

# Pippa's Psoriasis

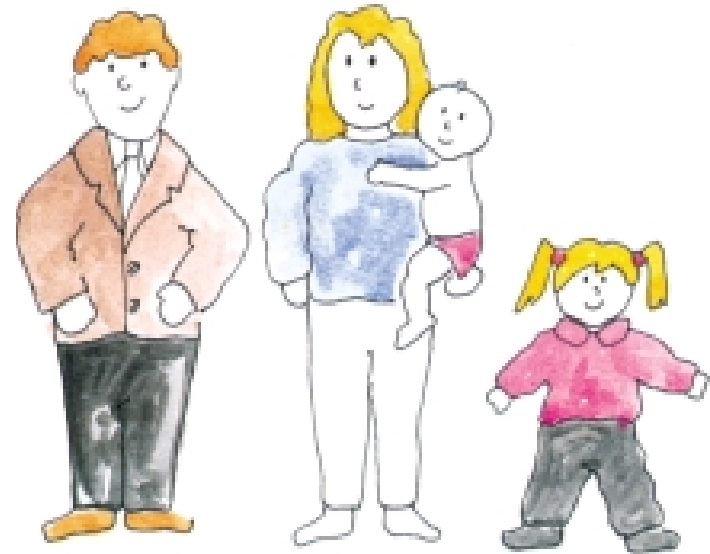


*By Dawn Goy*

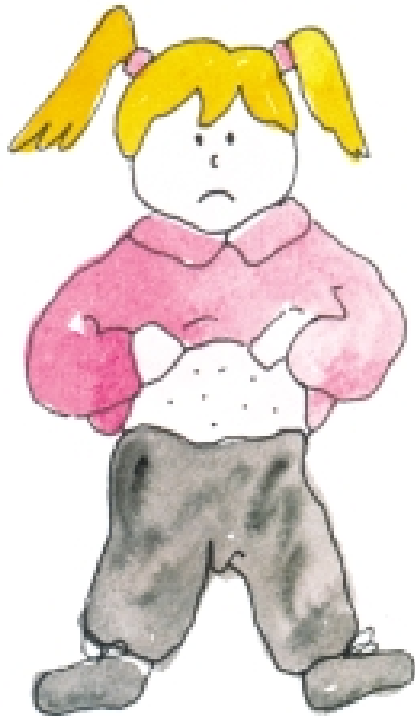
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**H**ello my name is Pippa.  
I want to tell you a story  
all about me and a rash that I have  
on my skin.

Meet my family. This is my mum,  
my dad and my baby sister Becky.



One day my mum noticed small, red flaky spots all over my tummy.



We went to see the Doctor who said I had psoriasis. The doctor said not to worry because there was a “skin doctor” at the hospital and a special nurse who would tell me about my psoriasis and how to get my skin better.



**W**e made an appointment at the hospital to see the “skin doctor” who then arranged for me to see the special nurse, whose name is Dawn.



**S**pecial nurse Dawn talked to me and explained all about psoriasis. Nurse Dawn has a doll to help show me and my mum how to put my treatments on. We had lots of time to talk and ask questions.

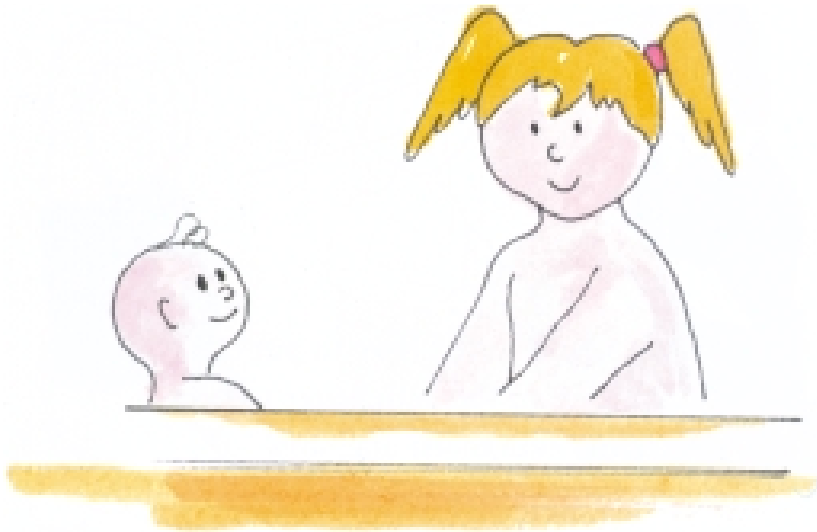
**N**urse Dawn showed my mum  
how to put my creams and  
ointments on.



**A**t bath time I have to put oily  
stuff in the bath water to help  
keep my skin moist and soft.

**B**ecky can have a bath with me because my spots are not catching.

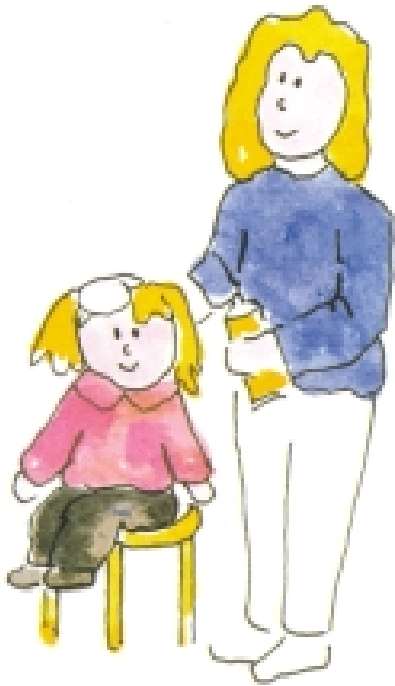
The oily stuff keeps her skin moist and soft too!



**A**fter my bath mum helps me put my creams and ointments on.



**I** have a different lotion which my mum rubs into my hair at bed time. We wash it out next morning with shampoo.



**S**ometimes if my spots need messy ointments I wear a cotton suit to keep the ointment on my spots. Nurse Dawn showed mum and dad how to put my suit on.



**M**um went to my school to see the teachers and explain to them about my psoriasis and my special creams and ointments.



**I** can go to school and play with everyone. I can do everything my friends can do.





**I**t is nice to have my special nurse Dawn. She is always there to help.



# My Psoriasis

My name is

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My nurse's name is

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My skin doctor is called

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# My Psoriasis

When I have a bath we put  
oily stuff in the water called

.....

I wash myself with cream  
called .....

..... helps me put my  
special cream on my spots.

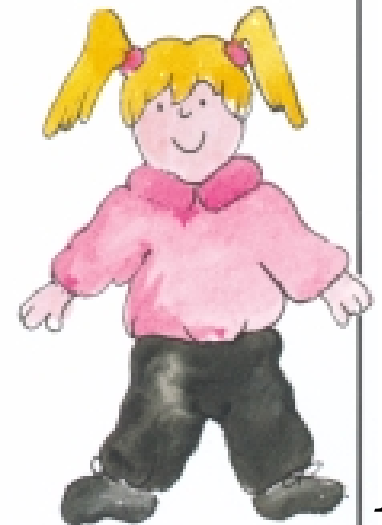
My special creams are called

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# Notes





Dawn Goy is a dermatology nurse specialising in psoriasis care for adults and children at Dewsbury and District Hospital, Dewsbury Healthcare NHS Trust, Dewsbury, West Yorkshire.



Pippa's Psoriasis is kindly sponsored by Leo Pharmaceuticals.