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

Is the psoriasis generalized or localized?

Yes

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

Generalized

Is NB-UVB available?

Yes

NR-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

Is the patient satisfied with the treatment outcome?

Yes

Continue maintenance therapy
See Table 2 for maintenance therapy

No

Change to PUVA (oral or bath) or other systemic or combination therapy
See Table 1 for PUVA dosing and other details

Change to other systemic or combination therapy

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

Localized

Targeted UVB
Excimer laser can be used for scalp psoriasis
See Table 1 for dosing and other details

Is the patient satisfied with the treatment outcome?

Yes

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

No

Consider adding topical corticosteroids to excimer laser to plaque psoriasis or switch to systemic and/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

Is the patient satisfied with the treatment outcome?

Yes

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

No

Switch to other systemic or combination therapy

Other phototherapies for generalized and localized psoriasis

Climatotherapy
- 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

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