

Treatment Pathway for Psoriasis with Phototherapy

Adults with psoriasis

Does the patient have any photosensitivity disorders or is at any risk for skin cancer?

No

Yes

Consider a non-light-based treatment approach such as topical and or systemic (non-biologic and/or biologic) therapy

Is the psoriasis generalized or localized?

Generalized

Localized

Is NB-UVB available?

Yes

No

NB-UVB (311-313 nm) +/- topical or systemic therapy

Can also be considered for guttate psoriasis
See table 1 for NB-UVB dosing and other details

BB-UVB (270-390 nm) +/- acitretin

See table 4 for BB-UVB dosing and other details

Is the patient satisfied with the treatment outcome?

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Yes No

Continue maintenance therapy
See table 2 for maintenance therapy

Change to PUVA (oral or bath) or other systemic or combination therapy
See table 3 for PUVA (oral or bath) dosing and other details

No Yes

Change to other systemic or combination therapy

Stop BB-UVB phototherapy or continue as maintenance therapy
See table 2 for maintenance therapy

Targeted UVB

Excimer laser can be used for scalp psoriasis

See table 5 for dosing and other details

Is the patient satisfied with the treatment outcome?

Yes No

Stop targeted UVB therapy or continue as maintenance therapy
See table 2 for maintenance therapy

Consider adding topical corticosteroids to excimer laser for plaque psoriasis or switch to systemic or combination therapy

Other phototherapies for localized plaque psoriasis:

- Topical PUVA
 - Can be used for palmoplantar psoriasis
- Pulse dye laser (PDL)
 - Can be used for nail psoriasis

See table 6 for dosing and other details

Is the patient satisfied with the treatment outcome?

Yes No

Stop targeted UVB therapy or continue as maintenance therapy
See table 2 for maintenance therapy

Switch to other systemic or combination therapy

Other phototherapies for generalized and localized psoriasis

Cimatotherapy

- Temporary or permanent relocation to areas of the world that provide a favorable climate and natural resources that can be utilized for disease control
- Studies have shown that climatotherapy can be effective in psoriasis treatment, but the beneficial effects may be transient

Goeckerman therapy

- Coal tar in combination with UVB phototherapy
- Safe and effective option for patients with severe or recalcitrant psoriasis