

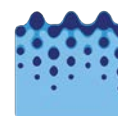
Dermatology Literary Review

January to March 2020

Title	Publication	Date	Overview
Pruritus in the elderly population	Dermatology in Practice, Vol. 26, No. 1, pages 4-10.	Spring	Article discusses how the prevalence of chronic pruritus increases with age. It shares common basic self-care principles for patients to give symptomatic relief of itch. These include avoiding hot water for washing, substituting perfumed soaps and bubble baths with mild soap-free cleansers and emollients, spending less than 20 minutes in the bath and avoiding excessive showering. It also suggests that skin should be patted dry rather than rubbed and that emollients are applied twice daily to keep the skin adequately hydrated and reduce the sensation of itch.
Pilot study of a customized nanotextile wet garment treatment on moderate and severe atopic dermatitis: a randomized clinical trial	Pediatric Dermatology, Vol. 37, No. 1, pages 52-57.	Jan/Feb	Article discusses the benefits of wet wrap therapy (WWT) including how the moist environment enhances uptake of topical medications such as steroids and emollients. It also suggests that the wrap creates a mechanical barrier to inhibit scratching and reduce further damage to the skin. The article shares the results of a study to explore the possibility of using customised nanotextile (100%) for WWT, which demonstrated that it is as effective as conventional viscose for patients with moderate to severe eczema. It was also found to be superior in patient acceptance. The authors conclude that nanotextile for WWT has good potential in eczema management, especially in patients with suboptimal response to topicals alone.
Eczema apps conformance with clinical guidelines: a systematic assessment of functions, tools and content	British Journal of Dermatology, Vol. 182, No. 2, pages 444-453.	February	Article shares the findings of a systematic assessment of eczema self-management apps for patients and their caregivers available in English, Chinese or Spanish. Of the 98 apps evaluated, the most common function was information provision (n=82, 84%), followed by disease tracking (n=38, 39%) or both (n=13, 13%). The apps were found to have diverse functionalities with varying quality. Also the majority did not conform with information in guidelines and insufficiently support evidence-based self-management. For example, nine out of 82 apps (11%) failed to mention mainstay therapies such as the use of emollients and moisturisers.

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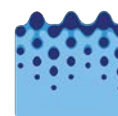
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Role of nurses in promoting the skin health of older people in the community	Nursing Standard, Vol. 35, No.2, pages 61-66.	February	Article explores how with age, the skin is subject to intrinsic and extrinsic degenerative changes such as reduced cell replacement and exposure to the environment, which affect its function and appearance. It suggests that dry skin, skin fissures and pruritus are commonly seen in older people and recommends that any nursing procedure involving direct contact, such as vital sign observations, provides an opportunity to assess the condition of the patient's skin and to investigate factors such as dryness, turgor and texture. The authors also recommend that nurses encourage the use of gentle wash products and regular application of emollients to promote healthy skin among older people living in the community.
Anthropomorphizing atopy: tweeting about eczema	Journal of the Dermatology Nurses Association, Vol. 12, No. 2, pages 74-77.	March/ April	Article discusses how atopic dermatitis (AD) can be treated with emollients or topical corticosteroids but suggests that adherence to recommended long-term emollient therapy regimes can be difficult. It examines how social media data can be used to gain insights into aspects of the patient experience of AD. Analysis of a random sample of 400 tweets matching the query 'my eczema' showed the most common use of Twitter was to announce a flare-up. It was also used to express anger and discuss possible treatments. Tweets sometimes used humour to discuss the condition which the authors suggest may be a patient defense strategy.
What I tell my patients about... eczema	Dermatology in Practice, Vol. 25, No.4, pages 98-99.	Winter	Article presents information passed from doctor to patient about eczema, e.g. that it is a chronic and itchy skin condition characterised by dryness, itching, redness, and sometimes swelling and weeping of affected skin. It suggests controlling eczema relies on regular use of moisturisers and soap avoidance to help maintain the skin's protective barrier function. For actively inflamed skin, treatments include steroids, non-steroidal anti-inflammatories, phototherapy and tablet treatments including ciclosporin, azathioprine, methotrexate or mycophenolate mofetil.

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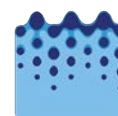
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Crisaborole 2% ointment for the treatment of intertriginous, anogenital, and facial psoriasis: A double-blind, randomized, vehicle-controlled trial	Journal of the American Academy of Dermatology, Vol. 82, No.2, pages 360-365.	February	A study to assess the safety and efficacy of crisaborole 2% ointment in the treatment of intertriginous, anogenital, and facial psoriasis found that it was well-tolerated and led to clinical improvement. 21 participants were randomised 2:1 to receive 4 weeks of twice-daily treatment with either crisaborole 2% ointment (n=14) or vehicle ointment (n=7), followed by 4 weeks of open-label treatment with crisaborole 2% ointment. After 4 weeks, participants in the crisaborole group demonstrated 66% improvement compared with 9% in the vehicle group (P= .0011). Participants in the crisaborole group continued to experience improvement, demonstrating 81% lesional improvement by week 8, with 71% of these participants achieving clinical clearance. During the study, participants were prohibited from using any systemic psoriasis therapies or applying any non-study preparations to the treatment area. Emollients were only allowed to be applied to non-study areas.
'It's like the bad guy in a movie who just doesn't die': a qualitative exploration of young people's adaptation to eczema and implications for self-care	British Journal of Dermatology, Vol. 182, No.1, pages 112-118.	January	Findings from a study of young people with eczema show that key messages communicated to them in childhood have long-term implications for how they respond to living with eczema and the long-term use of eczema treatments. The message that many people 'grow out of' eczema has a potentially detrimental effect for young people where the condition persists. It is therefore suggested that clinicians need to promote awareness among young people that eczema is a long-term episodic condition in order to engage them with effective self-care. The authors recommend that young people transitioning to self-care need evidence-based information that is specific and relatable to them so that they develop realistic expectations and adhere to treatment routines.

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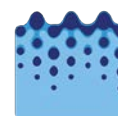


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Characterizing treatment-related patient needs in atopic eczema: insights for personalized goal orientation	Journal of the European Association of Dermatology & Venereology, Vol .34, No. 1, pages 142-152.	January	A study aiming to characterise therapeutic needs of patients with atopic eczema (AE) found that their needs vary substantially according to patient characteristics. The patient needs most frequently rated as 'quite important'/'very important' included 'to be free of itching' (96.0%), 'to get better skin quickly' (7.8%) and 'to be healed of all skin defects' (85.7%). In general, older people, women and patients who had been diagnosed with AE for ≤ 1 year rated their treatment needs as more important than younger patients, men and patients who had been diagnosed with AE for > 1 year. Major determinants of higher needs were skin-related quality of life impairments, higher disease severity and higher age.
Bedside tests in dermatology	Dermatology in Practice, Vol. 25, No.4, pages 88-94.	Winter	Article discusses the huge array of bedside tests available in dermatology to confirm a diagnosis, including dermoscopy and patch testing. It suggests that many of these tests are simple to use, non-invasive, safe and can be utilised in primary care. Key points highlighted in the article include how Wood's light can be useful in identifying common skin infections and how patients should avoid the use of antihistamines and corticosteroids prior to allergy testing, as these can produce a false negative result.
Efficacy and safety of dupilumab in adolescents with uncontrolled moderate to severe atopic dermatitis: a phase 3 randomized clinical trial	JAMA Dermatology, Vol. 156, No. 1, pages 44-56.	January	Results of a trial involving 251 adolescents with moderate to severe atopic dermatitis, found that dupilumab 200mg or 300mg every 2 weeks and 300mg every 4 weeks resulted in a significant treatment response vs placebo following 16-week treatment. It also demonstrated an acceptable safety profile. Significant and clinically meaningful improvements were shown in disease signs and symptoms, including pruritus and sleep loss, as well as having a positive effect on quality of life.

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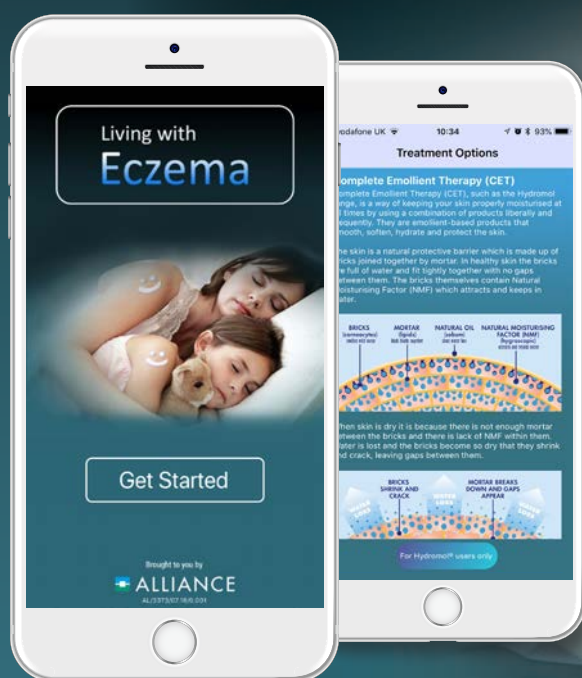


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- **Tips And Advice** - to help patients avoid common eczema triggers
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