Psoriasis Australia

MY PSORIASIS Journey

An appointment & symptom journal

The development of this resource was made possible with the support of
Bristol Myers Squibb

THIS JOURNAL BELONGS TO:

Name:

Phone:

Email:

Emergency contact:

Keeping track of your psoriasis can feel like a full-time job. This journal is here to make that a little easier. Use it to keep everything in one place — your thoughts, appointments, questions, and progress. Bring it with you to each visit, and use it as your space to reflect, record, and notice what's changing.

Privacy note: This is your personal health record. Keep it somewhere safe. You can choose what you share with your care team.

DISCLAIMERS

This journal was developed by Psoriasis Australia with support from Bristol Myers Squibb.

It's designed to help you keep a personal record of your psoriasis journey — including your symptoms, treatments, and how you're feeling over time. Sharing your notes with your health care team can help them better understand your experience and work with you to guide your care.

It's okay if some parts don't apply to you — psoriasis looks different for everyone. Use what's most helpful for your journey.

This resource is provided for educational and support purposes only. It does not promote any specific treatment or product. It does **not** replace medical advice, diagnosis, or treatment. Always follow the guidance of your health care professional.

If you ever feel unwell, in pain, or emotionally overwhelmed, reach out for help. In an emergency, call 000.

CONTENTS

How to use this journal	5
Undertsanding psoriasis	6
Your care team	7
About You	10–13
Appointment tracker	14
Trips for communicating with care team	15
Notes & reflections	16–17
Your Appointment Journal	18–27
20 week symptom & mood tracker	28–48
Disclosures & mandatories	49

Psoriasis Australia

Psoriasis Australia is the only Australian charity at the forefront of raising awareness and understanding of Psoriatic Disease (Psoriasis – PSO and Psoriatic Arthritis – PSA) with the medical profession and wider Australian public.

We offer information, support, advocacy and education to individuals impacted by psoriatic disease, and to their families, carers and health care professionals.

WE PROVIDE:

- **Support to individuals and their families**
- **Information and referrals**
- **Education programs**
- **Peer-to-Peer support**
- **Helpline**

Contact Us

03 9999 7264

facebook.com/psoriasisaust

psoriasisaustralia.org.au

HOW TO USE THIS JOURNAL

Medical appointments can sometimes feel overwhelming, there's a lot to think about and remember. This journal helps you prepare, stay organised, and have more confident conversations with your healthcare team.

Use it to:

- Record your experiences and symptoms between visits
- Write down questions or concerns before appointments
- Capture key points discussed during visits
- Reflect on how you're feeling after appointments

You can find this journal and more resources at **psoriasisaustralia.org.au/resources.**

Before your appointment

Preparing before your appointment helps you feel confident and ensures your doctor understands what matters most to you. Use this space to write down your key questions, concerns, and anything new you've noticed since your last visit — like changes in your skin, sleep, or mood.

During your appointment

Keep this journal open during your appointment — it's your space to record what's said and agreed upon. Don't worry about writing perfectly. Just capture key details about new treatments, next steps, or follow-up dates.

After your appointment

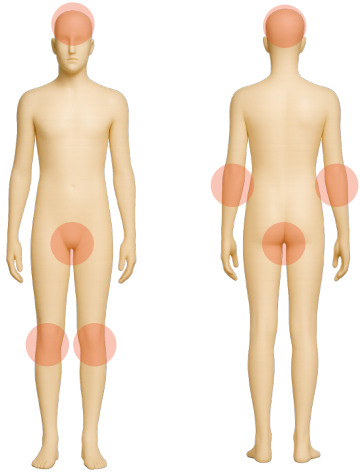
After your appointment, take a few minutes to reflect. Write down what you and your health care team decided, any changes to your plan, and how you felt about the visit. Keeping track helps you notice progress and prepare for the next step in your care.

Understanding Psoriasis

Psoriasis is a skin condition that happens when your immune system speeds up the way your skin cells grow. This causes skin cells to build up on the surface, leading to thick, scaly patches called plaques. These can be red, pink, purple, brown, or grey — depending on your skin tone.

Plaques can appear anywhere, but they're most common on elbows, knees, scalp, and lower back. Sometimes psoriasis also affects nails, causing pitting or lifting. It can itch, sting, or even crack and bleed — but it's not contagious.

Common locations of psoriasis



There's no single cause. Psoriasis can be influenced by your genes, stress, infections, or even certain medications. While there's no cure yet, there are many effective treatments that can reduce symptoms and keep skin clearer for longer.

Psoriasis affects more than just skin. It can impact how you feel, your confidence, your relationships, and even your sleep. That's why managing psoriasis means caring for both your body and your emotional wellbeing.

Did you know?

Many people find that keeping track of triggers; like stress, weather changes, or illness — helps them predict and sometimes prevent flares.

YOUR CARE TEAM

Managing psoriasis isn't something you have to face on your own. You may work with several health professionals, each bringing their own expertise to support your care. To gether, they form your care team, though not every role listed below will necessarily be part of your journey.

General Practitioner (GP): Often your first stop for medical care. They help coordinate your overall health, manage prescriptions, and refer you to specialists when needed.

Dermatologist: A skin specialist who diagnoses and treats psoriasis. They guide you through your treatment options such as creams, light therapy, tablets, and injections.

Rheumatologist: A specialist doctor who diagnoses and manages conditions that affect the joints, tendons, and spine. Some people with psoriasis may also develop joint symptoms such as stiffness or swelling, and a rheumatologist can assess and help manage these if they occur.

Pharmacist: Offers advice on how to use your medications safely, checks for interactions, and helps with over-the-counter products like moisturisers and shampoos.

Physical Therapist: Supports movement, flexibility, and strength, especially if stiffness or pain makes exercise difficult.

Nutritionist or Dietitian: Helps you make food choices that may support your overall health, maintain a healthy weight, and reduce inflammation.

Mental Health Professional: A psychologist, counsellor, or therapist who helps you manage anxiety, stress, or body-image concerns linked to psoriasis.

Nurse or Nurse Practitioner: Provides education about treatment application, monitors progress, and helps connect you with additional support.

Allergist/Immunologist: Consulted if allergies or immune issues contribute to flare-ups or if your psoriasis behaves differently from typical patterns.

Other: This might include complementary therapy practitioners, occupational therapists, or social workers who can offer lifestyle and emotional support.

Use the next pages to write down the names and contact details of the people supporting you.

YOUR CARE TEAM

Fill in your team's details here. This helps you remember who's who and how to reach them quickly when you need to.

Role	Name	Location	Phone/Email
GP			
Dermatologist			
Rheumatologist			
Pharmacist			
Physical Therapist			
Nutritionist or Dietitian			
Mental Health Professional			
Nurse or Nurse Practitioner			
Allergist/ Immunologist			

BEFORE YOUR APPOINTMENT

Being well-prepared for your medical appointment ensures that you make the most of your time with your health care professional. It allows you to communicate your concerns clearly, provide necessary background information, and ask informed questions about your condition and treatment options. This section will help you organise your medical history and document your symptoms.

ABOUT YOU

These pages are all about you. Psoriasis affects everyone differently, and understanding your story helps your care team support you better.

When I was diagnosed: .....

My type of psoriasis (if known): .....

Other conditions I manage: .....

Are you allergic to any medications or other things?

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What is normal for you? Record your everyday experiences here. It is easy to get used to living with symptoms that you shouldn't have to.

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My Triggers: Use this space to record things that trigger symptoms for you (e.g., stress, certain foods, weather changes, skin injury).

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What helps you in a flare? Record things that have made you feel better. It can help to have a plan of action that you've developed with your doctor or specialist.

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Medication & Treatment History

Tracking your treatments helps you and your care team see what's working, what isn't, and how your psoriasis changes over time. It also prevents repeating medicines that didn't help and supports more informed, personalised care.

Current Medications (include prescriptions, over-the-counter medicines, vitamins, and supplements)

Medication	What it's for	Dosage

Past Treatments for Psoriasis

Medication/Treatment	How long I used it	How it worked for me

My Goals for My Health

Set goals for what you want out of your treatment. This will help you discuss what is important to you with your medical team.

My short-term goal (for the next 3 months) is:

My long-term goal (for this year) is:

One thing I want my treatment to help me with is:

Success for me would look like:

What Matters to You?

Psoriasis affects more than just your skin and joints. Tick the boxes next to anything that is bothering you so you can share it with your doctor.

Understanding My Condition

- How my psoriasis might affect me long-term ☐
- If other health conditions are linked to psoriasis ☐
- Understanding my diagnosis better ☐

Symptoms

- Itch ☐
- Plaques or skin patches ☐
- Joint or bone pain ☐
- Flaking or scaling ☐
- Sleep Problems ☐

Mental & Emotional Health

- Sadness or depression ☐
- Anger or frustration ☐
- Feeling self-conscious or worried about my appearance ☐
- Feeling lonely or isolated ☐
- Feeling frustrated with my treatment ☐
- Worries about the cost of care ☐

Relationships & Social Life

- Impact on my relationships with family or friends ☐
- Challenges with sex or intimacy ☐
- Difficulty explaining my condition to others ☐

Daily Life

- Impact on my ability to do physical activities ☐
- Impact on my work or school ☐
- Challenges with daily tasks ☐
- Questions about diet or nutrition ☐
- Interest in complementary therapies ☐

My Appointment Tracker

This section helps you keep track of upcoming visits, follow-ups, and tests. Use it to plan ahead and make sure nothing slips through the cracks.

Date/Time	Health care Professional	Purpose of Visit	Location

Tips on Communicating with Your Care Team

- **Be Honest and Open:** Share details about your symptoms, even if they seem minor. Discuss how psoriasis affects your daily life and emotional well-being.
- **Ask Questions:** Don't hesitate to clarify medical terms or ask for more information. Ensure you fully understand your treatment plan.
- **Take Notes:** Write down important points during appointments to remember details later.
- **Stay Proactive:** Inform your care team about any new symptoms or side effects promptly.
- **Your feelings are valid.** Don't let what you're going through be dismissed. Be clear about your needs toget the most out of your time.

Tips on Communicating with Your Care Team

Here are some ideas to get you started. Pick the ones most relevant to you.

About My Diagnosis

- What type of psoriasis do I have?
- How severe is my condition right now?
- Could my psoriasis be affecting my joints or other parts of my body?

About My Treatment Plan

- What are the goals of this treatment? What results can I expect?
- What are the pros and cons of this treatment option?
- How long will it take to see results?
- What are the most common side effects? What should I do if I experience them?
- Are there any other treatment options we could consider now or in the future?

About Daily Life

- Are there any lifestyle changes (like diet or exercise) that could help me?
- How can I best manage flare-ups when they happen?
- Where can I find reliable information and support organisations?

Before You Leave Your Appointment

Check that you know what will happen next. These questions may help:

- What should I do if I experience a flare-up?
- How long will it take for the medication to start working?
- Are there any side effects I should be aware of?
- Who can I contact for help, and what are their contact details?

Notes & Reflections

Notes & Reflections

YOUR APPOINTMENT JOURNAL

Sometimes it helps to see how all the pieces fit together.

This section shows you how to use the "Before," "During," and "After" pages for each of your appointments — so everything you need is in one place.

Think of it like your personal story of progress. Over time, these pages help you and your care team see what's working, what's changing, and how you're feeling along the way.

How this section works

Each appointment uses two pages side-by-side:

- The left page is for notes before your appointment — your goals, questions, and how you've been feeling.
- The right page is for what happens during and after your appointment — what was discussed, what to try next, and follow-up plans.

Tips for getting the most out of it

- **Be honest:** Write how you truly feel, not just what you think your doctor wants to hear.
- **Keep it simple:** Short notes or bullet points are fine.
- **Use numbers:** Track symptoms (0–10) for quick comparisons.
- **Reflect:** After the appointment, take a few minutes to jot how it went and what you want to focus on next time.

Before your appointment: ___/___/___

Who am I seeing?: .....

When?: .....

My Top 3 Questions for This Appointment:

1. .....

2. .....

3. .....

My Main Concerns to discuss are:

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My mood this week has been (circle one):

Very Poor Poor Neutral Good Very Good

My itch severity has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

My Pain Severity Has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

After your appointment: __/__/__

How did the appointment go?

What are the next steps?

My health professional agreed to:

I've agree to:

New questions I have:

Additional Notes:

Before your appointment: ___/___/___

Who am I seeing?: .....

When?: .....

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After your appointment: __/__/__

How did the appointment go?

What are the next steps?

My health professional agreed to:

I've agree to:

New questions I have:

Additional Notes:

20 WEEK SYMPTOM & MOOD TRACKER

Week 1

Week of: ___/___/___

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

Tracking your symptoms weekly can help you and your doctor see patterns over time. Use the body diagrams to mark where you are feeling symptoms.

Key for Body Diagrams:

- **Shade** areas with plaques/patches
- Mark **P** for pain
- Mark **I** for itch
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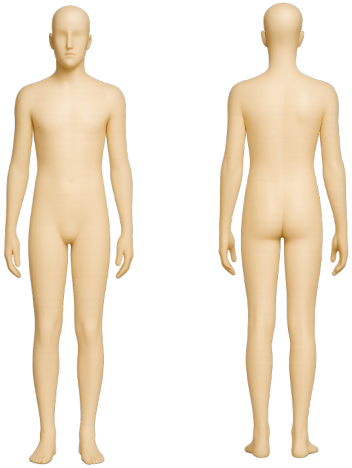

Symptoms: .....

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Week 2

Week of: __/__/__

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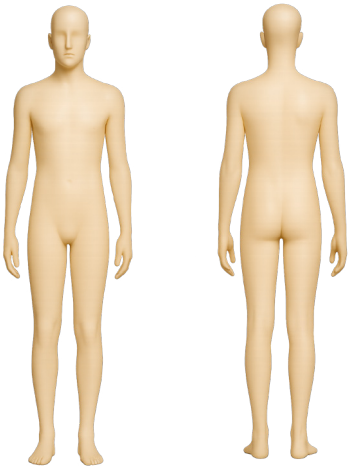

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Week 3

Week of: __/__/__

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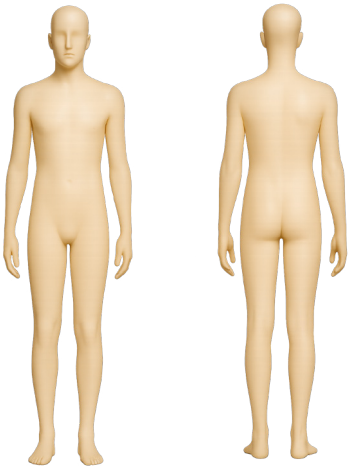

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Week 4

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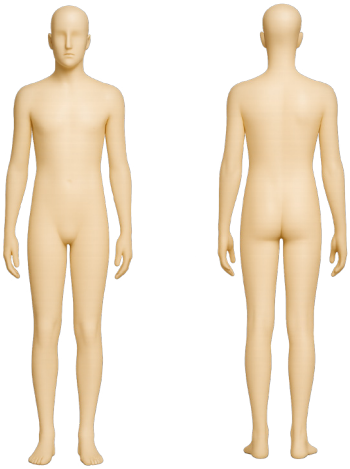

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Week 5

Week of: __/__/__

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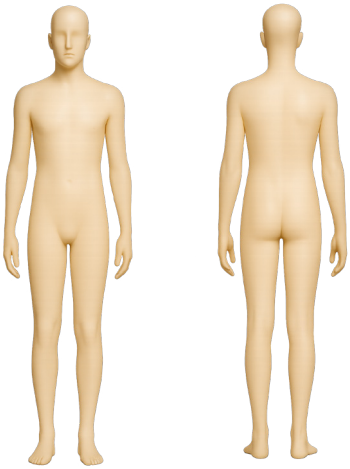

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Week 6

Week of: __/__/__

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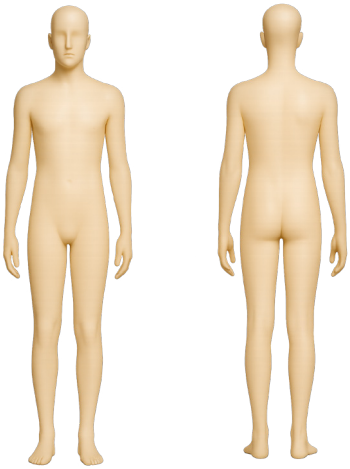

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Week 7

Week of: __/__/__

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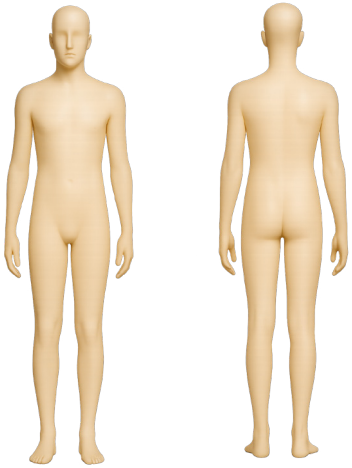

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Week 8

Week of: ___/___/___

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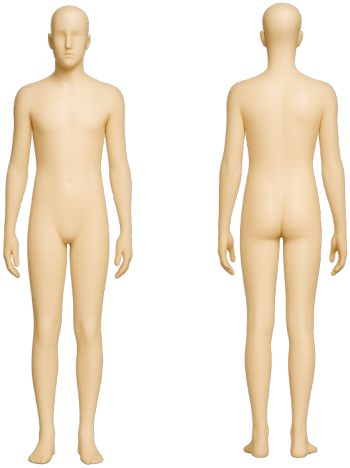

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Week 9

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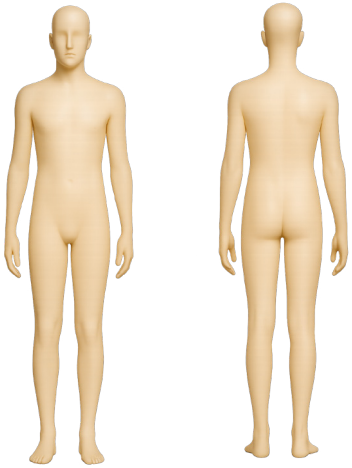

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Week 10

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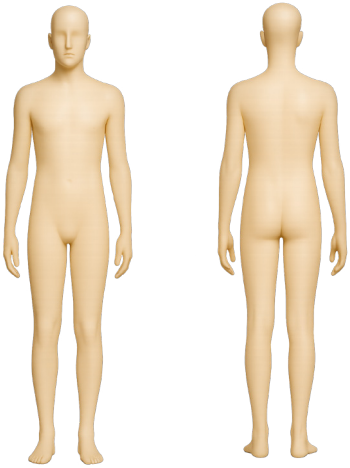

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Week 11

Week of: __/__/__

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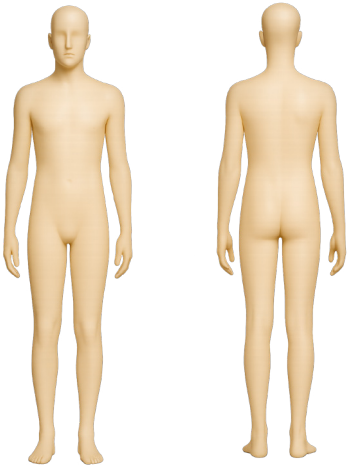

Symptoms: .....

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My mood this week has been (circle one):

Very Poor Poor Neutral Good Very Good

My itch severity has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

My Pain Severity Has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

Week 12

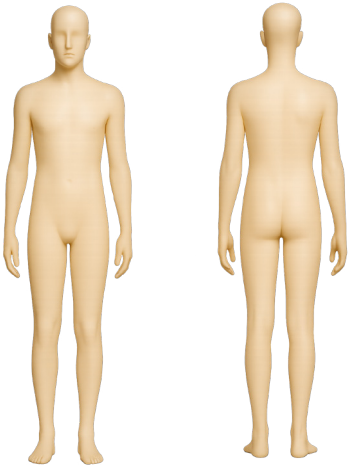
Week of: __/__/__

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

Tracking your symptoms weekly can help you and your doctor see patterns over time. Use the body diagrams to mark where you are feeling symptoms.

Key for Body Diagrams:

- **Shade** areas with plaques/patches
- Mark **P** for pain
- Mark **I** for itch
- Mark **J** for joint pain



Symptoms: .....

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My mood this week has been (circle one):

Very Poor Poor Neutral Good Very Good

My itch severity has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

My Pain Severity Has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

Week 13

Week of: ___/___/___

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

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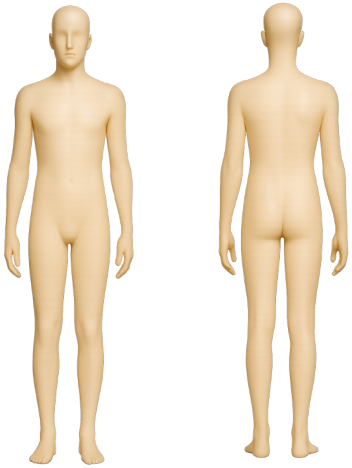

Symptoms: .....

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My Pain Severity Has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

Week 14

Week of: ___/___/___

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

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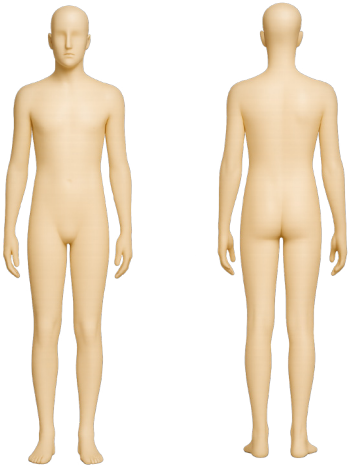

Key for Body Diagrams:

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Symptoms: .....

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My Pain Severity Has been (circle one):

1 (Mild) 2 3 (Moderate) 4 5 (Severe)

Week 15

Week of: ___/___/___

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

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Key for Body Diagrams:

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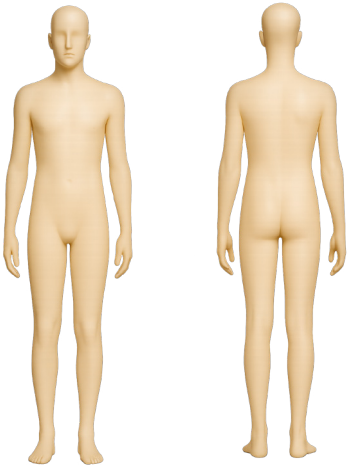

Symptoms: .....

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Week 16

Week of: ___/___/___

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

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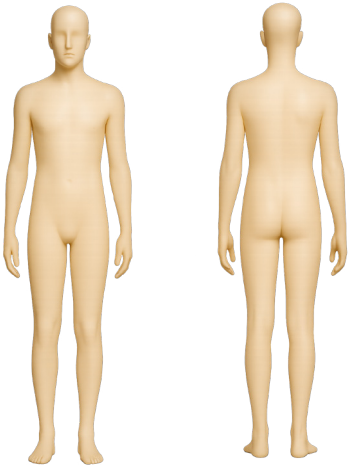

Symptoms: .....

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Week 17

Week of: ___/___/___

Important: Do not stop or change your treatment without first talking to your doctor. Doing so may affect your condition or how well your medicine works.

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Key for Body Diagrams:

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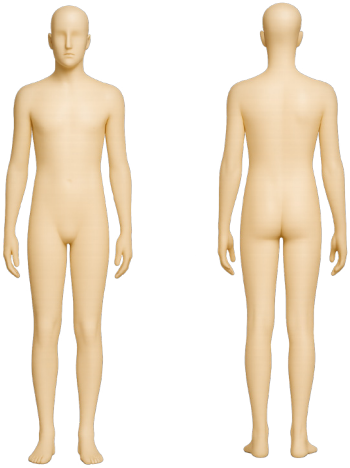

Symptoms: .....

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Week 18

Week of: ___/___/___

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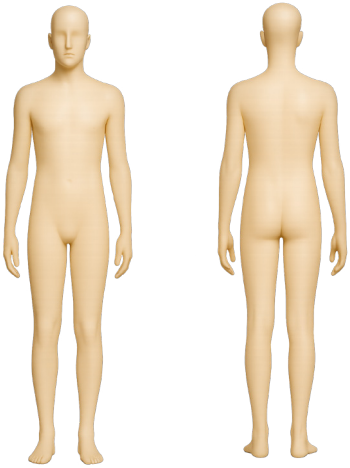

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Symptoms: .....

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Week of: ___/___/___

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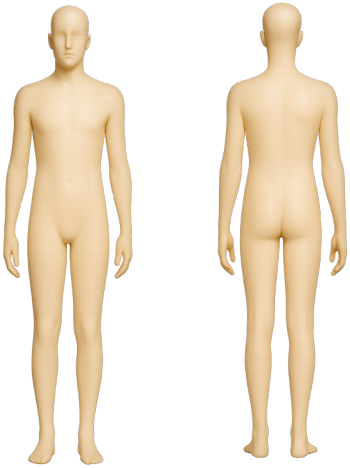

Symptoms: .....

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Week 20

Week of: ___/___/___

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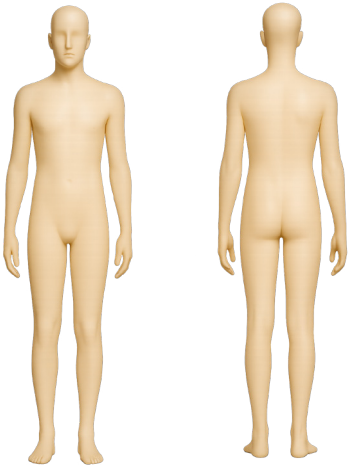

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Disclosures

Important Medical Information

This journal is designed as a tool to help you track your health and communicate with your health care team. It is not intended to replace professional medical advice, diagnosis, or treatment. Always consult with your health care provider about any questions or concerns you may have regarding your condition.

Collaboration Statement

This patient journal has been developed through a collaboration between Psoriasis Australia and Bristol Myers Squibb. The content has been designed to support patients in managing their psoriasis journey and improving communication with their health care providers.

Data Privacy

This journal contains personal health information. Please store it securely and share only with your health care team or trusted individuals involved in your care. You have full control over how and with whom you share this information.

Emergency Information

If you experience severe or concerning symptoms, do not rely solely on this journal. Contact your health care provider immediately or seek emergency medical attention if needed.

Resources and Support

- **Psoriasis Australia:** You can find this journal and more resources at **psoriasisaustralia.org.au/resources.** To learn more about psoriasis, connect with support groups, and access educational materials, visit **psoriasisaustralia.org.au.**
- **Bristol Myers Squibb:** For medical information about Bristol Myers Squibb medications, consult with your health care provider or contact BMS Medical Information on 1800 067 567 or medinfo.australia@bms.com.

Version Information

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