New development programs for atopic dermatitis in adults
New Developments in Atopic Dermatitis Education in Adults

Basic Theory of Atopic Dermatitis Education

Long-Term-Follow-up of AD Education

New Developments:
Integration of Avene Massage

Adult Groups

Train-the-Trainer Workshops
Psychoeducation in Dermatology

- Atopic Dermatitis School
- Occupational induced eczema school
- Skleroderma School
- AGATE – Anaphylaxis School
- Psoriasis Education

...Education Programmes in Dermatology
Atopic Dermatitis Education Programs in the World

2008 ISAD Atopic Dermatitis Education Programs Pre-Congress-Meeting
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Psychosomatic Aspects of atopic dermatitis – what is known?

- No aspects of really psychogenetic causes except single cases!
- More depression and anxiety as coping behaviour of atopic dermatitis
- Severely impaired life quality and suicidal ideations
- Distress factors as risk factors – neurogenic inflammation
- Coping behaviour negatively influenced
- Negative communication with parents, partners and doctors
- Additional psychotherapy approach and school programs are effective
International Study Of Life with Atopic Eczema (ISOLATE)

- First large-scale study to assess effect of atopic dermatitis (AD) on lives of patients and on society
- 2,200 patients (aged > 13 years) and caregivers of children with moderate to severe AD from eight countries

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>75%</td>
<td>of patients felt effective control of AD would be single most important improvement in quality of life</td>
</tr>
<tr>
<td>67 nights</td>
<td>average disturbed sleep per year during flares</td>
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<tr>
<td>86%</td>
<td>of patients avoided at least one type of everyday activity during flare (e.g. bathing, wearing skirts/shorts)</td>
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<tr>
<td>&gt; 50%</td>
<td>of patients ‘always’ or ‘sometimes’ worried about next flare</td>
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<tr>
<td>39%</td>
<td>of children aged 8–17 years had experienced bullying because of AD</td>
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Atopic Dermatitis School Programm in Germany (AGNES and ADP)

0 – 7 years
Parents

8 – 12 years
Children + Parents

13 – 18 years
Youth only

18 years
Adults

Payed by Insurance Companies (mostly)
### Atopic Dermatitis Management Guidelines (Germany: DDG + DGKJ)

- **MILD**: SCORAD ≤15 / Atopic dermatitis with flare ups  
  - Basic Therapy: Education Programme, emollients, oil baths, elimination diet if clear food allergy present, avoid provoking factors

- **MODERATE**: SCORAD 15-40 / Recurrent atopic dermatitis  
  - Inpatient treatment, systemic therapy with Corticosteroids, CYA, PUVA, MTX, Azathioprin, Mycophenolate Mofetil

- **Severe**: SCORAD >40 / Chronic eczema  
  - TCS and TCI, sedative antihistaminics (doxepin, hydroxyzine), UV therapy (UVB 311 nm, UVA1), Psychosomatic Counselling, Climate Therapy

- **BASELINE**
  - Additional antiseptics / antibiotics in case of superinfections
  - If therapy fails ask yourself about compliance and adherence

Uwe Gieler - JLU Giessen

Werfel et al: German Guidelines of Atopic Dermatitis – S2 – JDDG 2010
**New paradigm: Four steps of atopic dermatitis prevention and treatment**

<table>
<thead>
<tr>
<th>Step 1:</th>
<th>Complete emollient therapy + Education</th>
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<tr>
<td>Step 2:</td>
<td>Identification and avoidance of allergens/triggers + Education</td>
</tr>
<tr>
<td>Step 3:</td>
<td>Treatment of flares with TCS/TCI + Education</td>
</tr>
<tr>
<td>Step 4:</td>
<td>Prevention of flares with tacrolimus ointment (or fluticasone propionate twice weekly for up to 16 weeks)* + Education</td>
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</table>

*TCS = topical corticosteroid; TCI = topical calcineurin inhibitor

* This may vary according to the local product licence

Adapted with kind permission of Professor Michael Cork, Sheffield
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Adult Atopic Dermatitis School
Participation centers in Germany (09/2009)

University Clinics:
- Berlin/Charité,
- Dresden,
- Erlangen,
- Hamburg (UKE),
- Giessen,
- Hannover,
- Heidelberg,
- Kiel,
- Leipzig,
- Mainz
- Marburg
- München (LMU und TU),
- Münster
- Tübingen

Other Centers:
- Alzenau
- Elbekliniken Buxtehude
- Dermatologikum Hamburg
- Darmstadt
- Bad Soden, Mainz

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Main goal criteria:

- Coping strategies with the disease (CSQ = Coping Skin Questionnaire; Stangier et al)
- Skindex-29 (Chren et al)
- Itch Catastrophizing scale (Itch Cognition Questionnaire – JKF; Kupfer et al)
Other hypothesis:

(1.) Improvement of severity in the education group (SCORAD, PO-SCORAD, POEM)
(2.) Increasing Knowledge of practical skills for atopic dermatitis (Knowledge Questionnaire, Nutrition Questionnaire (new))
(3.) Increasing Quality of life, Self Confidence with the disease, Anxieties and Depression, Touch, Shame, Disgust (DLQI, HADS-S, Patient Benefit Index, TSD-Q: Touch-Shame-Disgust-Questionnaire (Gieler et al))
(4.) Increasing Work Possibilities (Work Limitation Index)
(5.) Lower direct and indirect costs
Economy Hypothesis:
- Number of doctors are lower in the education group
- Lower complimentary medicine treatment
- Lower number of hospital inpatient treatments in the education group
- Lower number of rehabilitation treatments
- Decreasing direct costs (doctor and drugs)
- Lower work lost days and time for body treatment decreased
Study -Design ARNE

Follow-up after 1 year

Waiting control group

Education group

Exclusion criteria

Drop-Out after Intention to treat

210-240

310 - 350

100

100
ARNE Study – Germany 2010-2012

Recruitment of patients
- n >250

Intention to treat
Randomization

Education group
6 x 2 hours weekly

Waiting control group

Follow-up after education
3 Monate

Follow-up after 1 year
Conclusion

- Atopic eczema school is in comparison with a randomized waiting control group in nearly all variables significant better.
- The differences are long-lasting after 1 year follow-up and show a better disease management with less relapse also after 5 years.
- Atopic eczema school is sufficient in all age groups.
- Since 2007 the programme was allowed to run by all health insurance companies in Germany when quality from the GADIS project is used.
Train the trainer workshops

40 h train the trainer
Education workshop
+hospitation + supervision

2011: > 2,000 trainers in Germany
Train the Trainer Workshops

Specific Indication

Supervision for at least one indication

Theory for specific Indication (XX UE)

Hospitation specific Indication

„Basics Trainer Competence“
Theory: 20 UE
The interdisciplinary Approach of the German Eczema School Programm

1. National Group of Atopic Dermatitis Education Annual congress for Education (> 400 members)
2. 10 Academies in Germany (Train-the-Trainers)
3. Quality management programme in every country in Germany (responsible for education)
4. Atopic Dermatitis Education centers (> 250)
5. Special Education for nutrition specialists (1 day course)

AGNES

ARNE = Adults
AGATE = Anaphylaxis
Psychodermatology Research Team – Giessen/Germany

Clinic for Psychosomatics and Psychotherapy – JLU Giessen - Germany:
PD Dr. Dipl.-Psych. Jörg Kupfer
Dipl.-Psych. S.Schallmayer
PD Dr. Volker Niemeier
Frau Sigrun Kleinwort (Sekretary)
Psychological and educational interventions for atopic eczema in children.

Ersser SJ, Latter S, Sibley A, Satherley PA, Welbourne S.

RCTs of psychological or educational interventions, or both, used to manage children with atopic eczema.

DATA COLLECTION AND ANALYSIS: Two authors independently applied eligibility criteria, assessed trial quality and extracted data. A lack of comparable data prevented data synthesis.

MAIN RESULTS: Five RCTs met the inclusion criteria.