# Managing Palmoplantar and Nail Psoriasis: Effect of Online Education on Physician Knowledge and Competence

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## BACKGROUND

Successful treatment of palmoplantar and nail psoriasis can be very challenging, but evidence is emerging for efficacious agents.<sup>1-4</sup> This study assessed whether online CME can improve the knowledge and competence of physicians managing patients with palmoplantar and nail psoriasis, focusing on key features of these manifestations and the use of biologic agents to achieve rapid control.





### References

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# TEST

# RESULTS

### SCORING DISTRIBUTION OF CORRECT RESPONSES Dermatologists (n = 140)



P<.001 SIGNIFICANCE (P <.05)

MODEST (.0)

Statistically significant improvement (*P* < .001) for change in correct response from pre- to post-assessment for all questions.

### SCORING DISTRIBUTION OF CORRECT RESPONSES Primary Care Physicians (n = 106)



Statistically significant improvement (P < .05) for change in correct response from pre- to post-assessment for all questions. (Q1, *P* <.001, Q2, *P* =.004, Q3, *P* =.033)



3/3

.343

EXTENSIVE (>.3)



Which one of the following choices best describes the 4 clinical signs of nail matrix involvement? (Correct answer: Pits, dystrophy, leukonychia, and erythema of the lunula) \*Denotes a statistically significant change from pre- to post-assessment (P < .05).

Self-efficacy: How confident are you in distinguishing the clinicopathological features of palmoplantar pustulosis from palmoplantar psoriasis? Select ranking from 1 (not confident) to

5 (very confident).

# CONCLUSIONS

- This online, 30-minute video roundtable CME activity was successful in improving the knowledge and competence of physicians treating palmoplantar and nail psoriasis. This may translate into improved clinical skills, particularly for dermatologists, who see the bulk of patients with palmoplantar and nail pathology, and greater vigilance for these conditions among PCPs.
- Future education could improve and reinforce physician knowledge on:
- Differential diagnosis and evidence-based treatment options for palmoplantar psoriasis
- Nail anatomy, signs and symptoms of psoriatic nail involvement, classification of nail disease, and effective, evidence-based treatment options
- Efficacy and safety data for available and emerging biological therapies for palmoplantar and nail psoriasis

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