

JDPA

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SDPA NEWS AND CURRENT AFFAIRS

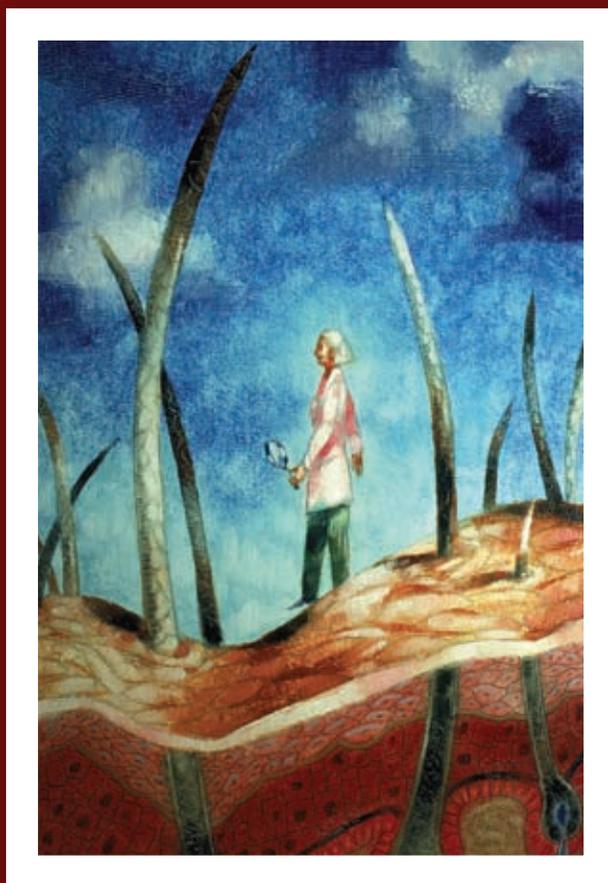
DERMATOLOGY PA NEWS AND NOTES

CLINICAL DERMATOLOGY

SURGICAL DERMATOLOGY

COSMETIC DERMATOLOGY

PROFESSIONAL DEVELOPMENT



SUPPLEMENT
for the National
Psoriasis Foundation
(NPF)



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JDPA

Journal of Dermatology for Physician Assistants

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FROM THE PATIENT'S PERSPECTIVE

What Life Is Like With Psoriasis

By Clarissa Dempsey

Life is rough. But life with psoriasis is rougher. There will always be kids who pick on you no matter where you go. There will always be healthcare providers who will not know how to treat your condition. There are those days that all you want to do is cry. But if you have good friends, doctors whom you feel comfortable with, and a positive attitude, life will not seem as rough.

Kids will tease you, pick on you, and call you names. They will call you things like "Poke-a-dots." They will tell you that you have "chicken pox." Or they will tell you that they're going to play "connect the dots" on you. If you surround yourself with good friends, those kids will not tease you as much because they can't hurt you. A good friend will always stick up for you. If a friend is being mean or helping kids pick on you, then he/she is not a real friend. So always pick your friends wisely.

There are many different kinds of healthcare providers out there. Some are so amazing and nice! There are also providers who will not want to touch you. Your first impression always counts. Tell your parents right away if you do not feel comfortable. When you do find a good provider, tell your parents right away. They always want to know your opinions.

In life you will have "those days," days that all you want to do is cry. You want to cry because you do not fit in or someone has been calling you names for weeks. When I had those days, all I wanted to do was curl up into a ball on my mom's lap and cry. My mom would hold me and rock me until I stopped. It was nice because I could vent and get all those bad feelings out. It is always a good thing to keep your



Clarissa Dempsey, age 14 is from Elizabethtown, PA, and has had psoriasis since she was four. She was diagnosed with psoriatic arthritis in the spine at age 13. She has participated in the National Psoriasis Foundation's Capitol Hill Day and was a youth ambassador. She led a team in the Philadelphia Walk to Cure Psoriasis.

Clarissa was a youth mentor at the Foundation's 2009 Volunteer Leadership Conference. She wants to help educate others about psoriasis and psoriatic arthritis. She wants other kids to know that your skin doesn't make you who you are.

head up and tell yourself you are special and you can make it through no matter what.

Life with psoriasis is not that bad if you have good friends, providers whom you feel comfortable with, and a positive attitude. Do special things that make you feel good! Have friends who will stand up for you no matter what. Make sure you and your parents are comfortable with your healthcare providers. Keep a positive attitude on life.

Two phrases have kept me going through the highs and the lows. The first phrase is, "Don't forget you are beautiful," by Demi Lovato. The next phrase is from my favorite song, "A little bit longer and I will be fine," by Nick Jonas. So don't forget you are *beautiful* no matter what and that it might take some time but it won't take long till you're *fine*. So keep your head up high and move forward into the spot light! Life is not that rough after all! 🎧

TAKE HOME POINTS for DERM PAs:

By Steven K. Shama, MD, MPH

1. Wouldn't it be wonderful to begin talking to a young person with psoriasis about how he/she might be insensitively treated by an acquaintance and end with..."And if that should happen please know that I am here to make you feel better."
2. Wouldn't it be wonderful for you to talk to that young person with psoriasis and let him/her know that they may feel like crying sometimes and you be able to say..."It is ok... you have your best friends, your parents, and you have me (your health care provider) to give you a hug." Remember also to say that you are absolutely sure that he/she is special and unique and...beautiful, outside and inside!
3. Our patients are some of our best teachers. We must remember to listen to them.

Dermatology Physician Assistants



Physician Assistants (PAs) in dermatology play a number of varied and vital roles.

PAs are medical providers licensed to practice medicine with physician supervision. From patient care and education, to skin surgery, treatment of chronic skin conditions, and cosmetic procedures, PAs are dynamic members of the healthcare team. PAs practice in every medical and surgical specialty and have been collaborating with dermatologists for 30 years, providing a wide variety of services. These include diagnosing, prescribing medications, ordering and interpreting lab tests, wound suturing, and medical or surgical treatment of a wide variety of clinical diseases. As with all PAs, dermatology PAs are legally and ethically bound to practice only under physician supervision.

PAs are trained in intensive, accredited education programs.

Because of the close working relationship that PAs have with physicians, PAs are educated in the medical model designed to mirror and complement physician training. PAs take a national certification examination and to maintain their certification, they must complete 100 hours of continuing medical education every two years and take a recertification exam every six years. Graduation from an accredited PA program and passage of the national certifying exam are required for state licensure.

How a PA practices dermatology varies with training, experience, and state law. In addition, the scope of the PA's responsibilities corresponds to the supervising physician's scope of practice. In general, a PA will see many of the same types of patients as the physician. Referral to the physician, or close consultation between the PA and physician, is based on the dynamic relationship between the physician and PA.

The Society of Dermatology Physician Assistants (SDPA) is a non-profit professional organization, composed of members who provide dermatologic care or have an interest in the medical specialty of dermatology. Fellow members provide medical services under the supervision of a board certified dermatologist.

More information can be found at www.dermpa.org and www.aapa.org.

