

Title: A Journey to Improve the Care for Pediatric Patients diagnosed with Atopic Dermatitis

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Background

The most effective approach to optimize patient education for parents of children with atopic dermatitis (AD), remains complex and unique to every patient experience. Many professional dermatology, allergy and patient advocacy organizations have developed AD management ¹. The mainstays of treatment include daily maintenance therapy, protocols to treat flares, the use of appropriate skin care products and trigger-free household products, the avoidance of known triggers, secondary infection prevention, secondary infection treatment, and appropriate follow-up ². According to the latest evidence-based reviews, the addition of an eczema action plan (EAP), nurse led patient education and educational video may assist patients and caregivers improve self-management, decrease the length of follow-up visits, decrease the number of follow-up visits, and improve quality of life ³.

Objectives

Eczema Video	Eczema Action Plan
Evaluate whether an instructional video for treating pediatric AD will 1. Improve disease severity utilizing the Three Item Severity Scale (TISS) 2. Improves quality of life utilizing the Patient Oriented Eczema Measure (POEM)	Pilot project to evaluate whether an EAP will improve patient performance and understanding as part of an end of visit summary.

Methods

Eczema Video	Eczema Action Plan
<ul style="list-style-type: none"> • Institutional Review Board (IRB) approval • Population: 1 month to 17 years old and their caregivers • Inclusion: 1) Mild to severe AD 2) English speaking 3) Patient 1 month to 17 years old being seen in our dermatology clinic • Exclusion: 1) No diagnosis of AD 2) Non English-speaking patients and families 3) Adolescents over 17 years old • Baseline visit with TISS and POEM and follow-up in person within 2 months with similar scales. • Patient satisfaction survey • INTERVENTION: Educational video provided after clinic visit 	<ul style="list-style-type: none"> • Institutional Review Board (IRB) approval • Population: 0 to 8 years old and their caregivers • Inclusion: 1) Mild to severe AD 2) English speaking 3) Patient 0-8 years old being seen in our dermatology clinic • Exclusion: 1) No diagnosis of AD 2) Non English-speaking patients and families 3) Children over 8 years old • INTERVENTION: End of visit education with eczema action plan

Results

Eczema Video	Eczema Action Plan
<ul style="list-style-type: none"> • N=23 • Seven of 23 patients were lost to follow-up (30%) • 11 of 16 patients completed all pre/post evaluations in person (69%) <ul style="list-style-type: none"> • 5 patients completed follow-up over the phone • Mean age: 31.78 months • 56% new patients to the clinic • 93.8% of patients felt the video helped them understand how to treat AD • Improved understanding treating AD from mean 8.59 to 9.69 on a scale of 1 to 10. • A paired samples test baseline and follow-up POEM resulted in significant improvements (.000) • TISS baseline to follow-up also resulted in statistical significance (.001) 	<ul style="list-style-type: none"> • N=14 • Mean age: 2.53 years old • 21.4% of participants were familiar with the concept of an eczema action plan • 61.5% of patients were follow-up patients to the dermatology clinic for AD • 10 participants completed the post-interventions survey <ul style="list-style-type: none"> • 50% of participants found the EAP helpful • 70% of participants found the EAP improved their understanding of eczema severity and proper management • 80% used the EAP during the two-week intervention period • 40% used the EAP on a daily basis

Conclusion

The findings from this project revealed clinical significance in disease severity, improved patient satisfaction, utilization and improved confidence among parents using the EAP and educational video. A clinically significant number of participants utilized the EAP and a significant improvement in disease severity and quality of life after the educational video. Parent's had improved confidence and understanding in how to treat their child's eczema in between office visits and felt that the eczema action plan was helpful. These finding directly correlates with the findings from other published eczema action plan studies ⁴. The EAP and patient educational video proved beneficial for patient teaching and provided a customized educational tool that parent's appreciate.

Barriers Identified:

- Small sample size
- Time constraints to watch video
- Follow-up evaluation challenging to assess improvements

Future of our program:

- Incorporate the video and EAP into our eczema school program.
- Creation of an 'Eczema Tool Kit' to provide Pediatricians with tools to care for mild to moderate atopic dermatitis in the primary care setting
- Incorporate innovated follow-up strategies to improve patient adherence and satisfaction

Was this abstract previously submitted to other associations? If so, please list:

No

Please list the industry sponsor of the research as well as institutions where research was conducted:

None

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