

My Planned Care Patient Information Platform

Dermatology – Waiting well

Introduction

Dermatology deals with the investigation, diagnosis and management of people living with Acne, skin allergy, Eczema, Psoriasis, and other skin diseases. If you are on the waiting list to be seen by a Dermatologist there are some things you can do in the intervening period to keep yourself well.

Guidance for Patients

Whilst you are waiting for your appointment it is a good idea to keep track of your symptoms, when you experience them and what sorts of things seem to make them better or worse, as your doctor will ask you about this. You might like to keep a symptom journal so that you have a good record of this. Your doctor will also ask you about your medical history, family history of similar issues and any medication you are taking, so it is a good idea to think about this before your appointment.

The British Association Of Dermatologists (BAD) website has information booklets and videos available online via the following links. The information booklets will help you understand more about skin conditions and what can be done about them. Where possible they advise you on what you can do on a day to day basis to help with your skin condition:

www.bad.org.uk

Other good sources of information include

- www.acneacademy.org.uk
- www.psoriasis-association.org.uk
- www.eczema.org.uk

We know that lifestyle changes such as stopping smoking and eating well can help. There is lots of information on eating well, exercise and lifestyle changes on the following link:

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

What should I do if my health is deteriorating?

GP surgeries are still open

Please contact your GP surgery for advice if you feel your condition is deteriorating.

GP surgeries are still open but may be working differently to how they did before the COVID-19 pandemic. GP practices are utilising telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

GP surgeries can contact the Dermatology department for advice if needed.

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Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.