

Improving the Understanding, Diagnosis, and Management of Generalized Pustular Psoriasis (GPP)



Clinical Discussion Guide: Engaging Patients in the Management of GPP

Purpose of This Guide

This is a resource to facilitate point-of-care discussions with patients and families about managing generalized pustular psoriasis (GPP) and motivating them to be more engaged in their care. It may be used with children, adults, or caregivers, either when a person is first diagnosed or later.

Impact of GPP on Patient's QoL and Daily Activities

Patients with GPP may have difficulty with:^{1,2}

- Self-care (getting dressed, maintaining personal hygiene, wearing shoes)
- Running errands
- Performing work duties or being productive
- Social situations
- Household chores
- Impaired mobility, potentially leading to arthritis
- Sleep disturbances
- Financial burden
- Feelings of depression or anxiety
- Adverse reactions to treatment

Many patients with GPP have other medical issues including nail disease, arthritis, and other inflammatory or autoimmune conditions.^{1,2} The impact of the condition on quality of life must not go unrecognized.¹⁻³ It is difficult to predict what will happen to the patient after they start treatment.^{2,3} Some patients may experience immediate improvement, while others will need multiple lines of therapy before feeling any symptom relief.^{2,3} Healthcare providers can also connect patients to resources specifically designed to help people with pustular psoriasis, including GPP, live a healthy and happy life.⁴

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Suggestions for Managing Issues

ISSUE	SUGGESTION FOR MANAGEMENT
Psychosocial symptoms ^{1,4}	GPP flares can have a huge impact on how patients feel. Some people report feeling hopeless and depressed. Some people worry about when they are going to have their next flare and if their medication will stop working. Some people are afraid of what other people will think if they see their GPP and tend to isolate themselves. I can help develop a treatment plan to minimize your flares and connect you with other professionals to help with your feelings. The National Alliance on Mental Illness can also link you to resources and support: https://www.nami.org/Home
Pain ^{1,4}	Pain can be a huge part of a GPP flare. Patients often complain of joint pain, skin pain, and fevers. Talk with your HCP to develop a plan to have in place to help control the pain you experience with your flares. Many times, medications like acetaminophen or ibuprofen can be helpful, but you want to make sure they are safe options for you.

Motivational Interviewing

- Engage:** Create a partnership with the patient. Listen, reflect what they say and their experiences, support autonomy^{5,6}
 - “I’m so glad that you’re here with me today. Tell me more about how GPP is affecting your life.”
 - “I think I hear you saying that...”
 - “When you describe____, it seems like you _____. Do I have that right?”
 - “That’s a very valid feeling. Thank you for sharing. I’m here to help.”
- Focus:** Decide on an agenda together so that you can move to the topic of change⁵⁻⁷
 - “It sounds like this is very challenging. You’ve done so well keeping up with this. Would it be ok if we talked about _____?”

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Motivational Interviewing

- 3. Evoke:** The “why.” Discuss the person’s goals and reservations. It’s normal for a person to have mixed feelings about change; normalize that and explore⁵⁻⁷
- “Tell me more about what you’re hoping for. What is the difference between here and there?”
 - “What are your reservations about making a change?”
 - “I heard you say you were frustrated when _____ didn’t work in the past. I want to congratulate you for trying and being willing to talk about it!”
 - “What are you doing now that could get you closer to your goal, and what’s keeping you farther from it?”
 - “What could happen in your life if you made the change and if you don’t?”
 - “It’s normal to feel that way.”
 - “Anyone in your place might feel the same way.”
 - “I hear what you’re saying, if you make this change, _____ is what could happen and that’s uncomfortable.”
- 4. Plan:** Is the person ready to make a change? If so, this step is the “how” of making the change. Reaffirm the person wants to make a change and come to a plan together, incorporating the person’s life and experiences⁵⁻⁷
- “I heard you explain how GPP is affecting your life. Do you think it might be time to make a move towards _____?”
 - “I hear you saying that you think this change could help you. Can I share some options that might work and hear what you think about each one?”
 - “I think I hear that you might want to try _____. What do you like best about that and what are your concerns about it?”
 - “What plan forward do you think would work best in your life?”

For a deeper dive on change, seek out Prochaska and DiClemente Transtheoretical Model/“Stages of Change.”⁶

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Questions That Patients May Have and Potential Responses

Treatment for GPP is primarily focused on controlling symptoms or treating the disease itself with medical therapies.^{2,3} First, it is critical that patients keep their skin moisturized and avoid irritants that may exacerbate the condition. If a patient currently smokes, it is critical that they stop smoking or at least reduce their smoking habit.⁸ There are some small studies and case reports that suggest GPP could improve after quitting smoking. These basic steps will improve the patient's overall skin health.

QUESTION/CONCERN	RESPONSE
When will I be able to return to _____ activity?	The answer really depends on which treatment you receive. You may want to rest. But our goals are for you to get back to doing the activities you love as quickly as possible!
I heard about _____ experimental medicine...	We are living in such an exciting time for medicine. There are so many medications being studied to help with all kinds of diseases and conditions. The hope is that in the future, we will have more options with which to treat GPP. However, right now, the only FDA-approved treatment is spesolimab.
What do I need to do/accomplish to do _____ activity safely.	Because patients with GPP can experience symptoms such as joint and skin pain, as well as fevers and even mood changes with each flare, we can discuss options to get you feeling better and back to enjoying the life you love! I recommend you follow up with me as each patient, situation, and outcome is unique.

Resources for Patients and Families

National Psoriasis Foundation: <https://www.psoriasis.org/>

National Alliance on Mental Illness: <https://www.nami.org/Home>

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References and Resources for Clinicians

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Disclaimer: This Clinical Discussion tool is for educational purposes only and does not constitute medical advice.