



Woodbridge Dermatology
& Laser Centre

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Patient Name: _____

Date: _____

PATIENT CONSENT AND RELEASE FORM FOR UV THERAPY

WHY NB UVB (Narrow Band)?

It has been shown that repeated exposure to NB UVB light (311nm) from an artificial source can be effective simple treatment for clearing psoriasis.

It can be used for mild to severe psoriasis in children and adults. Mild redness of the skin often occurs in order to obtain maximal flattening and clearing of the lesions. It can also be used for VITILIGO, chronic eczema and severe itching (pruritus). It can also be used in conjunction with topical therapy.

THE PROCEDURE

You will visit the physician normally three (3) times a week for an average of 20-30 treatments to clear the psoriasis. You will be exposed in the light box to ultraviolet B radiation. The initial exposure will last 15-30 seconds, depending on your skin type and with each subsequent exposure, the length of time will increase until your skin turns pink. At this point, the exposure time will remain constant until the pinkness fades and further increases in the amount of NB UVB can start again. NB UVB for Vitiligo will require months of therapy.

Topical lubricants may be used to enhance the effectiveness of NB UVB.

EXPECTED BENEFITS OF NB UVB THERAPY

- Varies with each patient.
 1. Improvement in existing lesions.
 2. Reduction in new lesions.
 3. Remission. This can occur in many cases. Your skin may remain clear of psoriasis after stopping treatment for 5-12 months. Treatment can be resumed if lesions reappear. Some patients have maintenance therapy after clearing is achieved to prolong the remission.

PRECAUTIONS

1. Sunscreens SPF 30 can be used on uninvolved skin.
2. Eye protection and goggles.
3. Genitals and other sensitive areas protected with clothing or zinc oxide.

RISKS AND SIDE EFFECTS OF NB UVB THERAPY

Short Term

1. Psoriasis may temporarily worsen before getting better.
2. Itching.

3. Sunburn-type reaction: pink to red skin.
4. Suntan.

Long Term (to chronic exposure)

1. Aging of skin.
2. Freckles.
3. Unknown.
4. Risk of skin cancer is a possibility, but very low risk with NBUVB as opposed to UVA radiation or chronic sun exposure.

ALTERNATIVE METHODS OF TREATMENTS

1. Topicals:
 - A) Steroids
 - B) Dovobet
 - C) Other:
2. Systemic Therapy:
 - A) Methotrexate, Retinoids
 - B) Biologics
 - C) Other:

EXPECTED BENEFITS OF ALTERNATIVE METHODS OF TREATMENT

All of the alternative methods of treatment have been shown to be effective for some patients with photo-responsive skin disease. No one method of treatment has been shown to be effective of all patients.

CONSENT

I am aware that I need to come on a regular basis to see results. I have carefully read and fully understand the above information regarding NBUVB therapy and alternative methods of treatment. I also understand that no one knows the long-term effects of NBUVB therapy. I realize that the treatment does not cure photo-responsive skin disease and that I may have to undergo years of therapy in order to maintain results.

I am aware that I need to wear protective eye goggles during each treatment.

I authorize my doctor, Dr. Gail Nield, M.D., FRCPC, to prescribe for me the NBUVB therapy. This authorization extends to associates, including other physicians and assistants selected to carry out the NBUVB therapy. I understand that I am free to withdraw my consent and stop the NBUVB therapy at any time.

Patient Signature: _____ Date: _____

If signed by someone other than the patient, complete the following:

→ The signer's relationship to the patient: _____

→ The reason why the patient did not sign: _____