# **Impact of COVID-19 on the Psoriasis and Psoriatic Arthritis**

# Community in Canada—Highlights from a National Survey

# **Snapshot of Psoriasis**

Psoriasis (PsO) is a chronic inflammatory condition that affects 1-3% of Canadians. Typically, skin cells grow, mature and are shed every 28-30 days but this happens 10 times faster for people with psoriasis. Psoriasis is not contagious.

### Pre-COVID-19 Ps0 Symptoms

Psoriasis symptoms can go through cycles of flaring (worsening of symptoms) for periods of time, then subsiding.













Worsening of symptoms prior to COVID-19

daily flares

People with 3-10x monthly flares

#### **Psoriasis Care**

Of respondents who do not see a dermatologist, the majority indicate that their family doctor hasn't referred them.

#### Yes (61%) No (39%)

Have seen a dermatologist for treatment

I haven't been referred

There are no dermatologists near me

The wait list was too long

#### **Psoriasis & PsA Most Common Comorbidities**

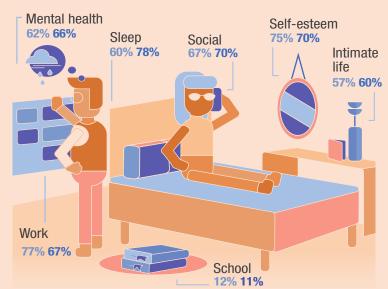








## Ps0 & PsA Impacts Prior to COVID-19









# **Access to Care During COVID-19**

Almost half of respondents avoided seeking care with doctor or at a hospital







of respondents had a virtual appointment virtual care experienced

### **Changes to Access to Treatments During COVID-19**

I had to change my treatment plan in order to manage new flares

My treatment plan was disrupted because of the impacts of COVID-19 (e.g., supply issues, changes in coverage, etc.)

I decided to change or stop my treatment because of the impacts of COVID-19

My doctor changed my treatment plan because of risks related to COVID-19



About 1 in 4 patients had their rheumatologist appointment cancelled, rescheduled or conducted virtually during COVID-19.



1 in 5 patients had their dermatologist appointment cancelled rescheduled or conducted virtually during COVID-19.

### **COVID-19 Impacts on Mental Health**



1 in 2 respondents noted that their mental health was "worse" or "much worse" during COVID-19.

Anxiety

Isolation

40% Depression

31% Despair

Percentage of respondents who were able to access mental health supports during the pandemic.

#### **Impacts on Social Determinants of Health**

Patients were impacted by the pandemic, reporting worse or much worse access to:



35% Exercise



26% Employment



24% Stable income



15% Prescription Medication

13% Over-the-counter medication





# **Snapshot of Psoriatic Arthritis**

An estimated 1 in 3 people with psoriasis will develop psoriatic arthritis (PsA), a chronic type of inflammatory arthritis that can be debilitating without appropriate care.

#### Pre-COVID-19 PsA Symptoms

PsA can flare up for periods when symptoms are worse than usual.









Worsening of symptoms prior to COVID-19

People with daily flares

People with 3-10x monthly flares

#### **Psoriatic Arthritis Care**

Of respondents who do not see a rheumatologist, the majority indicate that their family doctor hasn't referred them.

#### Yes (51%) No (49%)

Have seen a rheumatologist for treatment

56% I haven't been referred

There are no rheumatologists near me

7% The wait list was too long

# **Survey Demographics**

