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CME examination

Identification No. JD0119

January 2019 issue of the Journal of the American Academy of Dermatology.

Kaushik SB, Lebwohl MG. J Am Acad Dermatol 2019;80:43-53.

Directions for questions 1 and 2: Choose the single best response.

A 42-year-old man is diagnosed with plaque psoriasis affecting >15% of his body surface area. He is a corporate consultant and frequently travels internationally for work. You plan to start him on ustekinumab because of its convenient dosing schedule. You conduct all screening investigations and he has a positive QuantiFERON test but a normal chest radiograph.

1. What is the next best step for management?
 - a. Multidrug therapy for his tuberculosis for ≥ 12 months before starting any systemic drug
 - b. Nine months of isoniazid prophylaxis, but he can be started on the systemic drug after 1 to 2 months of prophylaxis
 - c. Because the chest radiograph is negative, he can be started on systemic psoriasis drugs without any need for prophylaxis
 - d. He is not a good candidate for systemic therapy and should be managed with topical drugs only
 - e. He should be switched to some other systemic agent

A 29-year-old woman who is 16 weeks pregnant presents to your clinic with psoriasis affecting >12% of her body surface area. She wants to discuss the available treatment options for her as she feels miserable and states that psoriasis is adversely affecting her quality of life.

2. Which of the following drugs is the preferred agent to treat moderate to severe psoriasis during pregnancy?
 - a. Infliximab
 - b. Acitretin
 - c. Methotrexate
 - d. Certolizumab
 - e. Topical steroids