Caputo GM, J Clin Dermatol Ther 2019, 5: 029
DOI: 10.24966/CDT-8771/100029

HSOA Journal of
Clinical Dermatology and Therapy

Commentary

Solving the Puzzle- Finding the Piece to Provide Peace

Gina M Caputo D.O.*

Premier Dermatology & Cosmetic Surgery, USA

Commentary

There are so many fields of medicine that cross over in dermatology. As dermatologists, it is easy to co-manage and identify the psoriasis patient with psoriatic arthritis, the patient with alopecia receiving chemotherapy for their breast cancer, and the patient on dialysis with uremic pruritus. Conversely, the patient with the bugs crawling under their skin, the itchy elderly widower and the depressed acne patient become more of a challenge. One-third of all patients in dermatology have emotional isolated skin disorders [1]. The understanding of the complex relationship between the psyche and the skin is complex, fascinating and one that puzzles many dermatologists.

Psychodermatological disorders can be classified into four different categories: Psychophysiological disorders, Primary psychiatric disorders, Secondary psychiatric disorders and Cutaneous sensory disorders. Psychodermatological disorders are true dermatologic diseases that are exacerbated by emotional stressors. Conditions like atopic dermatitis, acne, perioral dermatitis, psoriasis and hyperhidrosis are all conditions that patients often times report worsen when they are under stress. Primary psychiatric disorders, on the other hand, have no real skin disease, but instead have serious psychopathy. The classic examples of these conditions are delusions of parasitosis, dermatitis artefacta, and trichotillomania. Secondary psychiatric disorders describe psychologic disorders that patients develop in response to their dermatologic disease. Vitiligo, acne, alopecia areata, hidradenitis suppurativa and psoriasis are all dermatologic conditions that can have a significant impact on the emotional health and well-being of a patient. Cutaneous sensory disorders are akin to chronic pain syndrome. These disorders are the dysaesthesia and unpleasant sensations of biting, stinging, burning and itching without any clear etiology. Cutaneous sensory disorders oftentimes may present with or without psychiatric disturbances, but depression and anxiety are the most common co-morbid conditions [2].

***Corresponding author:** Gina M Caputo D.O., Premier Dermatology & Cosmetic Surgery, USA, Tel: +1 3026337550; Fax: +1 3026337556 E-mail: Gina.Caputo@premierdermde.com; ginacap@pcom.edu

Citation: Caputo GM (2019) Solving the Puzzle- Finding the Piece to Provide peace. J Clin Dermatol Ther 5: 029.

Received: April 08, 2019; **Accepted:** April 25, 2019; **Published:** May 02, 2019

Copyright: © 2019 Caputo G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

There is an enormous amount of pressure put on a dermatologist when a patient presents to your office, especially when they have been seen by six other physicians for their complaint. We are often a patient's last hope. If after multiple visits, an organic cause has not yet presented itself, it is important that we take the time to shake out the details as to what is the underlying cause of their complaint. It can be hard to use your "third eye" for these cases when you are 45 minutes behind and there are six drug reps in the hallway harassing you. Sometimes bluntly asking a patient about what is going on in their life or simply asking, "Are you depressed?" Is enough to gain insight? Other times, open ended questions can be equally telling such as:

- How many hours of sleep do you get a night?
- Do you find joy in your hobbies like you used to?
- What activities do you enjoy?
- Do you have a support system?

Patients just want to be heard and have their feelings validated. It can take an extra five minutes, but I have found acknowledging an acne patient's frustrations, asking a psoriasis patient how they are dealing with their disease emotionally, or simply pausing to acknowledge a patient's struggles, can help to foster a trusting, safe environment that will allow the physician to ultimately identify the issue and fix it. Another tactic I often like to employ is asking a patient what their goal of this visit is and what are their thoughts on solving it? I try to incorporate my patients into making decisions about their treatment plan (within reason), which not only empowers them, but also holds them accountable to it.

References

1. Harth W, Gieler U, Kusnir D, Tausk FA (2009). Clinical management in psychodermatology. Springer, Berlin, Germany.

2. Koo JY, Lee CS (2003). Psychocutaneous medicine. Marcel Dekker Inc., New York, USA.

Journal of Anesthesia & Clinical Care
Journal of Addiction & Addictive Disorders
Advances in Microbiology Research
Advances in Industrial Biotechnology
Journal of Agronomy & Agricultural Science
Journal of AIDS Clinical Research & STDs
Journal of Alcoholism, Drug Abuse & Substance Dependence
Journal of Allergy Disorders & Therapy
Journal of Alternative, Complementary & Integrative Medicine
Journal of Alzheimer's & Neurodegenerative Diseases
Journal of Angiology & Vascular Surgery
Journal of Animal Research & Veterinary Science
Archives of Zoological Studies
Archives of Urology
Journal of Atmospheric & Earth-Sciences
Journal of Aquaculture & Fisheries
Journal of Biotech Research & Biochemistry
Journal of Brain & Neuroscience Research
Journal of Cancer Biology & Treatment
Journal of Cardiology: Study & Research
Journal of Cell Biology & Cell Metabolism
Journal of Clinical Dermatology & Therapy
Journal of Clinical Immunology & Immunotherapy
Journal of Clinical Studies & Medical Case Reports
Journal of Community Medicine & Public Health Care
Current Trends: Medical & Biological Engineering
Journal of Cytology & Tissue Biology
Journal of Dentistry: Oral Health & Cosmesis
Journal of Diabetes & Metabolic Disorders
Journal of Dairy Research & Technology
Journal of Emergency Medicine Trauma & Surgical Care
Journal of Environmental Science: Current Research
Journal of Food Science & Nutrition
Journal of Forensic, Legal & Investigative Sciences
Journal of Gastroenterology & Hepatology Research
Journal of Gerontology & Geriatric Medicine
Journal of Genetics & Genomic Sciences
Journal of Hematology, Blood Transfusion & Disorders
Journal of Human Endocrinology
Journal of Hospice & Palliative Medical Care
Journal of Internal Medicine & Primary Healthcare
Journal of Infectious & Non Infectious Diseases
Journal of Light & Laser: Current Trends
Journal of Modern Chemical Sciences
Journal of Medicine: Study & Research
Journal of Nanotechnology: Nanomedicine & Nanobiotechnology
Journal of Neonatology & Clinical Pediatrics
Journal of Nephrology & Renal Therapy
Journal of Non Invasive Vascular Investigation
Journal of Nuclear Medicine, Radiology & Radiation Therapy
Journal of Obesity & Weight Loss
Journal of Orthopedic Research & Physiotherapy
Journal of Otolaryngology, Head & Neck Surgery
Journal of Protein Research & Bioinformatics
Journal of Pathology Clinical & Medical Research
Journal of Pharmacology, Pharmaceutics & Pharmacovigilance
Journal of Physical Medicine, Rehabilitation & Disabilities
Journal of Plant Science: Current Research
Journal of Psychiatry, Depression & Anxiety
Journal of Pulmonary Medicine & Respiratory Research
Journal of Practical & Professional Nursing
Journal of Reproductive Medicine, Gynaecology & Obstetrics
Journal of Stem Cells Research, Development & Therapy
Journal of Surgery: Current Trends & Innovations
Journal of Toxicology: Current Research
Journal of Translational Science and Research
Trends in Anatomy & Physiology
Journal of Vaccines Research & Vaccination
Journal of Virology & Antivirals
Archives of Surgery and Surgical Education
Sports Medicine and Injury Care Journal
International Journal of Case Reports and Therapeutic Studies

Submit Your Manuscript: http://www.heraldopenaccess.us/Online-Submission.php

Herald Scholarly Open Access, 2561 Cornelia Rd, #205, Herndon, VA 20171, USA.
Tel: +1-646-661-6626; E-mail: info@heraldsopenaccess.us
http://www.heraldopenaccess.us/