

# Dermatology Literary Review

October 2022 to December 2022

Title	Publication	Date	Overview
How to manage eczema in adults: a quick guide	Nursing Standard, Vol. 37, No. 10, pages 67-68.	October	Article examines the common forms of eczema in adults and explores the causes and triggers. It also discusses symptom management through emollients and swift response to flare-ups. It suggests that frequent applications of emollients are the bedrock of eczema care, reducing water loss from the skin and covering it with a protective film.
Hypertrophic scar management	British Journal of Nursing, Vol. 31, No. 20, Tissue viability supplement, pages s24-31.	10 November	Article discusses the range of management options available - outside of specialist burns services - to patients with hypertrophic scars. It explains how with hypertrophic scarring, there is damage to the dermal structures, which means the scars often fail to produce sweat or oils. In addition, hypertrophic scars have a high trans-epidermal water loss compared with normal skin. The combination of these two factors means that hypertrophic scars appear dry, and it is for this reason that emollients are recommended for burn patients after healing. Emollients increase the water content of the stratum corneum, filling the spaces between partially desquamated skin flakes, and so the skin appears smoother. Also, itching is a common side effect of hypertrophic burn scars and can be very problematic for patients, but hydration of the skin with emollients has been shown to reduce this itch. The article also explores other treatments including silicone therapy, ultraviolet-light protection and massage using moisturisers/emollients.
From the Cochrane library: Hygiene and emollient interventions for maintaining skin integrity in older people in hospital and residential care settings	Journal of the American Academy of Dermatology, Vol. 87, No. 6, pages 1428-1431.	December	This research letter explores how interventions for maintaining skin integrity among older people are of increasing importance due to the rapidly growing ageing population. It discusses the findings of a 2020 Cochrane systematic review, which evaluated randomised controlled trials assessing hygiene and emollient interventions versus placebo, no intervention, or standard skin practices in people aged >60 years in hospital and residential care settings. The article summarises the results and highlights the dearth of clinically significant evidence regarding the effectiveness of hygiene and emollient interventions for maintaining skin integrity among older adults.

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Images in dermatology: Netherton syndrome	JAMA Dermatology, Vol. 158, No. 11, page 1315.	November	Article shares the case of a 7-year-old girl with presumed atopic dermatitis who was evaluated in the dermatology department. Her skin was dry, with marked redness of her face and hands and because of her sparse and brittle hair and thin eyebrows, Netherton syndrome (NS) was suspected. The article discusses how NS classically presents with a triad of congenital ichthyosiform erythroderma, trichorrhexis invaginata, and atopic diathesis. To the authors' knowledge, no specific therapy exists for NS, but novel systemic treatments have shown promising results, and topical corticosteroids and topical calcineurin inhibitors are effective. They also suggest that emollients and keratolytics are also helpful in restoring the skin barrier and removing scale, respectively.
Children with psoriasis and COVID-19: factors associated with an unfavourable COVID-19 course, and the impact of infection on disease progression (Chi-PsoCov registry)	Journal of the European Academy of Dermatology & Venereology, Vol. 36, No. 11, pages 2076-2086.	November	A study to assess the impact of COVID-19 on child psoriasis, found no increased risk of a severe form of COVID-19 in children treated with biologic drugs for psoriasis. However, COVID-19 was responsible for the development of psoriasis or the worsening of a known psoriasis for some children. In the study (n=117), the main clinical form of psoriasis was plaque type (69.4%). Most children (54.2%) were without systemic treatment; 28.3% were on biologic therapies, and 20% on non-biologic systemic drugs. COVID-19 was confirmed in 88.3% of children and 3 children had two COVID-19 infections each. COVID-19 was symptomatic for 62.5% of children with a mean duration of 6.5 days, significantly longer for children on non-biologic systemic treatments ( $P=0.02$ ) and without systemic treatment ( $P=0.006$ ) when compared with children on biologics. The six children who required hospitalisation were more frequently under non-biologic systemic treatment when compared with the other children ( $P=0.01$ ), and particularly under methotrexate ( $P=0.03$ ). After COVID-19, the psoriasis worsened in 17 cases (15.2%). Nine children (8%) developed a psoriasis in the month following COVID-19, mainly a guttate form ( $P=0.01$ ).

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Biologics to breast milk: A cross-sectional study of popular eczema treatment content on TikTok	Pediatric Dermatology, Vol. 39, No. 6, pages 920-922.	November/December	Findings from a cross-sectional study suggest that those seeking guidance related to eczema on TikTok are exposed to low-quality information. It found that while healthcare professionals (HCPs) discuss highly relevant topics on TikTok, including topical steroids and biologics, there is less time spent on other important aspects of treatment that may be relevant to patients, like side effects. It is suggested that several treatments presented by non-HCPs may be ineffective or harmful, such as application of breast milk and restrictive diets. These findings are particularly pertinent to adolescents, who are affected by eczema and make up the largest cohort of TikTok users.
Essentials of wound care: assessing and managing impaired skin integrity	Nursing Standard, Vol. 37, No. 10, pages 69-74.	October	Article explores how the TIMERS (tissue, inflammation and infection, moisture balance, edge, repair and regeneration, and social factors) tool offers a flexible approach to assessing wounds holistically and can be applied in all wound aetiologies. The article provides nurses with an overview of the assessment and management of impaired skin integrity using the TIMERS tool. It also discusses the importance of shared decision-making between nurses and patients when formulating a wound care regimen.
Patient perspectives of atopic dermatitis: comparative analysis of terminology in social media and scientific literature, identified by a systematic literature review	Journal of the European Academy of Dermatology & Venereology, Vol. 36, No. 11, pages 1980-1990.	November	Article shares the results of a study which investigated whether patients and physicians have the same interpretation of atopic dermatitis (AD) burden, by comparing terminology used in social media with terminology used in scientific literature. More than 3 million social media mentions and 1,519 scientific publications were evaluated. There were more negative than positive social media mentions, with face and hands being major drivers of negative sentiment, and flare and pain being common symptoms driving negativity. In scientific literature, pruritus and depression were the most frequently occurring symptoms. The findings suggest that symptoms driving negative sentiment in social media appear to be discordantly represented in scientific literature. This supports the importance of the patient perspective and the need to incorporate it into clinical practice and academic work to improve the evaluation, understanding and management of AD.

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Teledermatology for advice, guidance and referrals: a picture paints a thousand words	Dermatology in Practice, Vol. 28, No. 3, pages 66-70.	Autumn	Article focuses on practical aspects of teledermatology, including image taking, involving patients, building relationships between clinical teams, clinical safety and shared decision-making. It explores how teledermatology using personal smartphones with secure clinical image apps is now widespread across England, supporting closer working between GP teams and dermatologists and streamlining patient care. It suggests that dermatology has benefited from the ease at which high quality mobile phone images can now be captured in an instant, allowing patients to benefit from quicker access to specialist advice, more accurate triage and prioritisation, and streamlined direction to the right service.
One-year safety and efficacy of tapinarof cream for the treatment of plaque psoriasis: results from the PSOARING 3 trial	Journal of the American Academy of Dermatology, Vol. 87, No. 4, pages 800-806.	October	Results from a long-term, open-label, multicentre extension trial of tapinarof cream 1% QD in adults with mild to severe plaque psoriasis (PSOARING 3), found that it was safe, durably efficacious and was well tolerated, with long-term use of up to 52 weeks. 763 patients enrolled in the trial, with 40.9% achieving complete disease clearance (PGA=0). 58.2% entering with PGA≥2 achieved PGA=0 or 1. Among patients achieving PGA=0 at any time during the trial (n=312), the total duration of remittive effect off therapy was approximately 4 months (mean: 130.1 days [SD: 89.4]). The authors suggest that tapinarof may represent a novel nonsteroidal topical therapy for patients with plaque psoriasis that addresses limitations of current therapies.
The association between domestic hard water and eczema in adults from the UK Biobank cohort study	British Journal of Dermatology, Vol. 187, No. 5, pages 704-712.	November	Findings from a study suggest that exposure to higher concentrations of domestic hard water (as measured by CaCO <sub>3</sub> concentrations), is associated with an increase in eczema prevalence in adults aged 40-69 years. An increase in the odds of eczema at baseline [odds ratio (OR) 1.02, 95% confidence interval (CI) 1.01-1.04] per 50mg L <sup>-1</sup> of CaCO <sub>3</sub> increase, was observed. Furthermore, exposure to domestic hard water (>200 mg L <sup>-1</sup> of CaCO <sub>3</sub> ) was associated with increased odds of prevalent eczema at baseline (OR 1.12, 95% CI 1.04-1.22). Moreover, there was a significant linear trend (P< 0.001) in which increasing levels of hard water increased eczema prevalence risk. The authors suggest that ongoing efforts to reduce hard water exposure may have a beneficial effect in reducing eczema prevalence in adults.

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