

The concept of Patient Centred Approach in chronic skin disease (PCA)

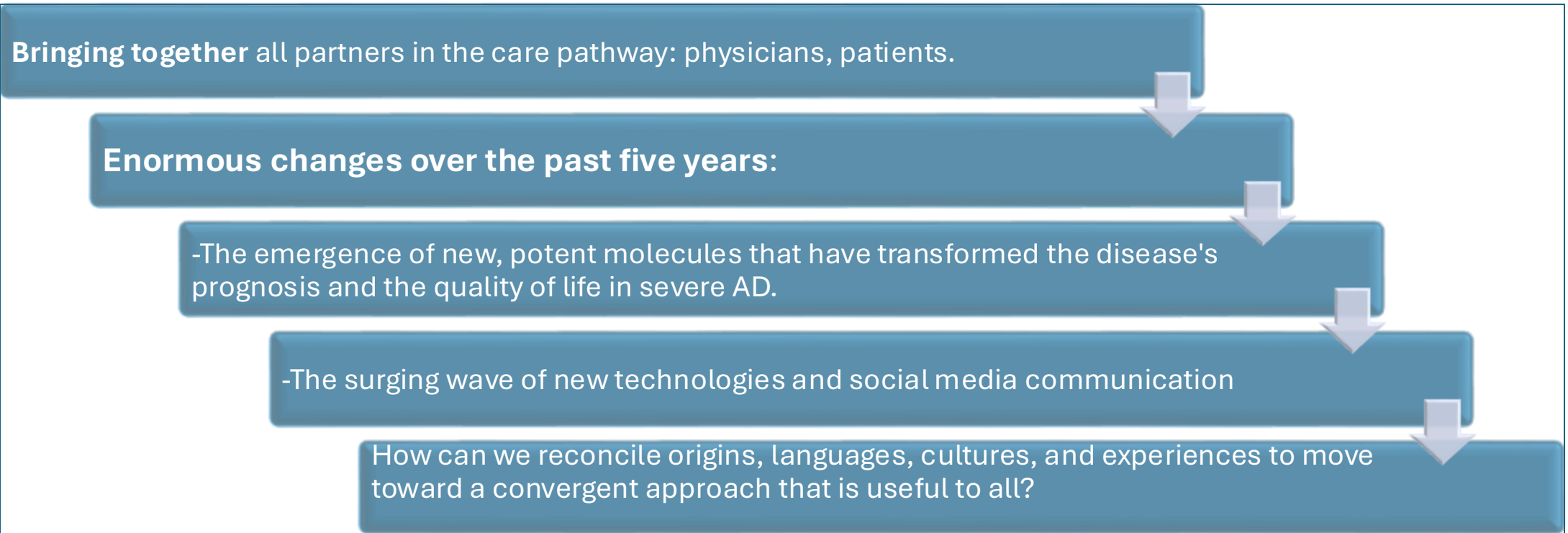
Objective: To present an overview of PCA in AD

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Joining partners in the care pathway



What is a PCA?



Chronic skin diseases are among the most prevalent long-term health conditions worldwide.



Their impact extends far beyond the physical manifestations



Traditional **biomedical models of care** focusing only on disease control



The **patient-centered approach** (PCA) has emerged as an essential paradigm in dermatology.



Today PCA focuses **not only on symptoms but also on the patient's priorities, value and lived experience**

Why a patient-centered approach?

Chronic nature and overall impact

Chronic skin diseases are *not limited to visible symptoms but consider a whole person approach and not just the disease.*

👉 This justifies an approach that considers the *whole person*, not just the disease

Treatment adherence depends on skills that the patient must acquire

Dermatological treatments are often long, demanding, expensive

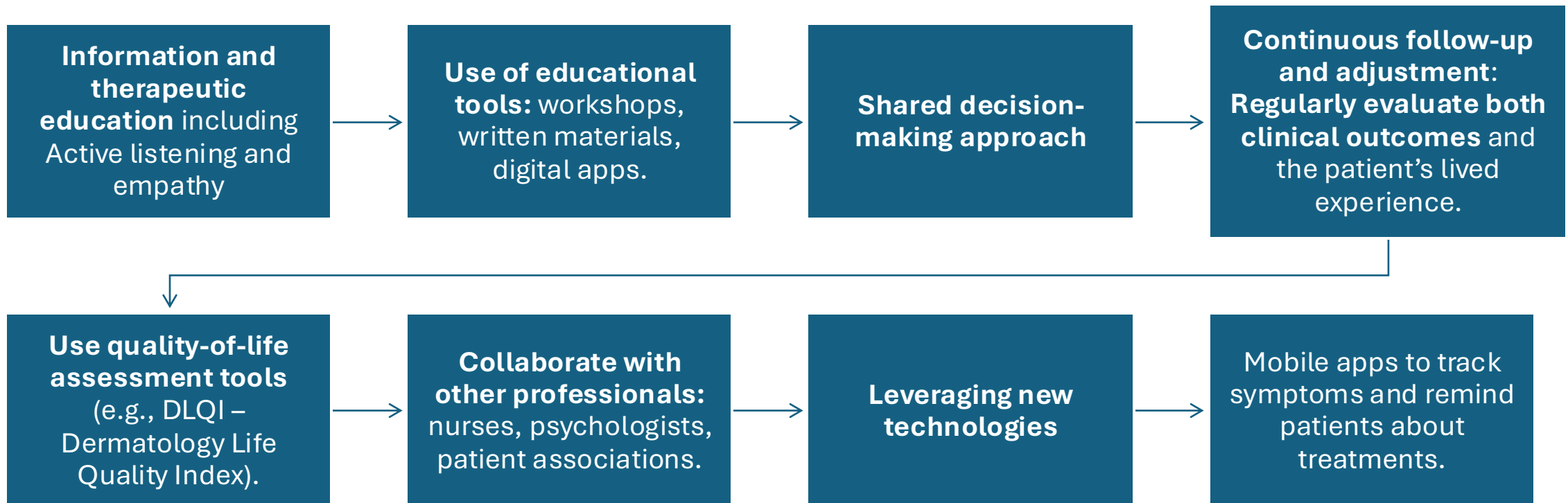
👉 *A patient-centered approach improves understanding, motivation, and adherence, leading to better outcomes.*

Personalization of care

Every patient has different priorities, experiences, lifestyles, and expectations. .

👉 *Listening and adapting treatment to individual needs enhances both satisfaction and quality of life.*

How to **implement** this approach?



Does PCA still have its place with the arrival of new eczema treatments?

Alongside traditional topical treatments, new systemic therapies (biologics, JAK inhibitors) are powerful and effective tools.



- The focus is on the lived experience: sleep, itching, and social impact.



New systemic therapies enrich, but do not replace, the holistic care model.

A patient-centered approach in chronic skin diseases aims to:

Understand the person beyond the disease,

Enhance treatment adherence,

Thanks to personalized care,

Promote autonomy and improve quality of life.

**It relies on a strong therapeutic alliance, clear communication,
and collaborative follow-up.**