

New guidance for the treatment and management of moderate-to-severe psoriasis in Australian children and adults

The Australasian College of Dermatologists (ACD) has today launched new guidance for the management of moderate-to-severe psoriasis in Australian adults and children that could improve the lives of Australians living with this skin condition.

Psoriasis is a chronic immune-regulated, inflammatory disorder that causes a rash with red, scaly patches or plaques which can be itchy.

The visibility of these plaques often leads to stigmatisation and negative impacts on physical, social and emotional wellbeing.

There is also increasing evidence linking psoriasis with a range of other co-morbidities, making early diagnosis, appropriate referral and optimal treatment critical.

The good news is that over the last decade, the treatment landscape for moderate-to-severe psoriasis has evolved rapidly with new therapies providing alternate treatment options for many patients.

These include anti-TNFs, JAK inhibitors, interleukin inhibitors, PDE4 inhibitors and TYK2 inhibitors.

The new guidance from the ACD provides health professionals with practical advice on the treatment and management of patients in light of the new and more effective therapeutic options available.

The revised framework for adults aligns with current international recommendations and, importantly, makes modifications for the paediatric setting. The new guidance expands the definition of severity and broadens the scope of high-impact sites, with focus on patient-centred treatment outcomes such as quality of life measures.

“Therapeutic guidance is limited in the paediatric setting, especially when it comes to quality of life measures. These recommendations will help dermatologists better understand the burden of disease on the patient and their family when considering treatment options, including the transitional period from childhood to adolescence.” ACD President, Dr Adriene Lee said.

The consensus adaptation, *Treatment goals for moderate-to-severe psoriasis in paediatric and adult Australian patients* provides an overview of the recommendations from ACD’s two recent consensus guidelines published in the Australasian Journal of Dermatology (AJD).

Led by ACD Fellows A/Prof Peter Foley and A/Prof Christopher Baker, the recommendations “have the ability to improve appropriate treatment selection and patient satisfaction with their care”, Murray Turner, CEO of Psoriasis Australia who was involved in the consensus process said.



While the new guidelines and targeted treatment options “have the potential to change the narrative in psoriasis patient care”, Dr Lee says “the consensus process highlighted that these outcomes can only be achieved if challenges to timely and equitable access are to be addressed.

For our patients with psoriasis this means improving access to therapies under the Pharmaceutical Benefits Scheme (PBS) and jurisdictional investment in specialist dermatologist services and training to address the workforce shortage.”

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Further Information

The full adult psoriasis consensus is available here
<https://onlinelibrary.wiley.com/doi/10.1111/ajd.14138>

The full paediatric psoriasis consensus is available here
<https://onlinelibrary.wiley.com/doi/epdf/10.1111/ajd.14303>

The full ACD consensus adaptation is available [here](#)

About the Australasian College of Dermatologists (ACD):

The Australasian College of Dermatologists (ACD) is Australia’s accredited training body and peak professional and membership organisation for medical specialists in dermatology. We are the Australian authority in skin, hair and nail health, education, information and advocacy.

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