

More than just skin deep: atopic dermatitis guidelines and update in 2019
(Handout: Price, HN; 2019)

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TABLE 4. Bleach Bath Instructions for Caregivers

1. Add common 6% household bleach to a bathtub full of water (8.75% bleach is one-third more concentrated; use one-third more water or one-third less bleach)
2. Measure the amount of bleach before adding it to the bathwater
3. For a full tub of water, use ½ cup; for a half-full tub of water, add ¼ cup of bleach
4. While the tub is filling, pour the bleach into the water
5. Wait until the bath is fully drawn before placing the child in the tub
6. Never apply bleach directly on a child's skin
7. Soak for 10 min
8. Pat the child's skin dry after the bath
9. If the child uses eczema medication, apply it immediately after the bath, then moisturize the child's skin
10. As an alternative to bleach baths, comparable dilute bleach solutions can be made using 1 tsp of bleach per gallon of water. This may be useful in spray bottles for use in showers (eg, for adolescents) or for smaller baby bathtubs. Alternatively, commercial sodium hypochlorite products that seem to have similar effects as bleach baths are available.

TABLE 1. Essential, Important, and Associated Features Used for the Clinical Diagnosis of Atopic Dermatitis

ESSENTIAL FEATURES	IMPORTANT FEATURES	ASSOCIATED FEATURES
Both must be present:	Add support to the diagnosis, observed in most cases of AD:	Suggestive of AD, but too nonspecific to be used for defining or detecting AD in research or epidemiologic studies:
1. Pruritus	1. Early age at onset	1. Atypical vascular responses (eg, facial pallor, white dermographism, delayed blanch response)
2. Eczema (acute, subacute, chronic)	2. Atopy	2. Keratosis pilaris/pityriasis alba/hyperlinear palms/ichthyosis
A. Typical morphology and age-specific patterns:	A. Personal and/or family history	3. Ocular/periorbital changes
a. Infants/children: facial, neck, and extensor involvement	B. Immunoglobulin E reactivity	4. Other regional findings (eg, perioral changes/periauricular lesions)
b. Any age group: current or previous flexural lesions	3. Xerosis	5. Perifollicular accentuation/lichenification/prurigo lesions
c. Sparing of the groin and axillary regions		
B. Chronic or relapsing history		

AD=atopic dermatitis.

Adapted with permission from Eichenfield LF, Boguniewicz M, Simpson EL, et al. Translating atopic dermatitis management guidelines into practice for primary care providers. *Pediatrics*. 2015;136(3):554–565.

TABLE 2. Core Differential Diagnosis and Less Common Diagnoses of Atopic Dermatitis

CORE DIFFERENTIAL DIAGNOSIS

- Scabies
- Psoriasis
- Ichthyoses
- Seborrheic dermatitis
- Contact dermatitis (irritant or allergic)
- Cutaneous T-cell lymphoma
- Photosensitivity dermatoses
- Immunodeficiency diseases
- Erythroderma of other causes

OTHER DIAGNOSES TO CONSIDER

Nutritional and Metabolic Disorders	Primary Immunodeficiency Disorders	Other Disorders
• Acrodermatitis enteropathica	• Agammaglobulinemia	• Ataxia-telangiectasia
• Biotin deficiency	• Hyperimmunoglobulin E syndrome	• Langerhans cell histiocytosis
• Celiac disease • Essential fatty acid deficiency	• Omenn syndrome • Severe combined immunodeficiency disorder	• Netherton syndrome
• Hartnup disease • Hurler syndrome • Phenylketonuria • Prolidase deficiency • Zinc deficiency	• Wiskott-Aldrich syndrome	

TABLE 3. Topical Corticosteroids Ranked by Potency (from Most Potent to Least Potent)

GROUP	GENERIC NAME (BRAND NAME)	VEHICLE	CONCENTRATION, %
I	• Betamethasone dipropionate (Diprolene)	Ointment	0.05
	• Clobetasol propionate (Temovate)	Cream, ointment, lotion	0.05
	• Diflorasone diacetate (Psorcon)	Ointment	0.05
	• Halobetasol propionate (Ultravate)	Cream, ointment	0.05
II	• Amcinonide (Cyclocort)	Ointment	0.1
	• Betamethasone dipropionate (Diprosone/Maxivate)	Ointment	0.05
	• Desoximetasone (Topicort)	Cream, ointment	0.25
		Gel	0.5
	• Fluocinonide (Lidex)	Cream, ointment, gel, solution	0.05
	• Mometasone furoate (Elocon)	Ointment	0.1
	• Triamcinolone (Aristocort)	Cream	0.5
III	• Amcinonide (Cyclocort)	Cream, lotion	0.1
	• Betamethasone dipropionate (Diprosone)	Cream	0.05
	• Betamethasone valerate (Valisone)	Ointment	0.1
	• Diflorasone diacetate (Psorcon)	Cream	0.05
	• Fluticasone propionate (Cultivate)	Ointment	0.005
	• Triamcinolone acetonide (Aristocort)	Ointment	0.1
IV	• Flucinolone acetonide (Synalar)	Ointment	0.025
	• Hydrocortisone valerate (Westcort)	Ointment	0.2
	• Mometasone furoate (Elecon)	Cream, lotion	0.1
	• Triamcinolone acetonide (Kenalog, Aristocort)	Cream	0.1
V	• Betamethasone dipropionate	Lotion	0.05
	• Betamethasone valerate (Valisone)	Cream	0.1
	• Fluticasone acetonide (Synalar)	Cream	0.025
	• Fluticasone propionate (Cultivate)	Cream	0.05
	• Hydrocortisone butyrate (Locoid)	Cream, ointment, lotion	0.2
	• Hydrocortisone valerate (Westcor)	Cream	0.2
	• Prednicarbate (Dermatop)	Cream	0.1
VI	• Alclometasone dipropionate (Aclovate)	Cream, ointment	0.05
	• Betamethasone valerate	Lotion	0.1
	• Desonide (DesOwen/Tridesilon)	Cream, ointment	0.05
	• Fluocinolone acetonide (Derma-Smoothie/FS)	Oil	0.01
	(Synalar)	Solution	0.01
• Triamcinolone acetonide (Aristocort, Kenalog)	Cream	0.025	
VII	• Hydrocortisone acetate	Cream	1
	• Methylprednisolone acetate	Cream	0.25
	• Dexamethasone sodium phosphate	Cream	0.05

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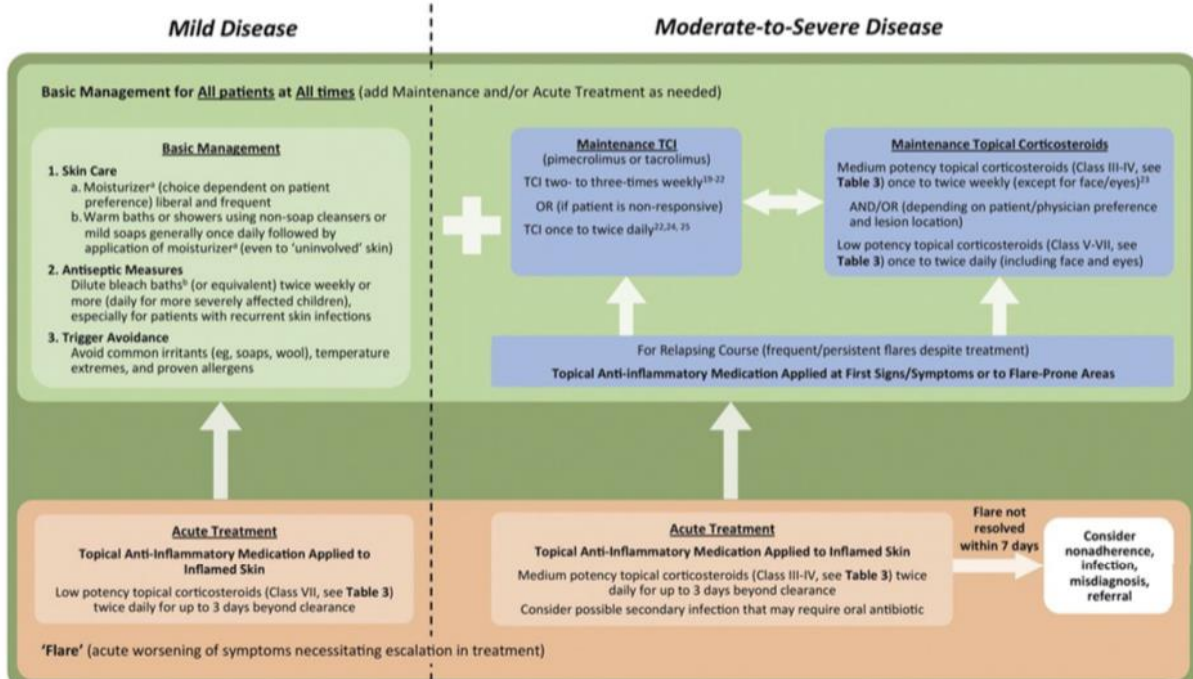


Figure 1. Proposed treatment model/eczema action plan for pediatricians and other primary care providers. (2) TCI=topical calcineurin inhibitor. ^aAs tolerated during flare; direct use of moisturizers on inflamed skin may be poorly tolerated; however, bland petrolatum is often tolerated when skin is inflamed. Note: Topical phosphodiesterase-4s were not approved at the time of algorithm development. (Reprinted with permission from Eichenfield LF, Boguniewicz M, Simpson EL, et al. Translating atopic dermatitis management guidelines into practice for primary care providers. *Pediatrics*. 2015;136 (3):558.)

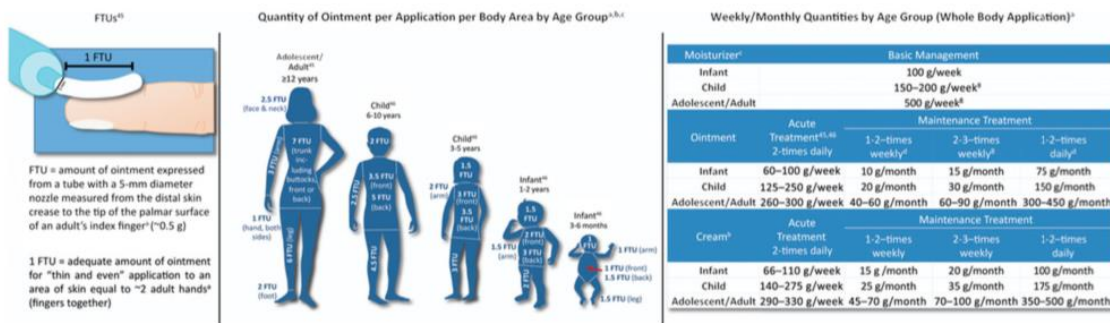


FIGURE 2 Topical application amounts. ^aMeasurements/quantities are relative to adult hand/finger sizes, regardless of age group. ^bQuantity for creams should be increased by ~10% over ointment.³⁰ ^cQuantity for moisturizers may exceed the suggested values. ^dEstimated based on monthly amounts for 2 to 3 times weekly application per Ring et al.⁷ FTU, fingertip unit.