



PIGMENTATION

## NATIONAL U.K DERMATOLOGISTS ONLINE SURVEY ON THE TRAINING AND MANAGEMENT OF SKIN HYPERPIGMENTATION

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**Introduction:** Hyperpigmentary disorders are frequent reason for dermatology consultation in Skin of Colour. Currently, there are no national or international guidelines on the management of common hyperpigmentary disorders such as melasma and post-inflammatory hyperpigmentation (PIH) which contribute to heterogeneous practice among dermatologists. Furthermore, there is a lack of understanding in the current training and practice in the management of skin hyperpigmentation in the U.K.

**Objective:** Our aim is to understand current practice and limitations in the management of melasma and PIH in the U.K.

**Method:** A national dermatologist online survey was conducted from May to July 2018. An email with a link for online survey with 22 questions was distributed to all members of British Association of Dermatologists, dermatology specialty trainees, Midland's Dermatology Society and British Cosmetic Dermatology Group. The questions were directed to understand type of training received, first and second treatments used in melasma and PIH, confidence in the management and need for further training.

**Results:** 74 responses were returned from dermatologists/trainees who practice in the U.K where 57.5% of respondents were consultant dermatologists. We observed lack of consistency in the first line melasma treatment; sunscreen (41.4%), triple combination cream (25.7%), azelaic acid (21.4%). For the management of PIH, more conservative approach (66.7%) was taken. The training on hyperpigmentation was mainly based on clinical observation (85.5%) and 84.6% felt that they did not have adequate training in hyperpigmentation. They felt less confident in giving advice on private treatments. 86.6% felt that more training would improve their confidence in the management of hyperpigmentation.





Conclusion: This survey demonstrated heterogeneous practice in the management of hyperpigmentation among dermatologists, partly caused by lack of training as hyperpigmentation is considered as a 'cosmetic' problem in the National Health Service. More training opportunities need to be developed to improve the management of skin hyperpigmentation.

