

## **Why and How to evaluate your Eczema**

Atopic Dermatitis or Atopic Eczema is the most common form of child dermatitis and it affects almost 20% of all infants. This disease significantly affects the quality of life of these infants and their families.

Atopic Eczema is a chronic disease necessitating a local treatment, which, to be efficient must be respected and applied correctly.

Patient education for atopic eczema has two main objectives:

1. Teach the patient or his family to better evaluate their eczema.
2. Teach the patient or his family the skills necessary to better treat their eczema.

### LEARN HOW TO EVALUATE ECZEMA

- Evaluating eczema means recognising the symptoms, their intensity and their extent on the body surface.
- Doctors use scoring systems (EASI, POEM, SCORAD), in order to assess the severity of eczema.
- SCORAD (SCORing Atopic Dermatitis) is one of the most widely used assessment tools for evaluating the severity of eczema. It was created by a European expert group and has been mentioned in over 200 publications. This validated system is useful for assessing the course of the disease and the response to the treatment.
- In order to help the patient evaluate the efficiency of their treatment and to choose where best to apply the treatment in relation to their eczema, it's important to show them how to use SCORAD between consultations.
- In order to evaluate the extent of their eczema, the patient first needs to recognise the difference between a non-eczema skin (often dry) and a skin affected by eczema (redness and inflammation).

### WHAT IS THE EXTENT OF THE ECZEMA ON THE SURFACE OF THE BODY?

There are two main ways to evaluate the extent of the disease:

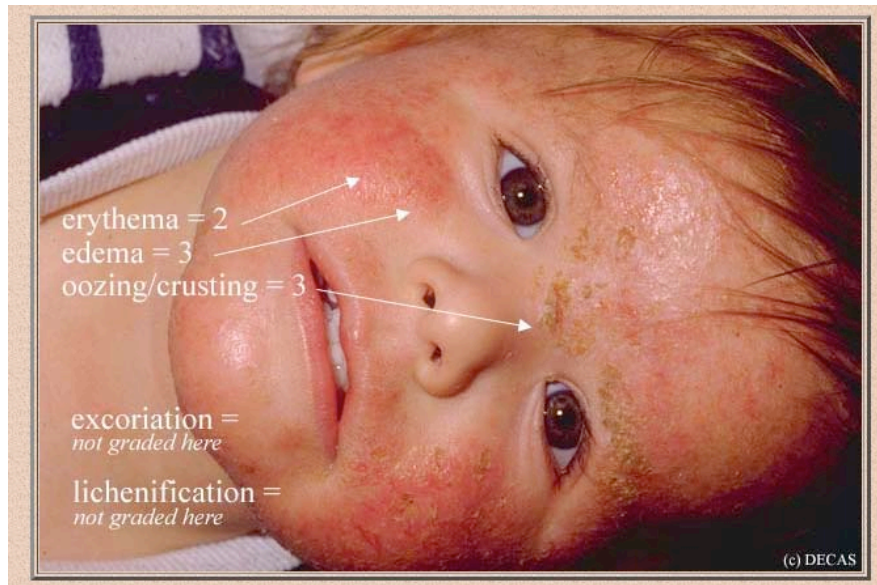
- On an outline drawing of a body, the patient can colour-in the areas where they have symptoms.
- The patient can also measure the number of times the palm of their hand fits into an affected area (this is more suitable for small areas).
- Computer tools have been developed which help the patient to calculate the surface area affected by eczema. This is done, either by calculating the percentage of affected skin, zone by zone (legs, trunk...), or by clicking on the affected areas on a computerised model of the body.

## HOW INTENSE ARE THE SYMPTOMS?

In order to evaluate the intensity of the symptoms the first step is to understand and recognise those symptoms.

There are different possible symptoms on eczema plaques.

Erythema, Oedema, Swelling, Oozing/Crusting, Excoriation, Lichenification.



## SUBJECTIVE SYMPTOMS OF ECZEMA

### ITCHING:

Eczema is one of the most pruriginous skin diseases.

### SLEEP LOSS:

Sleep problems are also important to evaluate (difficulty falling asleep or waking up at night).

Analogical scales are used to evaluate subjective symptoms.

## PATIENT ORIENTED SCORAD (PO SCORAD) IN PRACTICE:

Self-assessment indexes are more and more used in the management of chronic disease. PO SCORAD is the first self-assessed score index proposed for atopic eczema. This index measures the extent and the severity of the disease and is recalculated each time the patient consults. It is not only useful for clinical trials however, and can be used to good effect in a doctor's daily consultations.

## FOR SKIN WITHOUT ECZEMA:

Skin without eczema is not normal skin in atopic patients. Dryness is very common on eczema skin and is the most visible symptom of barrier abnormalities. The dryness of the skin needs to be assessed apart from the inflamed areas.

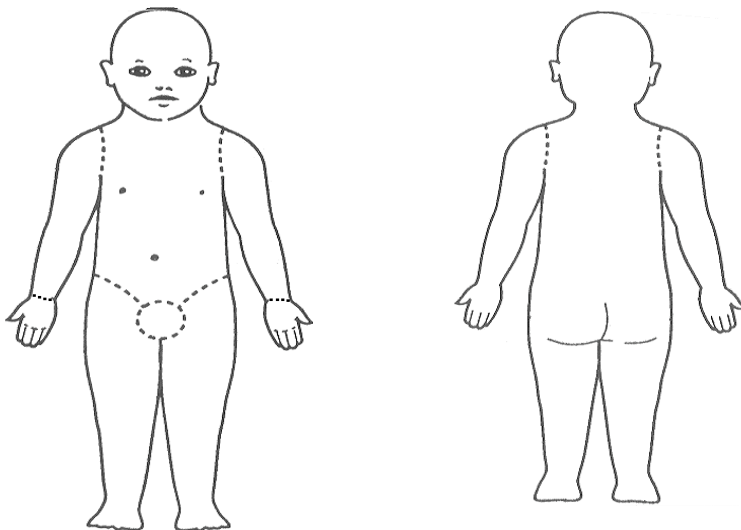
ON SKIN WITHOUT ECZEMA, IN THE LAST THREE DAYS:

<b>DRYNESS</b>	No <b>0</b>	Slightly <b>1</b>	Moderately <b>2</b>	Very Dry <b>3</b>
Tick the corresponding box				

I- FOR SKIN WITH ECZEMA, IN THE LAST THREE DAYS:

Which parts of the body had eczema?

***Colour-in the affected zones on the outline drawing.***



OR

***How many times does you child's hand fit into the affected surface?***

Number of hands	
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## II- IN THE LAST THREE DAYS? HOW WAS YOUR ECZEMA?

- Was the skin red?

REDNESS	No <b>0</b>	Slightly <b>1</b>	Moderately <b>2</b>	Very Red <b>3</b>
Tick the corresponding box				

- Was the skin swollen?

SWELLING	No <b>0</b>	Slightly <b>1</b>	Moderately <b>2</b>	Very swollen <b>3</b>
Tick the corresponding box				

- Were there crusts or oozing?

CRUSTS/OOZING	No <b>0</b>	Slightly <b>1</b>	Moderately <b>2</b>	A lot of crusts and oozing <b>3</b>
Tick the corresponding box				

- Are there traces of scratching on the affected skin?

TRACES OF SCRATCHING	No <b>0</b>	Slightly <b>1</b>	Moderately <b>2</b>	A lot of traces <b>3</b>
Tick the box which corresponds to the present condition.				

- Is the skin 'thickened', like an elephant's skin, with creases?

THICKENED SKIN	No <b>0</b>	Slightly <b>1</b>	Moderately <b>2</b>	A lot of thickening <b>3</b>
Tick the box which corresponds to the present condition.				

*Add up all the scores to obtain the total intensity score (B).*

## III-IN THE LAST THREE DAYS, BECAUSE OF ECZEMA:

- Was your child disturbed by itching?
- Was your child's sleep affected?

Mark the severity of the disturbance for both itching and sleep on the scale below.

*Add up the two scores between 0 and 10 (C).*



(A) SURFACE	Total body surface involved	/103
(B) INTENSITY	Dry Skin score + 5 Intensity Scores	/18
(C) SUBJECTIVE SYMPTOMS	Pruritis and Insomnia	/20

$A/5 + 7B/2 + C =$ /100
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