

Dermatology Literary Review

April to June 2019

Title	Publication	Date	Overview
Care of skin that is oedematous or at risk of oedema	British Journal of Nursing, Vol. 28, No. 11, pages 674-676.	13 June	Article discusses how care of skin that is oedematous, or at risk of the development of oedema, is essential if skin health is to be promoted and infection avoided. It suggests that a good knowledge of the appropriate emollient to use according to the condition of the skin ensures that dryness can be avoided and the skin remains intact. It explores different types of emollients including ointments, creams and lotions and discusses how they should be used.
The underlying principles and procedure for bed bathing patients	Nursing Times, Vol. 115, No.5, pages 45-47.	May	Article outlines the procedure for bed bathing a patient, including selecting the appropriate equipment such as single-use disposable bowls. It suggests that skin-cleansing emollient creams should be used instead of soap and emollients in tubes or pump containers reduce the risk of contamination. The authors also discuss general principles of bed bathing such as only exposing the area of the body being washed and checking the skin for pressure damage.
What I tell my patients about hand eczema	Dermatology in Practice, Vol. 25, No. 1, pages 15-16.	Spring	Article answers frequently asked questions about hand eczema covering topics such as causes, symptoms and treatment options. It suggests the management of hand eczema relies on stringent hand protection, with regular use of emollients and non-soap cleansers, as well as avoidance of any irritants or allergens. For flare-ups, it suggests doctors may recommend a topical steroid, in addition to regular emollients, to help reduce the inflammation. For more resistant symptoms, a course of PUVA light therapy may be considered and very occasionally, alitretinoin. As hand eczema is one of the most common occupation-related diseases, by using protective measures (e.g. rubber, PVC or nitrile gloves with a thin cotton underglove for wet work, or a cotton glove for dry work), regular emollients and the correct treatments, it is suggested that affected individuals should be able to continue to work in the vast majority of cases.

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Caring for patients with urinary incontinence-associated dermatitis	British Journal of Nursing, Vol. 28, No. 9, pages s26-s28.	9 May	Article discusses urinary incontinence-associated dermatitis (IAD), including causes and risk factors, and argues that continence management is equivalent in importance to decubitus ulcer prevention. It suggests that prevention of IAD needs to be promoted to the forefront of the nursing agenda and nurses should support patients' hygiene requirements, and educate them regarding safe skin protective techniques. Other preventative measures include ensuring patients have optimum nutrition and hydration, using pH-balanced cleansers (not soap and water) and avoiding aggressive washing or drying techniques.
Recommendations for initiating systemic therapies in patients with psoriasis	Journal Clinical & Aesthetic Dermatology, Vol. 12, No. 4, pages 13-26.	April	Article suggests that many patients with psoriasis currently receiving only topical therapies might benefit from systemic therapies. It examines how many patients with psoriasis across all levels of severity are either untreated or are undertreated with topical monotherapies. It suggests, however, that patients with moderate psoriasis, in particular, might benefit from a more timely initiation of systemic therapy in order to halt the progression of cutaneous symptoms and potentially decrease systemic manifestations of psoriatic disease. The authors offer practical strategies for selecting and safely initiating systemic therapy to optimise the treatment of patients with psoriasis.
Atopic dermatitis at preschool age and contact allergy in adolescence: a population-based cohort study	British Journal of Dermatology, Vol. 180, No. 4, pages 782-789.	April	Results from a population-based cohort study indicate that atopic dermatitis (AD) at pre-school age may be associated with increased odds of contact allergy to fragrances in adolescence, but not to nickel. The authors suggest that the results speak in favour of preventive measures aiming to reduce the use of scented products (including natural extracts and essential oils) in children with AD, to avoid sensitisation to fragrances.

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Impact of acute stress on itch sensation and scratching behaviour in patients with atopic dermatitis and healthy controls	British Journal of Dermatology, Vol. 180, No. 4, pages 821-827.	April	Results of a study found that while acute stress temporarily reduced itch sensation and the conscious urge to scratch in patients with atopic dermatitis (AD), this type of stress can simultaneously heighten subconscious scratching behaviour. These effects were observed selectively in patients in the AD group and not in healthy controls. In addition, a significant positive correlation was noted between severity of eczema and stress. The authors speculate that over time, stress-related scratching enhances the itch-scratch cycle, resulting in aggravation of AD and itch. Off-site scratching like that observed in the study could also facilitate the development of new AD lesions.
Treatment of severe paediatric atopic dermatitis with methotrexate: a retrospective review	Pediatric Dermatology, Vol. 36, No. 3, pages 298-302.	May/June	A study of paediatric patients with atopic dermatitis (AD) found that about 76% showed improvement with methotrexate. Mean baseline score of all patients using the Investigator's Global Assessment (IGA) was 4.18. (The scale rates AD symptoms from 0 to 5). After 6-9 months of treatment, this improved to 2.94 and there was additional improvement to a mean IGA score of 2.39 after 12-15 months of treatment. At the final visit before each patient stopped methotrexate, the mean IGA score was 2.71.
Occupational skin and lung disease in coalfield communities	Nursing Times, Online article, pages 1-6.	17 June	Article provides an overview of occupation-related skin and lung diseases that may affect people in coalfield communities. It discusses how occupational dermatitis is a major cause of disability in miners. Chronic irritant contact dermatitis used to be commonly seen in miners. Then allergic contact dermatitis (ACD) became more prevalent with changes in working practices and the use of allergenic materials, such as explosives, hydraulic and flushing oils and certain resins and plastics. It suggests that in patients presenting with irritant or ACD, it is important to determine any exposure to occupational hazards and if any measures were taken to protect the skin, e.g. using gloves, barrier creams or emollients.

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Baricitinib in adult patients with moderate-to-severe atopic dermatitis: a phase 2 parallel, double-blinded, randomized placebo-controlled multiple-dose study	Journal of the American Association of Dermatology, Vol. 80, No. 4, pages 913-921.	April	Results of a phase 2 study, found that baricitinib (an oral inhibitor of Janus kinases 1 and 2) was superior to placebo in improving signs and symptoms in adults with moderate-to severe atopic dermatitis (AD). Significantly more patients who received baricitinib 4mg (in combination with topical corticosteroids), achieved EASI-50 than patients receiving placebo (61% vs 37% [p=0.027]) at 16 weeks. The difference between the proportion of patients receiving baricitinib (2mg or 4mg) who achieved EASI-50 and the proportion of patients receiving placebo and achieving EASI-50 was significant as early as week 4. Baricitinib also improved pruritus and sleep loss.
Repeat patch testing in a patient with allergic contact dermatitis improved on dupilumab	Journal of the American Association of Dermatology Case Reports, Vol. 5, No. 4, pages 336-338.	April	This case study shares results of patch testing before and during treatment with dupilumab (a monoclonal antibody) in a patient with allergic contact dermatitis (ACD) and atopic dermatitis (AD). Previously, his AD was controlled with emollients and intermittent topical corticosteroids but he then presented with a 2-month history of acute hand and foot dermatitis caused by frequent exposure to glues, varnishes, epoxies and metals. Dupilumab was initiated with significant improvement noted within weeks, suggesting potential benefits of dupilumab in the management of chronic ACD.
Gender and age significantly determine patient needs and treatment goals in psoriasis - a lesson for practice	Journal of the European Academy of Dermatology & Venereology, Vol. 33, No. 4, pages 700-708.	April	A study of psoriasis patients suggests that age and gender stratify patient needs. The most important patient needs identified were to 'get better skin quickly' and to 'be healed of all skin defects'. Subgroup analyses by age revealed significant differences in needs, especially higher needs regarding social impairments in patients <65 years. Patients >65 years attributed more importance to sleep quality, less dependency on medical visits, fewer side effects and confidence in the therapy. Out of 25 items reflecting patient needs, 20 items were rated significantly more important by women than men, with the greatest differences regarding feeling of depression, sleep quality and everyday productivity.

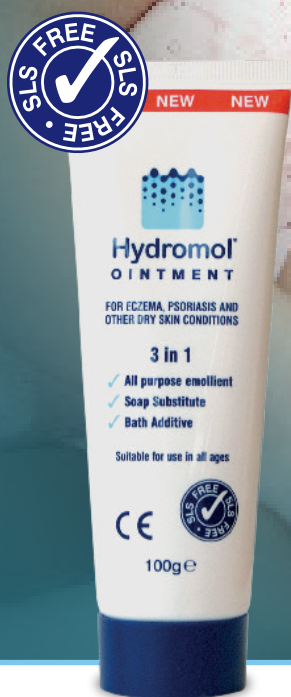
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References: 1. Dunning G, Nursing Times 2005;101(04):55. 2. NHS London, Eastern and South East Specialist Pharmacy Services: Storage, Stability and In-Use Shelf-Life Guidelines for Non-Sterile Medicines, 2001.

*Compared to tubs

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AL/3646/02.19/0.001 Date of preparation: May 2019
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