THE MULTI-FACETED BURDEN OF ATOPIC DERMATITIS

WHAT CAUSES IT?


DOMINOES...


PSYCHE CAN INFLUENCE EVERYTHING
Psychoneuroimmunology

* When stressed, patients with AD had an increase in IL-4 levels from stimulated peripheral blood lymphocytes compared with healthy controls.
* High trait anxiety was positively correlated with serum IgE levels.
* Patients with AD report a close relationship between emotional distress, pruritus, and scratching. 81% of patients report that psychological stress aggravates their pruritus.

Stress and Sleep

- Stress can worsen AD and directly slow healing skin barrier (Muizzuddin, 2003).
- Psychosocial stress and sleep deprivation disrupt skin barrier function in healthy patients (Altemus, 2001).

Impacts

- Adherence: Perhaps the most important contributory factor to treatment success...
- Barriers: Time constraints, unclear or difficult-to-follow instructions, medication phobia, cost/access.

Educational Programs

- My continue to play a key role in the preparation and interactive nature of the doctor-patient relationship.
- Unfortunately, this approach seems to be lacking, especially in the management of chronic disease.
- Time constraints prevent the doctor alone from providing all the appropriate care needed by patients and caregivers.
- We need more time and more support!

Educational Programs: Evidence

- Patient and Parent Education leads to improvement of self-management skills and self-efficacy.
- Promotion of a better outcomes of AD among parents and caregivers.
- Reduction of treatment costs and secondary prevention of comorbidities, including respiratory and mental health conditions.

Example Eczema Action Plan

**When Flaring (Itchy, Red, Oozing):**
- AM: 
  1. Apply mometasone to the eczema areas
  2. Apply moisturizer liberally
- PM: 
  1. Wash with Gentle Cleanser
  2. Apply mometasone to the eczema areas
  3. Apply moisturizer liberally

**Do this for several days (up to 1 week) until better…**

Study

- 17 adult patients or caregivers
- 19 in control group = verbal instruction (VI) only
- 18 in intervention group = written Eczema Action Plan (EAP) given
- Pre- and Posteducation questionnaires given

Results

- The written EAP was better than the verbal instruction in terms of:
  1. Reducing anxiety about the plan (p < .01)
  2. Increasing understanding of:
     1. The treatment regimen (p < .02)
     2. The risks/benefits of the treatments (p < .02)
  3. Adjusting the medication based on disease severity and anatomical site (p < .01, p < .03)
ADHERENCE

Perhaps the most important contributory factor to treatment success...

- Barriers
  - Time constraints
  - Unclear or difficult to follow instructions
  - Medication phobia
  - Cost/access


STRATEGIES

- Shared Decision Making
- Consistent messaging across providers
- Frequent follow-up visits
- Patient/parent education
- Give specific skin care instructions
- Prescribe adequate quantities
- Monitor medication use
- Electronic reminders (eg, email, text messages)
- Experience positive outcomes


THANK YOU FOR PARTICIPATING IN THIS ACTIVITY.


THANK YOU!