PO Scorad presentation
SCORAD and PO-SCORAD

Tools for assessing atopic eczema

Mette Deleuran

Department of Dermatology

Aarhus University Hospital, Denmark
SCORAD and PO-SCORAD

• Tools for assessing atopic eczema

• SCORAD: The doctors tool

• PO-SCORAD: The patients tool

• Developed by the European Task Force on Atopic Dermatitis (ETFAD)
SCORAD and PO-SCORAD

- SCORAD: SCORing Atopic Dermatitis

- PO-SCORAD: Patient Oriented- SCORing Atopic Dermatitis
The History of ETFAD

• It all started in 1990 in Bordeaux

Jean-Francois Stalder    Alain Taïeb
ETFAD

- A European work group founded by dermatologists interested in AD

- The first official EADV task force for a dermatological disorder
ETFAD

- International collaboration between experts in atopic dermatitis
- Develops tools for managing and assessing AD
- Scientific symposiums at the EADV meetings

- The generous sponsor is the A-Derma laboratories, Pierre Fabre
Assessment

• A key step in the management of chronic disease

• To evaluate a patient’s clinical condition in a reproducible way

• To estimate the efficacy of treatment
  – For patient monitoring
  – For clinical trials
First report on SCORAD 1993
Coordinated by Stalder and Taïeb
SCORAD

• Clinical Validation and Guidelines for the SCORAD Index: Consensus Report of the European Task Force on Atopic Dermatitis

• B. Kunza, A.P. Oranjec, L. Labrèzed, J.-F. Stalderc, J. Ringb, A. Taïebd

aEppendorf University Hospital, Hamburg, and
bHospital Biederstein, Technical University, Munich, Germany;
cUniversity Hospital, Rotterdam/Sophia, The Netherlands;
dBordeaux Children’s Hospital, Bordeaux, and
eNantes University Hospital, Nantes, France

• Dermatology 1997;195:10-19
The SCORAD index: an EBM tool

- A useful tool for assessing atopic dermatitis
- Widely used and validated in more than 400 publications

BUT:

- It is the doctors’ tool
- Can only be used when the patient is in your office
Doctor’s and patient’s assessment: two different points of view

This ball is blue

This ball is yellow
What happened between the two visits?

Week 1
SCORAD: 50

Week 4
SCORAD: 20
Patient Oriented SCORAD PO-SCORAD

• Several self assessing scores in Atopic Dermatitis:
  – SA-EASI
  – Skin detective
  – POEM


PO-SCORAD

- Why did we want to create a new patient oriented atopic dermatitis score?
  - To offer an EBM tool to the patients
  - To align and compare the patient’s score with the validated doctor’s score (SCORAD)
  - To use a common terminology when communicating with the patient
Feasibility study

• Development of the Patient Oriented SCORAD (PO-SCORAD):

• A small prospective pilot study was performed at the thermal spa in Avene in France

• 34 patients

• Both adults and children
Feasibility study

• **Primary end points:**
  
  – *Acceptability* of the PO-SCORAD based on the SCORAD index.

  – *Feasibility* judged by a questionnaire given to the patient after patient/physician scoring at D0 and D18

• **Secondary end point:**
  
  – *Validity* by comparison and correlation of the SCORAD and the PO-SCORAD at D0 and D18
Acceptability: Is time an issue?

- < 5 minutes: 48%
- 5 to 10 minutes: 48%
- > 10 minutes: 4%

< 2 % of patients found the scoring to be time consuming
Acceptability

• Two items were difficult to assess for the patients:
  – Oedema (65%)
  – Lichenification (70%)

• The remaining items were considered not at all difficult to assess by 70% of the patients or parents
Correlation between SCORAD PO-SCORAD at D 18

**Fig. 2.** Correlation curves between PO-SCORAD and SCORAD – all visits combined. Correlations between PO-SCORAD and SCORAD (all visits combined) were moderate but significant ($r_s: 0.46; p < 0.005$).

**Fig. 3.** Correlation curves between PO-SCORAD and SCORAD on D18. On D18, the correlation between SCORAD and PO-SCORAD was high and significant ($r_s: 0.61; p < 0.005$).
Correlation between SCORAD and PO-SCORAD

SCORAD (day 0+18) vs. PO-SCORAD

SCORAD (day 18) vs. PO-SCORAD
Self assessment is possible

- Self-assessment in AD: is feasible and relatively easy to perform for the patient

- A significant, but modest correlation was found between the physicians and the patients scores
Limitations of the pilot study

The patient had no illustrated book with pictures of:

- The different signs in the scoring system
- The graduation of the severity of the signs
- It was a small study with few patients
POSCORAD: European validation study

• **Objectives:** To validate the PO-SCORAD in a large European population of patients exhibiting all forms of AD severity

• **Patients:** n=461 (185 adults and 286 children) from 9 European countries
POSCORAD: European validation study

Severity of the patients’ AD was assessed at the inclusion (D0) and at the follow-up visit (D28):

• By the investigator using the SCORAD

• By the patient using the PO-SCORAD
Validation study of the Patient-Oriented SCORAD

- To date, 22 confirmed Investigators
  - France  A. Taïeb, J.F. Stalder, L. Misery, J. Mazereeuw, F. Cambazard
  - Belgium L. De Raeve
  - Germany T. Diepgen, U. Gieler, B. Kuntz, J. Ring, A. Wollenberg,
    U. Darsow
  - Italy  C. Gelmetti, S. Seidenari
  - Finland T. Reunala
  - Denmark M. Deleuran, E. Holm, C. Mortz, E. Benfeldt
  - Sweden A. Svensson
  - Netherlands A. Oranje
  - Switzerland D. Simon
A tool to assess your eczema: PO-SCORAD

- Creation of an illustrated book dedicated to the patient
  - Better understand your disease
  - Better recognize the symptoms
  - Better communicate with your doctor

- Adaptation of the SCORAD items terminology to the public language
The extent of your eczema

- Shade in the areas where your eczema is situated.
Appearance, severity of your eczema:

Are the eczema zones red?

- Slightly red
- Fairly red
- Extremely red
Are the eczema zones swollen?

- Slightly swollen
- Fairly swollen
- Extremely swollen
Are there crusts or oozing in the eczema areas?

A little

Moderately

Extreme
Are there scratch marks on the skin?
Is the skin thickened?

- Slightly thickened
- Moderately thickened
- Severely thickened
Itching and sleep problems over the last 3 days

- Were you disturbed by itch (see scale below)?
- Did you have trouble sleeping (see scale below)?

On the scale:

0 means: no itching and no sleep loss.
10 means: The worst itch and the most severe sleep disturbance imaginable.
Results

• 372 (79%) Mild to moderate AD (SCORAD ≤ 50)
• 99 (21%) Severe AD (SCORAD > 50)
PO-SCORAD and SCORAD scores correlated at Day 0

\[ r = 0.67 \quad p < 0.0001 \]
Consistency was confirmed at D28, with a stronger linear correlation

\[ r = 0.79 \quad p < 0.0001 \]
Consistency was confirmed at day 28, with a stronger linear correlation

\[ r = 0.79 \quad p < 0.0001 \]
Results

• PO-SCORAD and SCORAD scores were closely correlated at D0 ($r = 0.67 \ p < 0.0001$).

• Consistency was confirmed at D28, with a stronger linear correlation between the two scales ($r = 0.79 \ p < 0.0001$).

• Absolute changes from baseline in SCORAD and PO-SCORAD scores were also significantly associated ($r = 0.71, <0.0001$).
Conclusion

• Self-assessment scales can give an idea of the dynamics of disease activity between visits in your office

• We believe it can enhance the patient’s knowledge, independence and adherence to treatment
Electronic version
ETFAD
From SCORAD to PO-SCORAD

Thank you to:
Professors Alain Taïeb and JF Stalder
All the members of the ETFAD
A-Derma Laboratories, France
The Pierre Fabre Fondation on Atopic Dermatitis