Joint AAD-NPF guidelines of care for the management and treatment of psoriasis with topical therapy and alternative medicine modalities for psoriasis severity measures.

Guideline ID: 2368 Published: 2021 Feb

American Academy of Dermatology (AAD) | National Psoriasis Foundation (NPF)

Elmets CA, Korman NJ, Farley Prater E, et al. Joint AAD-NPF guidelines of care for the management and treatment of psoriasis with topical therapy and alternative medicine modalities for psoriasis severity measures. J Am Acad Dermatol. 2021 Feb;84(2):432-470. [274 references] *PubMed*

View Original Guideline

Overview

Guideline Objective

To provide recommendations on use of topical agents and alternative medicine (AM) in the treatment of psoriasis as well as the assessment of disease severity

Patient Population

Adults with psoriasis

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Monotherapy and combination therapy treatment options, including topical corticosteroids, calcineurin inhibitors, vitamin D analogues, tazarotene, moisturizers, salicylic acid, anthralin, coal tar, and biologic and nonbiologic agent combination
- AM treatment options, including traditional Chinese medicine, herbal therapies (e.g., aloe vera, St John's wort), diet/dietary supplements (e.g., fish oil, vitamin D, curcumin, zinc, gluten-free diet), and mind/body (e.g., hypnosis)
- Use of severity measures for assessing response to treatment, including body surface area (BSA), Psoriasis Area and Severity Index (PASI), Physician Global Assessment (PGA), PGA x BSA, Psoriasis Symptom Inventory (PSI), Dermatology of Life Quality Index (DLQI), and pruritus assessment

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

No supporting documents available.

Implementation Tools

No implementation tools available.

Patient Education

- Psoriasis Resource Center.

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

Disclaimer

If you desire to use content from the original clinical practice guideline cited herein, you must contact the guideline developer directly to obtain permission rights.

ECRI's Guideline Profiles are designed to provide information and assist decision-making. Variations in practice will inevitably, and appropriately, occur when clinicians take into account the needs and preferences of individual patients, available resources, and limitations unique to an institution or type of practice. Every healthcare professional using these Guideline Profiles is responsible for evaluating the appropriateness of applying them in a clinical setting.

Copyright © 2025 ECRI