Johnson&Johnson

Treatment discussion guide

If patients with psoriasis continue cycling through topical therapies, consider evaluating for systemic treatment using the questions below to support a shared decision-making conversation.

1. How would your patient describe their current experience with psoriasis?

Severity and symptoms

- ☐ Body coverage: _____%
- ☐ Itching
- ☐ Burning
- ☐ Stinging
- ☐ Bleeding
- ☐ Pain
- ☐ Skin tightness
- ☐ Other: _____

High-impact site involvement

- ☐ Face
- ☐ Scalp
- ☐ Genitals
- ☐ Hand/foot
- ☐ Other: _____

Emotional experience

- ☐ Self-esteem impact
- ☐ Relationship impact
- ☐ Work impact
- ☐ Depression
- ☐ Other: _____

2. How satisfied is your patient with their current treatment? Are they experiencing any burdens with their treatment?

☐ Very satisfied	☐ Satisfied	☐ Indifferent	☐ Unsatisfied	☐ Very unsatisfied

Treatment burdens

- ☐ Complicated/confusing
- ☐ Hard to apply regularly
- ☐ Time consuming
- ☐ Messy/gets on clothes
- ☐ Other: _____

3. When is a systemic therapy appropriate?

International Psoriasis Council guidelines recommend starting a systemic therapy if ANY of these conditions are met[1]:

- ☐ Body surface area (BSA) >10%
- ☐ High-impact site involvement (eg, scalp, genitals)
- ☐ When 2 consecutive 4-week trials of topical treatment fail to control symptoms[2]
    - Topical treatment failure defined as the inability to achieve clear/nearly clear skin (BSA ≤1%)
    - If the patient fails to respond, transition them to UV phototherapy or systemic therapy, keeping topicals as adjunct treatment for resistant areas

1. Strober BE, Blauvelt A, van de Kerkhof PC, et al. International Psoriasis Council psoriasis disease severity reclassification: Update on validity, acceptance, and implementation. *J Am Acad Dermatol*. 2025;93(4):1154-1157. doi:10.1016/j.jaad.2025.05.1445 **2.** Strober BE, Blauvelt Avan de Kerkhof PCM, et al. Establishing consensus on defining failure of topical therapy in psoriasis: Recommendations from the International Psoriasis Council. *J Am Acad Dermatol*. 2026;94(1):372-375. doi:10.1016/j.jaad.2025.08.116

© Johnson & Johnson and its affiliates 2026 08/26 cp-582473v1