

New Treatment Paradigms in Psoriasis: Understanding and Incorporating Recent and Emerging Trends Post-Test

FOR REVIEW PURPOSES ONLY.
MUST BE COMPLETED ONLINE.

Original Release Date: March 2018 • **Expiration Date:** April 30, 2019

Estimated Time to Complete Activity: 2.0 hours

To get instant CME/CE credits online, go to <https://tinyurl.com/Psoriasis2018>. Upon successful completion of the online test and evaluation form, you will be directed to a Web page that will allow you to receive your certificate of credit via e-mail or you may print it at that time. If you have any questions or difficulties, please contact the Global Academy for Medical Education office at info@globalacademycme.com.

Questions: For each question or incomplete statement, choose the answer or completion that is correct. Circle the most appropriate response.

- 1. What led to the discovery that psoriasis is a multisystemic disease?**
 - A. Patients' frequent need for multiple regimens with both topical and systemic drugs
 - B. The significant clearance of psoriatic plaques with the immunosuppressant cyclosporine
 - C. The distribution of psoriasis plaques on the body
 - D. The discovery of the interleukin (IL)-17 and IL-23 cytokines and the inflammatory pathway that contribute to psoriasis and its comorbidities
- 2. Which statement is true of biologic therapy?**
 - A. Many patients find initial treatments with them to cause flu-like symptoms
 - B. Biologics should not be combined with phototherapy due to the potential for skin cancer
 - C. It is best to rotate biologics with different mechanisms of action before the biologic agent stops working effectively
 - D. Many clinicians select biologics for patients who have comorbidities such as psoriatic arthritis
- 3. What is the rationale for clearing psoriatic plaques?**
 - A. The risk for mortality increases as the body surface area (BSA) increases
 - B. Clearing plaques can also alter the course of the progression of comorbidities
 - C. There is a proportionate improvement in patient quality-of-life scores with BSA scores of <15%
 - D. Both A and C
- 4. Based on a study by Gordon and colleagues, approximately how long does it take to determine whether a patient will respond to methotrexate?**
 - A. 4 weeks
 - B. 16 weeks
 - C. 24 weeks
 - D. 30 weeks
- 5. Which statement is true of psoriatic arthritis?**
 - A. It manifests frequently in people aged ≥ 60 years
 - B. The Psoriasis Epidemiology Screening Tool (PEST) can distinguish between signs and clinical symptoms of psoriatic arthritis and those of osteoarthritis
 - C. Psoriatic arthritis commonly affects more than 65% of patients with plaque psoriasis
 - D. Psoriatic arthritis onset commonly peaks in children 11 to 12 years old
- 6. Which of the psoriasis comorbidities is not yet supported by a dose-response relationship?**
 - A. Diabetes
 - B. Cancer
 - C. Overweight/obesity
 - D. Metabolic syndrome
- 7. Which lifestyle choices are the most damaging for patients with plaque psoriasis?**
 - A. Sedentary lifestyle
 - B. Lack of sleep
 - C. Sun exposure
 - D. Alcohol and smoking
- 8. Which psychiatric disorder does not have an association with psoriasis?**
 - A. Obsessive-compulsive disorder
 - B. Depression
 - C. Anxiety
 - D. Suicidal ideation
- 9. Which statement is true regarding adherence to antipsoriasis regimens?**
 - A. Topical agents have the greatest drug survival rate of all the regimens, including phototherapy
 - B. Phototherapy has a longer drug survival rate than the IL-17 biologics
 - C. Biologics do not have the same adherence issues as do topical agents
 - D. Patients taking combination regimens tend to be more adherent than those on monotherapy
- 10. In women of childbearing potential, which agent(s) should be avoided?**
 - A. Biologics
 - B. Retinoids
 - C. Apremilast
 - D. Cyclosporine

The University of Louisville, Postgraduate Institute for Medicine, and Global Academy for Medical Education thank you for your participation in this CME/CE activity. All information provided improves the scope and purpose of our programs and your patients' care.

New Treatment Paradigms in Psoriasis: Understanding and Incorporating Recent and Emerging Trends Evaluation Form

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To assist us in evaluating the effectiveness of this activity and to make recommendations for future educational offerings, please take a few moments to complete this evaluation form. Your response will help ensure that future programs are informative and meet the educational needs of all participants. **This page is for your reference only.** CME/CE credit letters and long-term credit retention information will only be issued upon completion of the post-test and evaluation online at: <https://tinyurl.com/Psoriasis2018>.

Please indicate your profession/background: (check one)

- ☐ MD/DO ☐ MSN/BSN/RN ☐ PA ☐ APN/NP ☐ PharmD/RPh ☐ Resident/Fellow Researcher ☐ Administrator ☐ Student
- ☐ Other; specify _____

LEARNING OBJECTIVES: Having completed this activity, you are better able to:	Strongly Agree	Agree	Somewhat Agree	Disagree	Strongly Disagree
Explain the etiology and pathophysiology of psoriasis and its common comorbidities.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Diagnose and treat patients with psoriasis using treat-to-target guidelines.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Select appropriate biologic therapies for patients with psoriasis.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

If you do not feel confident that you can achieve the above objectives to some extent, please describe why not.

Based on the content of this activity, what will you do differently in the care of your patients/regarding your professional responsibilities? (check one)

- ☐ Implement a change in my practice/workplace.
- ☐ Seek additional information on this topic.
- ☐ Do nothing differently. Current practice/job responsibilities reflect activity recommendations.
- ☐ Do nothing differently as the content was not convincing.
- ☐ Do nothing differently. System barriers prevent me from changing my practice/workplace.

If you anticipate changing one or more aspects of your practice/professional responsibilities as a result of your participation in this activity, please briefly describe how you plan to do so.

If you plan to change your practice/workplace, may we contact you in 2 months to see how you are progressing?

- ☐ Yes. E-mail address: _____
- ☐ No. ☐ I don't plan to make a change.

If you are not able to effectively implement what you learned in this activity, please tell us what the system barriers are (eg, institutional systems, lack of resources, etc)?

OVERALL EVALUATION		Strongly Agree	Agree	Somewhat Agree	Disagree	Strongly Disagree
The information presented increased my awareness/understanding of the subject.		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
The information presented will influence how I practice/do my job.		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
The information presented will help me improve patient care/my job performance.		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
The program was educationally sound and scientifically balanced.		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Overall, the program met my expectations.		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
I would recommend this program to my colleagues.		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
April W. Armstrong, MD, MPH	Author demonstrated current knowledge of the topic.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
	Author was organized in the written materials.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Kenneth B. Gordon, MD	Author demonstrated current knowledge of the topic.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
	Author was organized in the written materials.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
M. Alan Menter, MD	Author demonstrated current knowledge of the topic.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
	Author was organized in the written materials.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Jashin J. Wu, MD	Author demonstrated current knowledge of the topic.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
	Author was organized in the written materials.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

What topics do you want to hear more about, and what issue(s) regarding your practice/professional responsibilities will they address?

Please provide additional comments pertaining to this activity and any suggestions for improvement.

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