition.

2 METHODOLOGY

The present study consists of an integrative literature review consisting of six stages proposed by Mendes, Silveira and Galvão (2008). Thus, the construction of this integrative review follows the following steps: identification of the theme and selection of the hypothesis or research question; establishment of criteria for inclusion and exclusion of studies/sampling or literature search; definition of the information to be extracted from the selected studies/categorization of the studies; evaluation of included studies; interpretation of results; and presentation of the review/synthesis of knowledge (ERCOLE et al., 2014, p. 09).

2.1 RESEARCH QUESTION

The structuring of the research question was done using the PICO Question format (SANTOS, PIMENTA and NOBRE, 2007), described in chart 1. Thus, we have: Considering (P) patients with psoriasis (I) who started drug treatment, and reported (C) improved quality of life, what would be the aspects that lead to this (O) increase in quality of life?

Table 1 - Elements of the PICO strategy.

Component	**Indicator**
Q: Population of interest	Patients with psoriasis
I: Intervention	Initiation of drug treatment
C: Comparison	Improved quality of life after treatment
O: Result/Outcome	Increased quality of life

Source: Author, 2023.

These terms were combined with the Boolean operators (AND, OR and NOT) and used as a search strategy in the main databases to obtain scientific texts.

2.2 SEARCH STRATEGY

The selection of the participating studies was carried out in the following databases, delimiting the publication period of the last 10 years: Virtual Health Library (VHL), Catalog of Theses and Dissertations of the Coordination for the Improvement of Higher Education Personnel (CAPES), Google Scholar and Scientific Electronic Library Online (SciELO).

For the study, Health Sciences Descriptors (DeCS) were chosen, where they were used in Portuguese: Psoriasis; Nursing; Quality of Life; Therapeutic Conducts; Diagnostic Techniques and Procedures. And in English: Psoriasis; Nursing; Quality of life; Therapeutic Conducts; Diagnostic Techniques and Procedures. The terms were cross-referenced with each other through search strategies using the Boolean operator AND.

2.3 INCLUSION AND EXCLUSION CRITERIA

Inclusion criteria were applied for the selection of publications. The articles included were prospective and retrospective cohort studies, randomized clinical trials, available in full free of charge, published in international and national journals, books, theses, dissertations, conference proceedings, as long as they were related to psoriasis. Animal studies, in vitro studies, clinical series and case reports were excluded.

2.4 STUDY SELECTION PROCESS AND ANALYSIS OF RESULTS

In the first stage, the titles of the studies found were analyzed, excluding those that did not meet the inclusion criteria or that met at least one exclusion criterion established for this study. In the second stage, the sample was verified, excluding articles that did not meet the inclusion criteria or that met at least one exclusion criterion. In the third stage, the abstracts of the studies selected up to the second stage were read, excluding those that did not meet the inclusion criteria or that met at least one exclusion criterion.

It was decided to use a form for data collection, including information related to the identification of the study, such as year of publication, type of study, study objective, sample used, and research results. In addition, the method used and the particularities of the articles were considered. Data analysis was performed descriptively. Initially, 813 studies were identified during the search (Table 1).

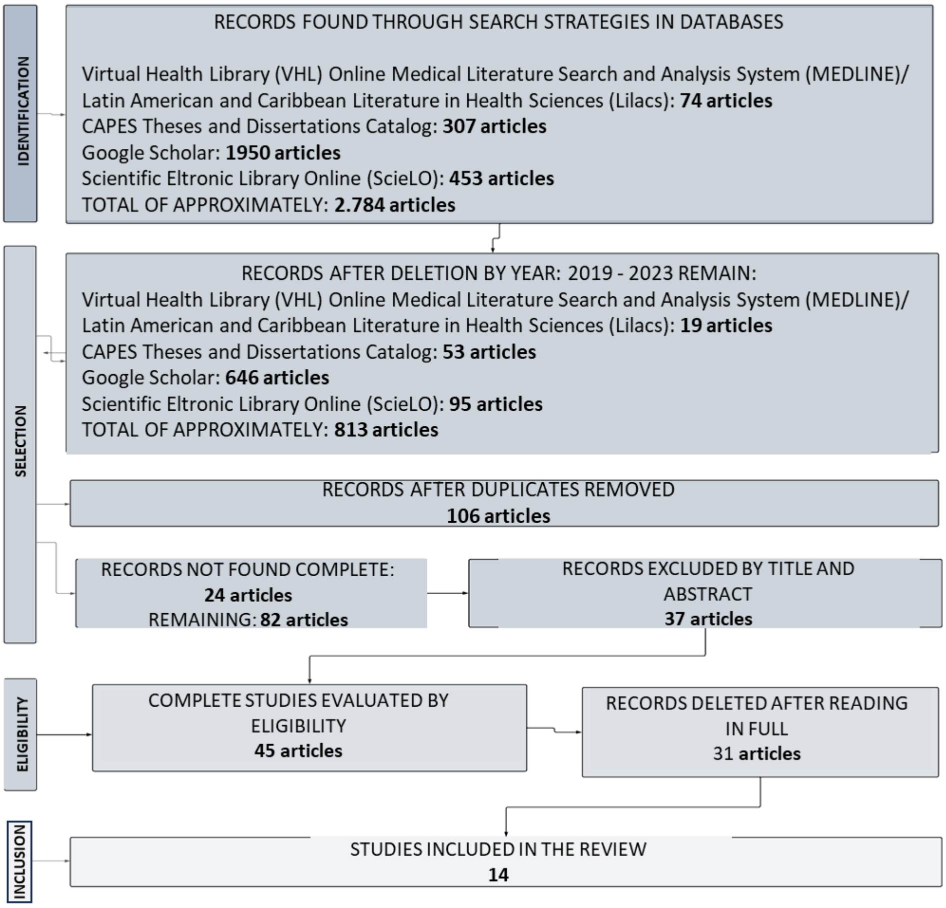
After deleting duplicate articles, those that did not meet the study objectives, and those that were not available for access, a total of 10 articles made up the integrative review. The selection of articles was performed following the method described in PRISMA – Preferred Reporting Items for Systematic Reviews And Meta-Analyses (Figure 1).

Table 1 - Search strategy used in the databases.

DATABASE	SEARCH STRATEGY	TOTAL
Google Scholar	(Psoriasis) **AND (Nursing**) AND (Quality of Life**) AND (Therapeutic Conducts**) AND **(Diagnostic Techniques and Procedures)**	1.950
Portal of journals - **CAPES**	(Psoriasis) **AND (Nursing**) AND (Quality of Life**) AND (Therapeutic Conducts**) AND **(Diagnostic Techniques and Procedures)**	307
Virtual Health Library – **VHL**	(Psoriasis) **AND (Nursing**) AND (Quality of Life**) AND (Therapeutic Conducts**) AND **(Diagnostic Techniques and Procedures)**	74
Scientific Electronic Library Online - **SciELO**	(Psoriasis) **AND (Nursing**) AND (Quality of Life**) AND (Therapeutic Conducts**) AND **(Diagnostic Techniques and Procedures)**	95
GRAND TOTAL OF ARTICLES FOUND: 2,784		

Source: Author, 2020.

Figure 1: Schematic of the selection of articles using the PRISMA method – Preferred Reporting Items for Systematic Reviews And Meta-Analyses.



Source: Author, 2020.

3 RESULTS

Initially, 813 potential studies were identified, then they were selected with the application of the inclusion and exclusion criteria, then chosen by the eligibility criteria. Finally, the final sample of this study was defined consisting of 14 publications, which were analyzed and described in Charts 1 and 2, through the reading and interpretation of the texts, in order to find answers to the problem proposed for investigation (stage 4).

Table 1. Study identification data.

No.	Author and Year	Title	General Objective	Therapeutic approaches / Associated variables: quality of life
A1	Boico and Catalano, 2022	The association between psoriasis, quality of life and the impact on the patient's health: an integrative review	To report on the outcomes of psoriasis on the QoL of its patients, as well as on their impact on their health.	QoL can be associated with the health status and severity of the disease of the patients, being an important indicator of the best conduct to be taken in the treatment, prognosis and management of a disease. When we talk about pathologies that end up generating dysregulation, in this axis of preserved functional capacities x quality of life, diseases that course with changes in personal appearance, and joint limitations such as psoriasis can have a greater impact on the behavioral, emotional and cognitive areas of their patients, culminating in a poor QoL. It has a harmful effect on the QoL of its patients, especially in those in whom the study has evaluated and its quality decreases with increasing age. In

				addition, patients who had lesions in more visible locations, such as the arms, had a lower level of QoL
A2	Cruvinel and Saturnino, 2023	Etiology, clinical and psychosocial aspects of psoriasis.	In this context, this article aims to analyze the etiology, clinical and psychosocial aspects of Psoriasis.	It is of paramount importance that, in addition to treatment with specific medications, more comprehensive interventions are carried out that encompass the psychic and social scope of patients. People with psoriasis fear being isolated, rejected and present fantasies of abandonment, exclusion in the sense of acceptance of their identity that places them in an inferior condition; they feel they have a repugnant identity and suffer in the face of a society that establishes standards of beauty and adequacy. Due to the physical appearance of the disease and the impaired self-image, the individual may be vulnerable to *stress* that is closely linked to worsening or improving the disease
A3	Da Silveira, 2023	Nursing students' knowledge of psoriasis and considerations for nursing care	To identify the knowledge of nursing students about psoriasis and their respective nursing care.	In Brazil, in 2021, the Clinical Protocol and Therapeutic Guidelines (PCDT) for Psoriasis was updated, which aims to clarify health professionals in its management, elucidating that the goal of treatment is not a cure, but remission. Psoriasis causes psychological impacts, such as anxiety and depression, social and economic impacts on the individual, leading to an impact on QoL through social exclusion, stigmatization and decreased productivity.
A4	Ferreira, One and de Souza, 2022	Anxiety and depression in patients with psoriasis.	To conduct a systematic review of anxiety and depression in patients with psoriasis.	It is necessary not only a pharmaceutical treatment, but also a psychological intervention with the aim of alleviating symptoms and the patient's quality of life. It is worth highlighting the importance of the need to provide psychosocial support for patients with psoriasis, since the effective approach lies in a multidimensional follow-up that provides the patient with physical, social and psychological well-being Many patients develop social problems that are closely linked to the triggering and intensification of depressive symptoms. In the same way that psoriasis can trigger psychological changes, depression, because it can cause changes in the immune system, directly influences the condition of this pathology.
A5	France et al., 2021	Characterization of psoriasis and its treatment: a narrative review	Conduct an integrative literature review to identify the different presentations of psoriasis and available therapies.	In addition to the drug treatment prescribed by the physician, the use of alternative therapies can improve the performance of the treatment and the QoL of patients with the pathology, as they show significant improvements in patients. We emphasize the need for further studies to show the benefits of the treatments and consequently the improvement of the patient. In psoriasis, the palmar area may be affected as part of a generalized rash or may be the only locations of the disease. Palmoplantar psoriatic lesions are usually scaly plaques similar to those of chronic eczema or with a degree of erythema similar to that observed in flexures, palmoplantar psoriasis is an uncommon clinical variant of psoriasis, difficult to treat and significantly compromises the QoL of patients.
A6	Guerreiro et al., 2018	Changes in the daily life of people affected by psoriasis	Identify the perception of affected people about psoriasis and changes in daily life; discuss these aspects in order to contribute to their confrontation	The participants reported that the disease had repercussions on their lives and, after the diagnosis, they had to change or stop performing activities that were routine, whether personal, social or professional. This understanding suggests the relationship between the high degree of severity/visibility of the lesions and QoL. However, the psychological and emotional impact caused by psoriasis is not always related to the extent/severity of the disease.
A7	Isidorio et al., 2020	The use of psychological treatment to improve the QoL of dermatological patients: an integrative review of the literature	This study aims to analyze the efficacy of psychiatric/psychotherapeutic treatment in improving the QoL of patients with psychodermatological diseases.	Psychological problems can also generate non-pre-existing dermatological diseases, requiring a holistic knowledge of the process involved in these diseases. This situation is one of the focuses of analysis in Biopsychosocial Medicine, which studies the body and mind as a unit that cannot be divided due to the influences that one exerts on the other. From this perspective, the multiple factors that trigger diseases are considered, such as the experiences lived by each

				individual, whose effects can accumulate in the body. Thus, each person has specific factors that contribute to the onset of a disease - which go beyond biological aspects - such as social, spiritual, emotional and psychological issues
A8	Paraiso et al., 2021	The impact of psoriasis on the quality of life of sufferers: stigmatization and biopsychosocial impairments	To make an analysis of scientifically addressed studies in relation to psoriasis, a chronic skin disease, with no cure, that results in scaly areas, often with itchy spots.	It should be noted that because psoriasis is a disease that causes damage in several areas of the individual, it is important that the patient is welcomed by a multidisciplinary team and has a support network to face the treatment in the best possible way, reducing possible psychological impacts and bringing greater QoL. The dermatological manifestations of psoriasis may be related to increased stress, depression, and anxiety in this group. And this disease-impact cycle on mental health ends up being intensified, as it is proven that stress is directly associated with the worsening of psoriasis symptoms. In addition, the accumulation of negative feelings towards oneself tends to further weaken the emotional state of these individuals, making them more susceptible to problems such as depression. In addition, the incidence of psychological problems resulting from psoriasis does not depend on the degree of psoriasis, as the factors that worsen mental health are more related to social interaction and anxiety arising from it. People affected by this condition have a greater propensity to use and abuse drugs, such as alcohol and tobacco.
A9	Pereira, 2021	Impact of psoriasis on the quality of life of diagnosed patients: a narrative review of the literature.	To present the impact of psoriasis on the patient's QoL.	The use of the medication Adalimumab showed positive results in terms of bodily pain, social function, vitality and general health compared to patients who used placebo. The QoL factor has a direct influence on the severity of psoriasis and the efficacy of its treatment, and stress reduction is extremely important for the clinical improvement of the disease.
A10	Pollo, 2020	Factors associated with quality of life in patients with psoriasis: a cross-sectional study	To identify the factors associated with the QoL of patients with Psoriasis.	Based on the premise that the nurse is the professional responsible for welcoming and providing comprehensive care to patients with psoriasis, it is necessary to significantly expand the scientific knowledge to be applied to this practice, through new research that allows the elaboration of a specific care plan, enabling the improvement in the quality of nursing care provided to these patients and their families. In psoriasis, 40-90% of patients have some psychological morbidity. Psoriasis sufferers often feel harmed by their physical appearance, leading to stigmatization, avoiding social interaction, and opting for isolation. This disease is often comorbid with psychiatric conditions such as depressive disorder, dysthymia, and anxiety disorders, which has a significant impact on the patient's psychological and social functioning.
A11	Silva and Godinho, 2022	Effects of psoriasis on the quality of life of patients: an integrative literature review	To explain the effects that psoriasis has on the QoL of patients.	The individual complains of fears when there is a need to expose their body, some patients give up dermatological treatment and pharmacological treatment, having their social life, harmed by the maintenance of barriers in these areas of their lives. Although the disease is not contagious but a chronic dermatological one, there is a social stigma around people who are affected by the disease, which makes it necessary to point out that the repercussions caused in carriers go beyond biological and physical consequences, the importance that the psychological factor plays in the process of getting sick and the disease in question is notorious. for, as has been observed, the psychological condition improves or worsens the conditions of the severity of the disease.

A12	Soares et al., 2021	Exploring scientific evidence on self-care actions in patients with psoriasis: integrative review	Analyze scientific articles published in online journals about self-care actions developed by health professionals for people with psoriasis.	It was found that for the development of self-care actions, it is necessary to identify the patient's self-care requirements, choose the most appropriate methodology and plan the actions, which may or may not follow standardized guidelines. Health education is essential in the communication of these practices, through strategies, using different health technologies. Treatment options should be clarified to the patient and, with healthcare professionals, decide which type of treatment best meets the patient's needs, incorporating it into their routine. To do so, the patient needs to receive support, be well oriented, and clarify their doubts. Well-done treatment, centered on the patient's needs, contributes positively to disease remission, treatment adherence, and QoL.
A13	Teixeira et al., 2023	Treatment of psoriasis in adults: a literature review	Describe and dissertation on the main interventional measures focused on the treatment of psoriasis in adults	The treatment of psoriasis is specific to each case, taking into account the patient's clinical condition, the history of the disease, and the severity of the plaques. According to dermatologic protocols, phototherapy is considered a first-line treatment for moderate to severe psoriasis. In general, it is indicated for patients with large affected areas who cannot tolerate topical treatments. It is a treatment based on UVA and/or B radiation and may vary from patient to patient depending on the method (use of emollients, frequency, device measurements and dose control) The disease is not contagious and can lead to psoriatic arthritis and other comorbidities, such as cardiometabolic diseases, gastrointestinal diseases, cancers, and mood disorders, which can affect QoL and life expectancy if left untreated. In addition, it is not limited, and can also affect nails and joints. The study also highlighted that psoriasis can have a significant impact on patients' QoL, including psychological, social and economic problems. Clinical studies have demonstrated the efficacy *of ixekizumab* in the treatment of moderate to severe plaque psoriasis, with significant improvement in patients' symptoms and QoL.
A14	Villefort et al., 2022	General aspects of psoriasis: a narrative review	Provide through a narrative review a broad approach to psoriasis, a chronic and autoimmune disease that primarily affects the skin	Among systemic and topical therapeutic agents, there are several treatment modalities for psoriasis, and special attention is needed to recently developed biological agents. The choice of treatment depends on the degree of severity of the disease, its extent, the safety of the therapeutic agents, the economic feasibility of the treatment, the patient's QoL, and the accessibility and adherence to the treatment. There are some common conditions during the formation of psoriatic plaque, such as ectasia of dermal papilla vessels, dermal edema, and perivascular infiltrate composed of macrophages, monocytes, CD8, and T cells. Then, the density of the cell infiltrate increases and CD8-positive cells and neutrophilic granulocytes are found in the epidermis, forming the so-called Munro's micro-abscesses, characteristic of psoriasis.

Source: Author, 2023.

According to the data in chart 1, it was observed that in relation to the year of publication, 2022 was the most prevalent year, with a percentage of 50%, followed by 2020 with 25%, 2018 and 2021 both with 12.5%. All were produced and published in Brazil. All articles are original, with a prevalence of bibliographic and literature reviews (62.5%), followed by integrative reviews (25%) and finally a cross-sectional study (12.5%). With the identifying data of the studies, the cataloguing of the data referring to the objects of study, shown in chart 2, was followed.

4 DISCUSSION

According to Boico and Catalano (2022), QoL is a complex, multidimensional, and subjective concept, encompassing different aspects such as mental, physical, and socioeconomic well-being, all of which are influenced by individual perception. In addition, QoL can also be related to patients' health status and disease severity, playing an important role in determining the best treatment, prognosis, and management of psoriasis.

As mentioned by Ferreira, One, and de Souza (2022), excessive stress and hormonal changes have been pointed out as possible factors that contribute to the appearance of psoriasis lesions. It is of paramount importance that these changes are recognized and properly managed in patients suffering from this condition.

Psoriasis is a condition in which skin lesions are evident in most cases, which strongly contributes to the creation of a visible stigma and makes social interactions distressing. The perception of a modified body and the feeling of being different often lead affected individuals to experience low self-esteem, resulting in a process of reorganization of daily life and development of social isolation mechanisms. It is possible to observe, through the reports, the stigma that they feel that surrounds them, and social isolation is often the result of experiences of discrimination (GUERREIRO et al., 2018).

It significantly affects patients' QoL, interfering with their ability to perform daily activities. The symptoms and clinical signs of the disease impact self-esteem and the potential for social interaction, both in children and adults. The behavioral changes resulting from the diagnosis and progression of psoriasis can be an obstacle to psychological, physical, personal, and social well-being, generating negative feelings such as disappointment and apprehension (PEREIRA, 2021).

Psychiatric/psychological comorbidities are frequent in this population and have a significant negative impact on various social, sexual, and economic aspects. Compared to individuals who have other chronic diseases, such as diabetes and cancer, those affected by psoriasis may experience similar or even greater physical and mental impairments (DA SILVEIRA, 2023).

According to the studies mentioned by Cruvinel and Saturnino (2023), most patients with psoriasis reported emotional problems and associated comorbidities, such as diabetes and high blood pressure. Regarding the family component, half of the patients did not have relatives affected by the disease. It is important to understand the etiological and clinical aspects that directly affect the QoL, well-being, and self-image of psoriasis patients, as these factors are related to the onset and exacerbation of the disease.

Although psoriasis is not contagious but a chronic dermatological condition, there is a social stigma associated with those affected by the disease. It is necessary to highlight that the repercussions caused to carriers go beyond the biological and physical consequences. The importance of the psychological factor in the disease process and in the management of the disease is evident, as it has been observed that the psychological condition can influence the severity of the disease, improving or worsening its conditions (SILVA and GODINHO, 2022).

According to Ferreira, One, and de Souza (2022), psoriasis is closely related to stress, being a predisposing factor in 44% of patients and an aggravating factor in 88% of diagnosed cases. Scientific evidence indicates that the main physiological factors involve the hypothalamic-pituitary-adrenal, sympathetic-adrenal-medullary axes and immune system cells. In addition, psoriasis is directly associated with psychiatric illnesses, including suicidal ideations, and many patients experience feelings of depression and anxiety regarding the diagnosis. Other factors, such as the location of the lesions and the patient's attitude, may exert additional influence on this process.

According to Teixeira et al. (2023), the main treatments highlighted for psoriasis include phototherapy, methotrexate, acitretin, and cyclosporine. In addition, within the biological therapeutic options, drugs such as infliximab, etanercept, adalimumab, certolizumab pegol, ustekinumab, secukinumab, ixequinumab, guselcumab, risankizumab, brodalumab (Kyntheum) and tildrakizumab are included.

It is essential for patients with psoriasis to strictly follow medical guidelines and adopt a healthy lifestyle, including a balanced diet, regular exercise, and avoidance of smoking and excessive alcohol consumption, to maximize treatment results and improve QoL. Further studies are needed to understand the safety of treatments and their significant effects on different types of psoriasis, as well as the role they play in managing the disease (TEIXEIRA et al., 2023).

Psoriasis is a skin condition triggered by multiple external factors that activate the innate immune system. It manifests itself in the form of erythematous and scaly plaques and papules, varying in number and size. Injuries can arise in any area of the body, most commonly in elbows and knees. To help patients with psoriasis, the Ministry of Health included the injectable drug methotrexate for the treatment of the disease by the Unified Health System (SUS) (FRANÇA et al., 2021).

Both the Brazilian Society of Dermatology (SBD) and the Brazilian Psoriasis Association have been working together with the Ministry of Health to demonstrate the need for improvements in the treatment of psoriasis, including the availability of differentiated drugs for patients with this condition (FRANÇA et al., 2021).

Therefore, it is crucial to invest in additional studies on the relationship between mind and skin to improve the QoL of patients dealing with psychodermatological diseases. It is suggested to carry out randomized studies with larger population samples, especially in large cities and states, especially in Brazil, where there is a scarcity of research, to obtain a more detailed profile of this already proven relationship. In addition, investigations into possible dermatological treatments combined with psychological/psychiatric interventions are needed for effective therapy (ISIDORO et al., 2020).

In addition, psoriasis is directly related to emotional aspects. Stress contributes to the emergence or worsening of this dermatological condition. It is evident how stigmatization compromises the QoL of individuals with psoriasis. This disease can affect the psychological and physical well-being and routine of these patients, generating negative feelings such as guilt and fear. From this perspective, many choose to withdraw from social life to avoid embarrassing situations, which limits their participation in work and social activities. Therefore, it is crucial to promote social readaptation to face stigma in everyday life (PARAÍSO et al., 2021).

Psoriasis can represent an obstacle in physical, emotional, social and personal aspects, being a source of negative feelings. The experience of dealing with this disease goes beyond the biological consequences and requires the reorganization of daily activities and social readaptation, requiring a comprehensive, biopsychosocial, and multidisciplinary approach that meets the needs of the patient (POLLO, 2020).

The social aspect has a significant impact for psoriasis sufferers, as the visible manifestations on the skin can generate stigma. Individuals without psoriasis tend to treat those who have the disease in a prejudiced way, leading many patients to avoid social contact, isolate themselves, and even wear clothes that cover the lesions, all motivated by the fear of being judged (SILVA and GODINHO, 2022).

Self-care actions are taken by individuals with the purpose of promoting and/or maintaining human integrity and abilities. These actions are driven by health education and influenced by several factors, such as health status, stage of development, age, gender, environmental conditions, and sociocultural factors. Habits and behaviors can be acquired, modified, or maintained as new knowledge is added to previous knowledge, favoring the promotion, restoration, and maintenance of health and well-being. In the case of psoriasis, it is important to highlight attention to the prevention and care of comorbidities with other chronic diseases (SOARES et al., 2021).

Psoriasis has no cure, and the goal of treatment is to achieve remission of symptoms and reduce the number of exacerbations. Treatment may involve the use of topical or systemic agents, depending on the severity of the condition (VILEFORT et al., 2022).

5 FINAL THOUGHTS

According to the data analysis, it was possible to understand the main etiopathogenic aspects, diagnostic methods and therapeutic approaches of psoriasis, where we have the dimension of the damage caused to the patient's QoL. From this, the disease presents itself as a skin condition triggered by multiple external factors that activate the individual's immune system. Regarding the etiology, it was clear that it involves genetic and environmental aspects. In addition, the treatment should be carried out in a multidisciplinary way.

The incidence is equally among men and women, in the age group of 18-39 years and 50-59 years. It is not transmissible by contact. And under normal conditions, the psychological state can influence the severity of the disease, improving or worsening your conditions. In view of this, the most evident problem encountered are the problems related to self-image and prejudice experienced, since the visible manifestations on the skin can generate stigma, which can make day-to-day activities more difficult.

The therapy includes the use of medications, as well as a treatment that encompasses the triggering factors of the disease, where they have been related to increased stress, depression, and anxiety in this group. In view of this, a proven more effective approach would be the systematic form of treatment, with a multidimensional follow-up that provides the patient with physical, social and psychological well-being.

It is essential to highlight that the patient's QoL is directly related to the patient's health status and the severity of the disease. QoL is an important indicator to guide the treatment and prognosis and management of the disease. Thus, there is an improvement in the QoL of patients after the beginning of drug treatment since it improves the visual aspect of the disease.

Finally, more research is needed to improve treatment protocols, in order to support the development of new studies on the same problem and to improve the knowledge, not only of nursing professionals (responsible for welcoming and comprehensive care of patients with psoriasis), but also of all health professionals. to prepare them to provide conscientious care, seeking interventions in a safe way, so that the complications for this public are increasingly reduced.

REFERENCES

ARRUDA, Cristina Silva et al. Avanços e desafios da enfermagem na produção científica sobre psoríase. Revista Brasileira de Enfermagem, v. 64, p. 168-175, 2011.

BOICO, Francielli Furlanetto; CATALANO, Seomara. A associação entre a psoríase, qualidade de vida e o impacto na saúde do portador: uma revisão integrativa. BWS Journal, v. 5, p. 1-11, 2022.

CRUVINEL, Milena Ferreira; SATURNINO, Alanna Simão Gomes. Etiologia, aspectos clínicos e psicossociais da psoríase. Brazilian Journal of Health Review, v. 6, n. 1, p. 898-907, 2023.

DA SILVEIRA, Isaque Souza et al. Conhecimento de estudantes de enfermagem sobre a psoríase e considerações sobre o cuidado de enfermagem. Revista Enfermagem Contemporânea, v. 12, p. e5087-e5087, 2023.

DE SOUZA, Jhenifer Mellissa et al. Percepção de dermatologistas sobre a influência da psoríase na qualidade de vida dos pacientes. Enfermería: Cuidados Humanizados, v. 10, n. 1, p. 18-29, 2021.

ERCOLE, Flávia Falci; MELO, Laís Samara de; ALCOFORADO, Carla Lúcia Goulart Constant. Revisão integrativa versus revisão sistemática. Reme: Revista Mineira de Enfermagem , v. 18, n. 1, pág. 09-11, 2014.

FERREIRA, Marília Glícia; ONE, Giselle Medeiros da Costa; DE SOUSA, Milena Nunes Alves. ANSIEDADE E DEPRESSÃO EM PACIENTES PORTADORES DE PSORÍASE. Revista Contemporânea, v. 2, n. 3, p. 642-657, 2022.

FRANÇA, Marcely Lorena de Oliveira et al. Caracterização da psoríase e seu tratamento: uma revisão narrativa. SaBios-Revista de Saúde e Biologia, v. 16, p. 1-13, 2021.

GUERREIRO, Tatiana Nunes et al. Alterações no cotidiano de pessoas acometidas por psoríase [Changes in the daily life of people with psoriasis][Alteraciones en el cotidiano de personas afectadas por psoriasis]. Revista Enfermagem UERJ, v. 26, p. 28332, 2018.

ISIDORIO, Erika Campos et al. O uso do tratamento psicológico na melhora da qualidade de vida de pacientes dermatológicos: uma revisão integrativa da literatura. Research, Society and Development, v. 9, n. 10, p. e7699109191-e7699109191, 2020.

MACHADO, E. R. .; OLIVEIRA, L. B. de; CHAVES, P. L. G. .; GOMES, L. O. R. V. .; LINS, J. P. . Psoríase: uma revisão sistemática da literatura. Revista de Iniciação Científica e Extensão, [S. l.], v. 2, n. Esp.1, p. 52, 2019.

MARQUES, Priscila de Paula; RODRIGUES, Cléa Dometilde S. Qualidade de vida de pacientes com psoríase: avaliação do índice de incapacidade. Arquivos de Ciência da Saúde, São Paulo, v. 12, n. 2, p. 73-6, 2011.

PARAÍSO, Alessandra Ornella et al. O impacto da psoríase na qualidade de vida dos portadores: estigmatização e prejuízos biopsicossociais. Revista Eletrônica Acervo Científico, v. 38, p. e8902-e8902, 2021.

PEREIRA, Maria Danila Santana. Impacto da psoríase na qualidade de vida dos pacientes diagnosticados: uma revisão narrativa da literatura. 2021.

POLLO, Camila Fernandes. Fatores associados à qualidade de vida em pacientes com psoríase: um estudo transversal. 2020.

SILVA, ACF e; GODINHO, MOD . Efeitos da psoríase na qualidade de vida dos pacientes: uma revisão integrativa da literatura. Investigação, Sociedade e Desenvolvimento , [S. l.] , v. 11, n. 13, pág. e224111335311, 2022.

SILVA, Anna Carollina Fernandes; GODINHO, Monica Oliveira Dominici . Efeitos da psoríase na qualidade vida dos portadores: uma revisão integrativa de literatura. Research, Society and Development, v. 11, n. 13, p. e224111335311-e224111335311, 2022.

SOARES, Valéria Leite et al. EXPLORANDO EVIDÊNCIAS CIENTÍFICAS SOBRE AÇÕES DE AUTOCUIDADO EM PACIENTES COM PSORÍASE: REVISÃO INTEGRATIVA. Enfermagem Atual in Derme, v. 95, n. 36, 2021.

TEIXEIRA, Pedro Martinelli et al. Tratamento da psoríase em adultos: Revisão de literatura. RECIMA21-Revista Científica Multidisciplinar-ISSN 2675-6218, v. 4, n. 7, p. e473326-e473326, 2023.

VILEFORT, Laís Assunção et al. Aspectos gerais da psoríase: revisão narrativa. Revista Eletrônica Acervo Científico, v. 42, p. e10310-e10310, 2022.