A Holistic Approach to Multidisciplinary Management of Atopic Dermatitis in Pediatric Patients: Lessons from an Academic Medical Center

Stepwise Treatment for AD

Non-Lesional

BASIC MANAGEMENT

1. Skin Care

- Moisturizer, liberal and frequent (choice per patient preference)
- Warm baths or showers using non-soap cleansers, usually once daily and followed by moisturizer (even on clear areas)

2. Trigger Avoidance

- Proven allergens and common allergens and common irritants (e.g., soaps, wool, temperature extremes)
- · Consider comorbidities

Mild

BASIC MANAGEMENT

1. Skin Care

- Moisturizer, liberal and frequent (choice per patient preference)
- Warm baths or showers using non-soap cleansers, usually once daily and followed by moisturizer (even on clear areas)

2. Antiseptic Measures

- Dilute bleach bath (or equivalent) ≤ 2x/week according to severity (especially with recurrent infections)
- · Antibiotics, if needed

3. Trigger Avoidance

- Proven allergens and common irritants (e.g., soaps, wool, temperature extremes)
- · Consider comorbidities

Moderate

BASIC MANAGEMENT + TOPICAL ANTI-INFLAMMATORY MEDICATION

Apply on areas of previous or potential symptoms (aka flare)

Maintenance TCS

- Low potency 1x-2x daily (inlouding face)
- Medium Potency 1x-2x weekly (except face)

OR Maintenance TCI (pimecrolimus, tacrolimus)

- 1x-2x daily
- 2x-3x weekly (not an indicated dosage)

OR Crisaborole 2%

· 2x daily

Severe

BASIC MANAGEMENT + REFERRAL TO AD SPECIALIST

Phototherapy

Dupilumab

Systemic Immunosuppressants

- · Cyclosporine A
- Methotrexate
- · Mycophenolate mofetil
- · Azathioprine
- Corticosteroids

Consider acute tx for some patients to help gain control:

- · Wet wrap therapy
- Short-term hospitalization

Updates to the

- 1. Indicated for patients with mild to moderate AD, ages 3 months and older.
- 2. Indicated for patients with moderate to severe AD, ages 6 years and older.
- 3. Not FDA approved to treat AD.
- 4. FDA approved to treat AD, but not recommended for long term maintenance.

Apply TCS to Inflamed Skin

Low to medium potency TCS 2x daily for 3-7 days beyond clearance [Consider TCI, crisaborole]

Apply TCS to Inflamed Skin

Medium to high potency TCS 2x daily for 3-7 days beyond clearance [Consider TCI, crisaborole]

If not resolved in 7 days, consider

Non-adherence Infection Misdiagnosis Contact allergy to medications Referral

Acute

Maintenance

