



URTICARIA, ANGIOEDEMA

ADVANCED URTICARIA MANAGEMENT

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There are many unsolved issues in urticaria, from the underlying lack of large epidemiology studies. Also, the clinical situation and challenges which the doctors are facing today in India may not be completely covered by the international guidelines. Guidelines are not widely implemented, and recent tools to assess severity are infrequently used. With the aim to clarify certain aspects of the CSU picture in India, a group of dermatologists developed answers to some of the practical questions in CSU management that they face in their everyday clinical scenarios, which could facilitate physicians work in daily practice and contribute to a better knowledge of common clinical scenarios related to patients with CSU. Experts across the country discussed their challenges faced in their clinical practice while managing CSU across the 4 broad areas namely Disease & diagnosis, Treatment, Management in special population & Patient counselling. From the challenges discussed, methodology adopted was that a list of issues was generated that emerge when approaching a patient suffering from CSU. From this list, specific questions were generated that addresses each point. These questions were distributed in the meeting among the participants who worked remotely on each answer. Answers to these questions & summaries of the key points were later agreed upon by the experts.

Some of the pertinent and frequently faced challenges were dilemma regarding the differential diagnosis of chronic urticaria, indicators of prognosis of urticaria, role of H-2 receptor antagonists and topical steroids in urticaria, third-line therapies and their duration in the management of urticaria also how should one manage urticaria in pregnancy/lactation and geriatrics. Also a very important aspect of patient counseling are discussed since patients with CU are often frustrated and fearful and reassurance is an imperative component of successful management.

