

ATOPIC ECZEMA/DERMATITIS

## CHARACTERIZING TREATMENT-RELATED PATIENT NEEDS IN ATOPIC DERMATITIS: INSIGHTS FOR PERSONALIZED GOAL ORIENTATION

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**Introduction:** Atopic eczema is a common and burdensome chronic skin disease. Clinical guidelines suggest an evidence-based, personalized, stepwise treatment approach. Only few studies have so far focused on the question of specific patient needs in treatment.

**Objectives:** To characterize therapeutic needs of patients with atopic dermatitis in routine care.

**Material and Methods:** Nationwide cross-sectional study in 174 dermatology practices and outpatient clinics. Data on patient needs were obtained using the standardized Patient Needs Questionnaire (PNQ) as a component of the Patient Benefit Index (PBI). Patient burden from atopic dermatitis was analysed using the Dermatology Life Quality Index (DLQI) and the generic EQ-5D VAS.

**Results:** Analysis of 1,678 patients (60.5% female, mean age 38.4±15.9 years) revealed a high average disease burden with mean SCORAD score of 42.3±18.6 and mean DLQI of 8.5±6.5, EQ-5D-VAS 63.6±22.0, mean itch NRS score 5.1±2.7.

The most frequently named patient needs relating to treatment goals were “be free of itching” (97.4%), “no longer have burning sensations” (94.0%), “get better skin quickly” (92.6%), “regain disease control” (91.2%) and “have confidence in therapy” (90.2%). Patient needs were markedly different by age, gender and disease duration. Major determinants for higher needs in the regression analysis were impairments in DLQI, higher disease severity, lower disease duration, female sex and younger age.



Conclusions: Patients with atopic dermatitis show a high number and a high variety of therapeutic goals from treatment which are associated with individual disease burden. The variation of needs in subgroups is significant. Identification of patient-specific goals may support personalized, patient-centered care and participatory decision making.

