



ATOPIC ECZEMA/DERMATITIS

SUCCESSFUL STRATEGIES OF SEVERE ATOPIC DERMATITIS MANAGEMENT

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Background: Atopic dermatitis (AD) is a common inflammatory skin disease that is increasingly recognized as a global health problem. Successful management strategies in severe AD requires a comprehensive approach, understanding not only the complex pathophysiology and systemic nature of the disease, as well as the profound impact AD has on patients' and caregivers' Quality of Life.

Observation: Based on over 32 years of experience using a multidisciplinary team approach at a national US referral center, an algorithm was developed for managing severe AD. This presentation also brings together key findings in Wet Wrap Therapy (WWT) from the presenter's three publications of the original WWT case study in AD in 1987, the 2014 WWT original research done at this center, and a 2017 WWT review.

Messages: Key concepts found in most national and international AD guidelines can be practically utilized and should address AD care in a stepwise fashion. Components of basic daily AD management are aimed at preventing dry skin, treating the eczematous rash, maintaining the skin barrier, improving the itch, and minimizing exposure to triggers. The promising new approved biologic in the US is currently only indicated for the treatment of moderate to severe AD in adults whose disease is not adequately controlled with topical prescription therapies and failing the basic therapies. This requirement heightens the need to continue to define basic and topical step care including the role of WWT in severe AD management in children and adults.

