Findings from a 2022 Survey of People with Psoriatic Disease in Canada and their Caregivers
Information for Healthcare Providers

Canadian Psoriasis Network
Réseau canadien du psoriasis

About the survey

The Canadian Psoriasis Network (CPN) commissioned a survey focused on exploring the experiences of people with psoriatic disease and their caregivers with accessing care, treatment, and other support and on understanding the health outcomes that matter most to them.

About survey participants (n=809)

502 patients
307 caregivers

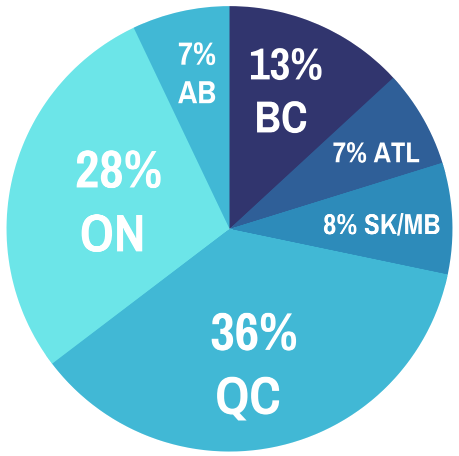
56% have plaque psoriasis

33% have psoriatic arthritis

Age	%
55+	59%
35-54	30%
<35	10%

Location	%
Urban	45%
Suburban	34%
Rural	20%

64%
36%



%	Income
33%	<$60K
28%	$60K-$100K
23%	$100K+
16%	Other

%	Employment
42%	Retired
34%	Full-time
11%	Other
7%	Part-time
6%	Unemployed

Outcomes

Top outcomes reported by participants with **psoriasis**:

Improving skin issues	Improving my current condition	Clearing my skin	Reducing feelings of discomfort
87%	85%	84%	81%

Other areas participants with **psoriasis** wished to improve include:

%	Area
69%	Reducing pain
64%	Reducing anxiety
59%	Reducing sleep disturbances
51%	Addressing treatment side effects
44%	Improving ability to work

Younger participants are more likely to place importance on social aspects

For participants with **psoriatic arthritis**, the majority want to:

90%	89%	84%
Reduce pain & discomfort	Reduce risk for more inflammatory conditions	Maintain current condition

Symptoms

Most common symptoms:

Itching, burning, or painful skin	Silvery, scaly plaques	Dry skin that may crack or bleed
70%	66%	58%

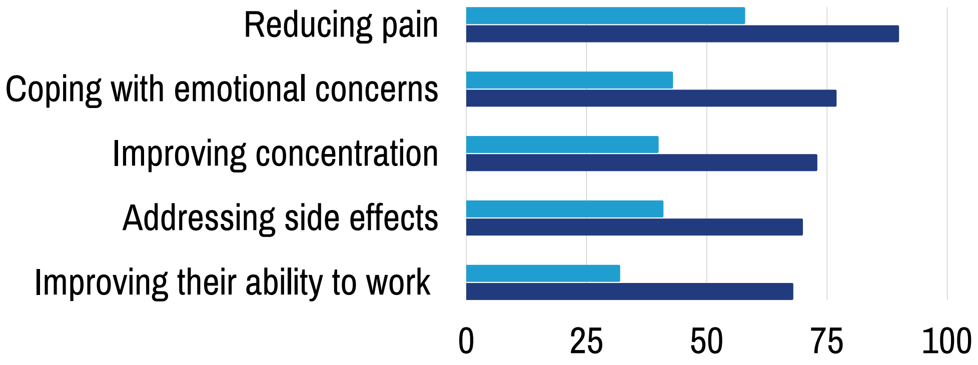
63% of participants say the disease has made their **quality of life worse**

Younger participants and **women** are significantly more likely to say their quality of life is worse

The **top impacts** of psoriatic disease identified by survey participants are:

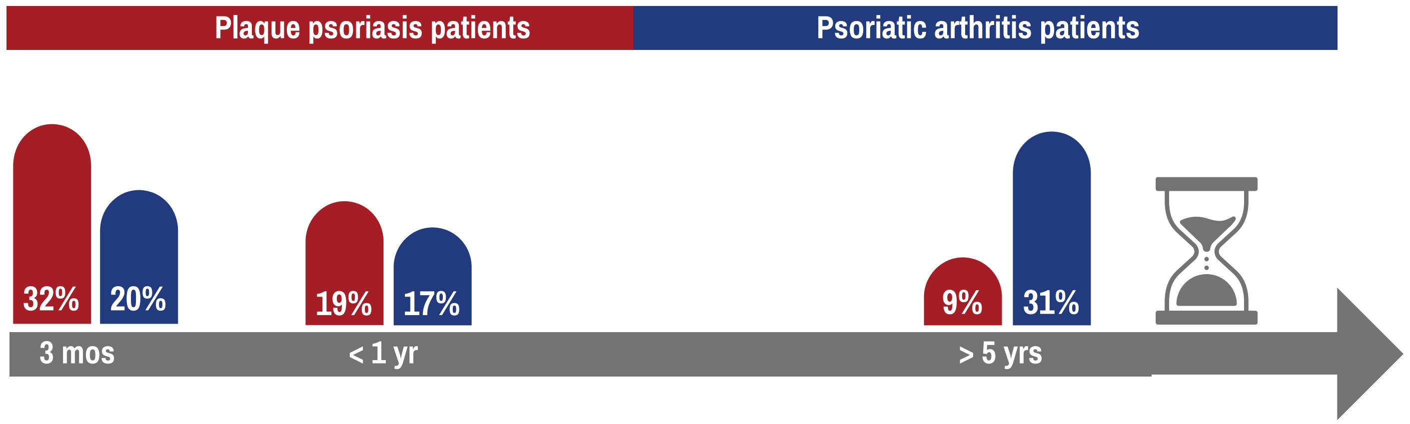
%	Impact
54%	I pick certain clothes to wear
51%	I change how I go about day-to-day life
48%	I have less confidence in myself
47%	I have lost sleep
40%	My condition has negatively impacted my romantic life
35%	Managing my condition takes too much time
26%	I don't like going out with friends

Participants with **PsO only** v participants with **PsO & PsA**:



Experiences with Getting a Diagnosis

Less common forms of psoriasis were more likely to report **longer delays** for a diagnosis



31% experienced some kind of challenge in receiving their PsO or PsA diagnosis **& those <55 yrs old** are significantly more likely to encounter any type of challenges

Top Challenges: Wrong/delayed diagnosis or prescription; Lack of access/long wait to see a specialist

Accessing Care

Participants most commonly received care from:

36% Dermatologist

33% Family Doc

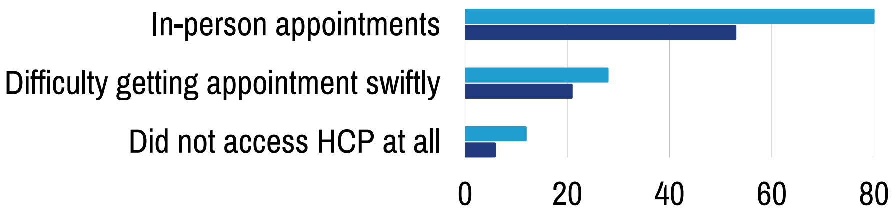
19% Rheumatologist

13% Rural | Those without a primary care provider | 5% Urban

⅓ have also accessed an allied health professional, most commonly a mental health professional

Effects of Pandemic on Care:

Pre-pandemic v post-pandemic



3 x increase in telehealth following the pandemic

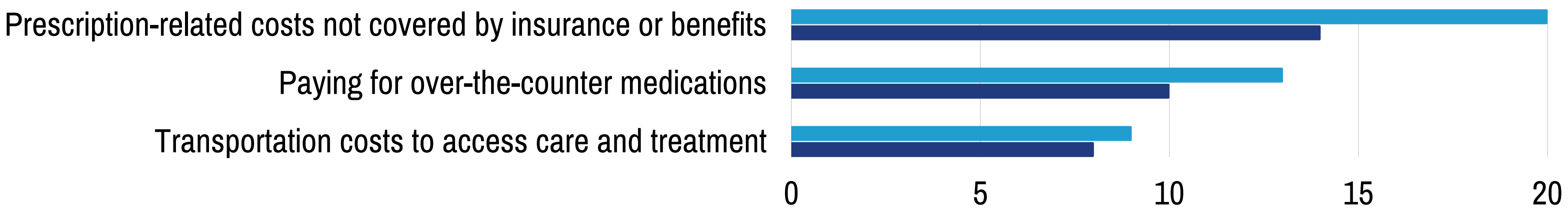
Accessing Treatment

75% of participants have some form of benefits:

- 30% Employer benefits
- 28% Public drug plan
- 27% Out of pocket
- 15% Partner's benefits

Some of the **issues with access** to treatments identified by survey participants include:

Pre-pandemic v post-pandemic



Healthcare Provider has asked participant about:

- **54% Satisfaction with treatment**
- **51% Stress**
- **51% Smoking habits**
- **50% Exercise habits**

Fewer asked participant about:

- **39% Mental health**
- **11% Family planning**
- **35% Ability to afford treatments**

54% of participants have discussed **treatment goals** with their provider, primarily: Symptom management; Medication/treatment

Few have discussed topics related to **improving their quality of life**

Experiences with Treatment

Does participant feel successful **managing symptoms?**

75% YES — **54% due to effective medication**

24% NO — **35% ineffective treatment**, **10% waiting for care**

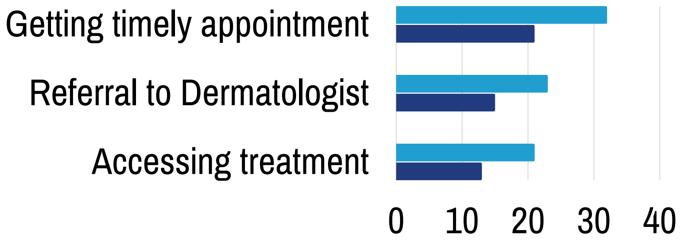
Those aged **<55** and those who are **employed** are significantly more likely to feel that they are **not successful** at managing their condition

Insights on **how treatments work** for participants:

- **82% Biologics**
- **75% JAK inhibitors, though used by few**
- **67% Steroid injections**
- **64% Phototherapy**
- **57% Apremilast**
- **58% DMARDS**
- **56% Topical combination treatments**

Challenges identified by Caregivers:

Pre-pandemic v post-pandemic



Canadian Psoriasis Network

Réseau canadien du psoriasis

Visit www.cpn-rcp.com

Methodology: An online survey, gathered from an open link (n=210) and Leger's online panel (n=603) reached 813 Canadians who are either (a) living with psoriasis / psoriatic arthritis (n=502) or (b) a caregiver for someone living with psoriasis /psoriatic arthritis (n=307). There were also n=4 patients who diagnosed themselves and were skipped to a question near the end of the survey. The survey was completed between June 1 and 16, 2022. No margin of error can be associated with a non-probability sample (i.e., an open link and a web panel in this case). For comparative purposes, though, a probability sample of 502 patients would have a margin of error of ±4.4%, 19 times out of 20, while a probability sample of 307 patients would have a margin of error of ±5.6%, 19 times out of 20.