

Amerikaans UVB TL-01 schema voor psoriasis (AAD) (J/cm²)						
Huidtype:	I	II	III	IV	V	VI
Start:	0.30	0.30	0.50	0.50	0.80	0.80
Ophogen:	20%	20%	20%	20%	20%	20%
1	0.30	0.30	0.50	0.50	0.80	0.80
2	0.36	0.36	0.60	0.60	0.96	0.96
3	0.43	0.43	0.72	0.72	1.15	1.15
4	0.52	0.52	0.86	0.86	1.38	1.38
5	0.62	0.62	1.04	1.04	1.66	1.66
6	0.75	0.75	1.24	1.24	1.99	1.99
7	0.90	0.90	1.49	1.49	2.39	2.39
8	1.07	1.07	1.79	1.79	2.87	2.87
9	1.29	1.29	2.15	2.15	3.44	3.44
10	1.55	1.55	2.58	2.58	4.13	4.13
11	1.86	1.86	3.00	3.00	4.95	4.95
12	2.00	2.00	3.00	3.00	5.00	5.00
13	2.00	2.00	3.00	3.00	5.00	5.00
14	2.00	2.00	3.00	3.00	5.00	5.00
15	2.00	2.00	3.00	3.00	5.00	5.00
16	2.00	2.00	3.00	3.00	5.00	5.00
17	2.00	2.00	3.00	3.00	5.00	5.00
18	2.00	2.00	3.00	3.00	5.00	5.00
19	2.00	2.00	3.00	3.00	5.00	5.00
20	2.00	2.00	3.00	3.00	5.00	5.00

Bron:

Elmets CA, Lim HW, Stoff B, Connor C, Cordoro KM, Lebwohl M, Armstrong AW, Davis DMR, Elewski BE, Gelfand JM, Gordon KB, Gottlieb AB, Kaplan DH, Kavanaugh A, Kiselica M, Kivelevitch D, Korman NJ, Kroshinsky D, Leonardi CL, Lichten J, Mehta NN, Paller AS, Parra SL, Pathy AL, Farley Prater EA, Rupani RN, Siegel M, Strober BE, Wong EB, Wu JJ, Hariharan V, Menter A. Joint American Academy of Dermatology-National Psoriasis Foundation guidelines of care for the management and treatment of psoriasis with phototherapy. *J Am Acad Dermatol* 2019;81(3):775-804.