



Advances in Dermatology and Allergology

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abstract:

Original paper

Evaluation of knowledge in the field of proper skin care and exacerbating factors in patients with psoriasis

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Introduction

Psoriasis is one of the most common dermatological diseases. It is characterized by a chronic course with periods of exacerbations and remissions. The recurrent nature of the disease and the influence of environmental factors on its course require the patients not only to be treated but also to have knowledge of prophylaxis and proper skin care. Aim: Obtaining information on the level of knowledge of patients suffering from psoriasis in the field of triggering factors and proper skin care.

Material and methods

A total of 130 patients with psoriasis participated in the study. The research tool was the author's questionnaire addressed to patients.

Results

Research has shown that the main source of knowledge for people with psoriasis was the Internet (85%). Only 17% obtained information about the disease from medical personnel. The respondents were aware of the negative impact of only some environmental factors, such as: injuries (63%), stimulants (77%), stress (95%), and infections (69%). Most subjects attributed the therapeutic effect to brine baths (74%). Usually the patients were aware of the oiling (85%) and moisturizing (33%) effects of emollients on psoriatic lesions. Only 46% of the respondents obtained a positive test result. Demographic variables correlated with the level of knowledge.

Conclusions

The knowledge of psoriasis patients about exacerbating factors and proper skin care is insufficient.

keywords:

psoriasis, knowledge, awareness, prophylaxis, environmental factors, skincare

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