



PRURITUS

## CHRONIC PRURIGO: EUROPEAN POSITION STATEMENT ON THE DEFINITION AND TERMINOLOGY

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**Introduction:** Prurigo conditions are highly burdensome and hard to treat. Owing to the vast spectrum of clinical manifestations, the definition and terminology of prurigo remains confusing and the management of these patients is suboptimal.

**Objective:** Aim was to reach a unifying concept on chronic prurigo (CPG) regarding its definition and clinical subtypes. A simple clinical oriented terminology was sought.

**Materials and Methods:** Members of the Task Force Pruritus of the European Academy of Dermatology and Venereology met in Münster, Germany (February 2017) and Brussels, Belgium (April 2018) to discuss the definition of CPG and its clinical subtypes as well as recommendations concerning the terminology. Consensus was achieved if  $\geq 75\%$  of the members agreed on a statement.

**Results:** CPG may present with a variety of lesions, ranging from papules to plaques. Experts considered that these manifestations belong to the same clinical entity and 'chronic prurigo' was chosen as the unifying term. Main obligate features are the presence of chronic pruritus ( $\geq 6$  weeks), prolonged scratching and localized or disseminated pruriginous lesions. According to the main clinical manifestation, papular, nodular, plaque-type, umbilicated and linear subtypes were identified. CPG is considered a disease in its own right and not a mere reaction pattern to pruritus, since neuronal sensitization and the itch-scratch cycle contribute to the perpetuation of the disease regardless of the underlying origin of the pruritus. Accordingly, patients report similar symptoms, psychological burden and impairment of the quality of life irrespective of the underlying etiology or subtype of the disease. Moreover, symptoms may persist after treatment of the causal factors.

**Conclusions:** The novel definition and terminology of CPG contribute to a better understanding of this condition and should be implemented in dermatological forums. Further discussions among experts and clinical trials enrolling patients with CPG are needed to optimize the management of these patients.

