Rash Review: *Dermatology for the Advanced Practice Provider*

Lauren Zamborsky, CNP

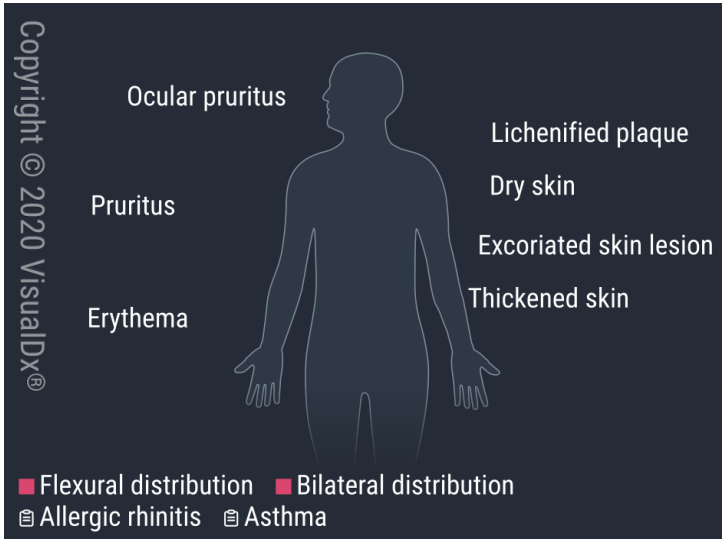
Eczematous Disorders

- "Eczema"
  - Most common of all inflammatory skin diseases
  - General term for variety of disorders
  - Acute vs Chronic

1. Bobonich M, Nolan M. Eczematous Disorders. In: *Dermatology for Advanced Practice Clinicians*. 1st ed. Lippincott Williams And Wilkin; 2014:24-36.

Atopic Dermatitis

- Disease of childhood?
  - Chronic condition
  - Impact on quality of life
- Presentation
  - Body Locations differ over time
  - Pruritus, inflammation, xerosis
  - Excoriations
  - Weeping, infections
  - Lichenification and scarring
- Triggers
  - Environmental factors
  - At home behaviors



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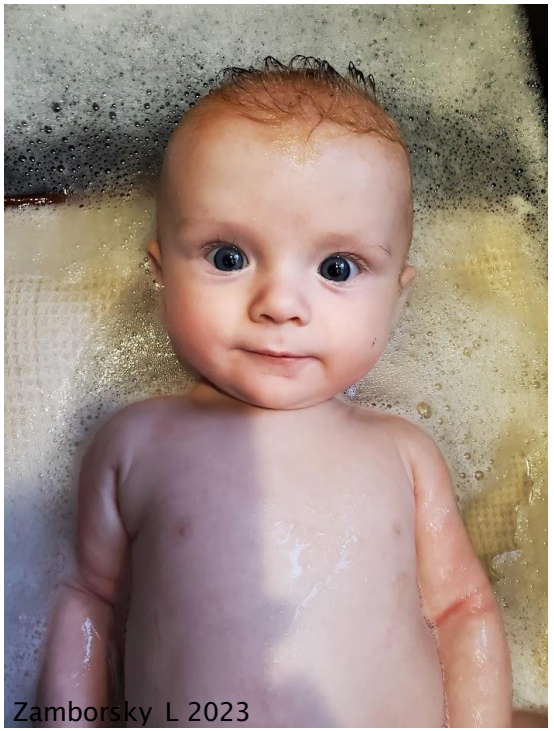
Atopic Dermatitis

- Management
  - Bathing
    - Hydrate the skin and lock it in!
  - Emollients
    - Greasier the better!



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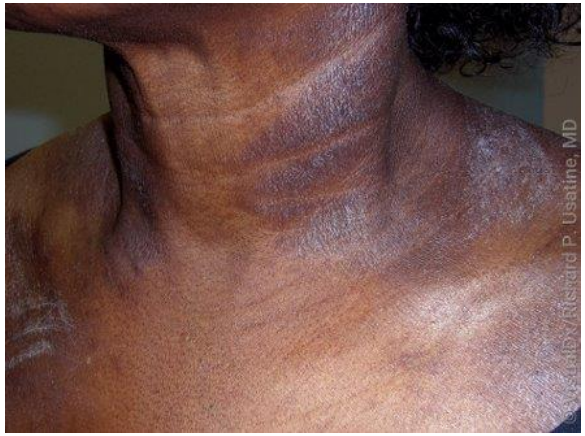
Atopic Dermatitis



- Medications
  - Topical Steroids
    - Gain Control of the flare
    - Potency depends on body area affected
  - Topical Calcineurin Inhibitors
    - Tacrolimus (Protopic) and Pimecrolimus (Elidel)
      - Black Box Warning
  - Anti-histamines
    - Sedating vs Non-sedating
    - Avoid topicals

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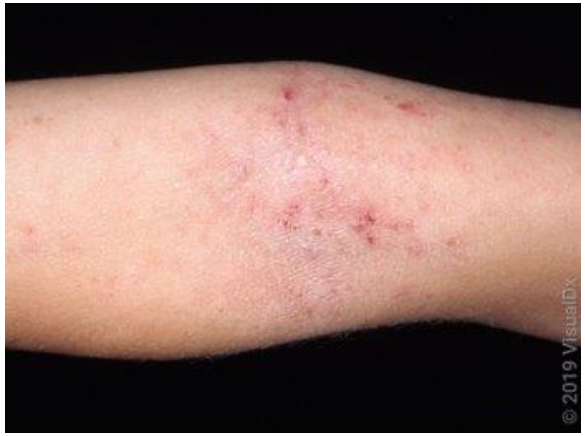
Atopic Dermatitis



- Medications (cont.)
  - Antibiotics
    - Keflex if acute
    - Doxycycline if recurrent
    - Topical Mupirocin if eczema is not flared
  - Oral Steroids
    - Prednisone taper over at least 6 days
    - Concurrent with topical steroids

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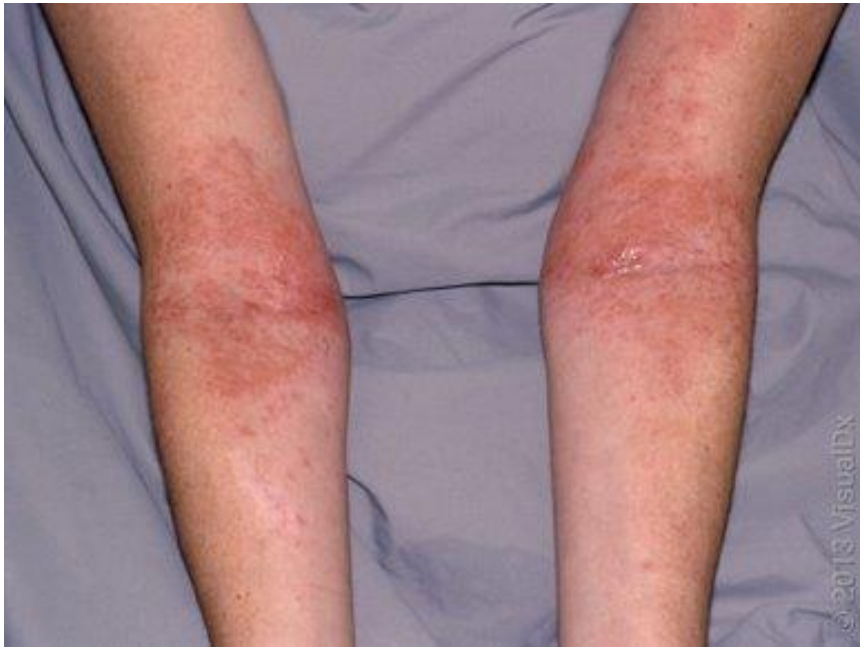
Atopic Dermatitis

- Potency and Vehicle
  - Very-high
    - Clobetasol
    - Halobetasol
  - High
    - Fluocinonide
    - Betamethasone
  - Intermediate
    - Triamcinolone
    - Mometasone
  - Low
    - Desonide
    - Hydrocortisone



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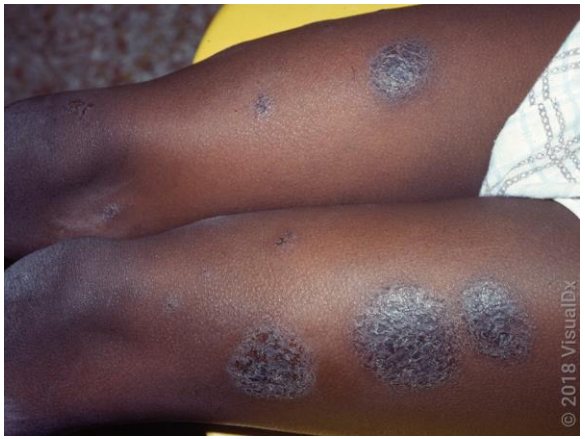
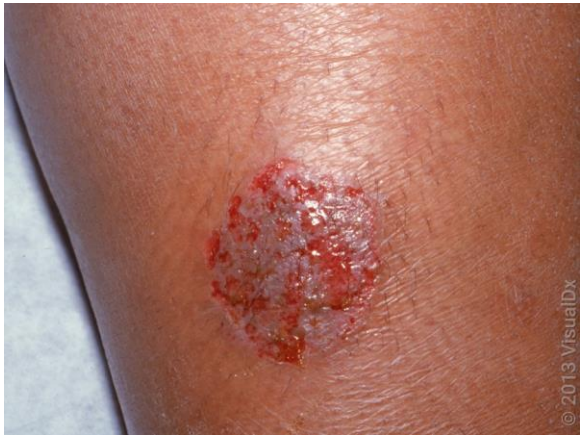
Nummular Dermatitis

- Presentation
  - Common and Chronic
  - Well demarcated annular (“coin shaped”), pruritic, erythematous papules and plaques





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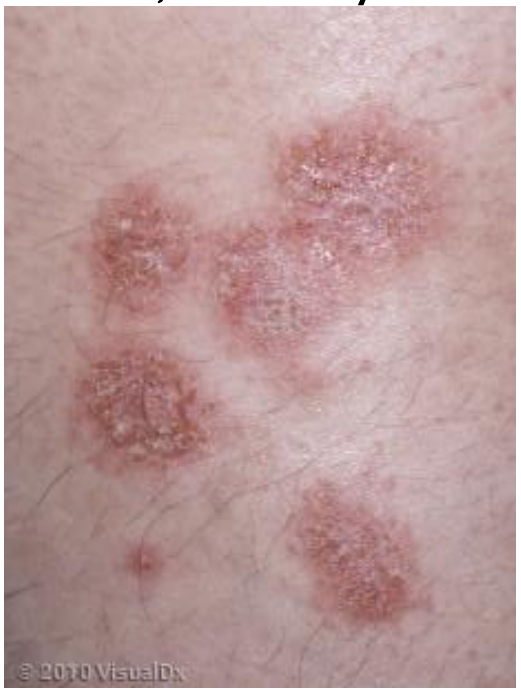
Nummular Dermatitis

- Adults > Children
- BLE (men) and BUE (women)
- Triggers can vary
  - Environmental, infectious, allergic and irritant, history of venous stasis
- History of Atopy is not necessary
- Often mistaken for tinea or psoriasis



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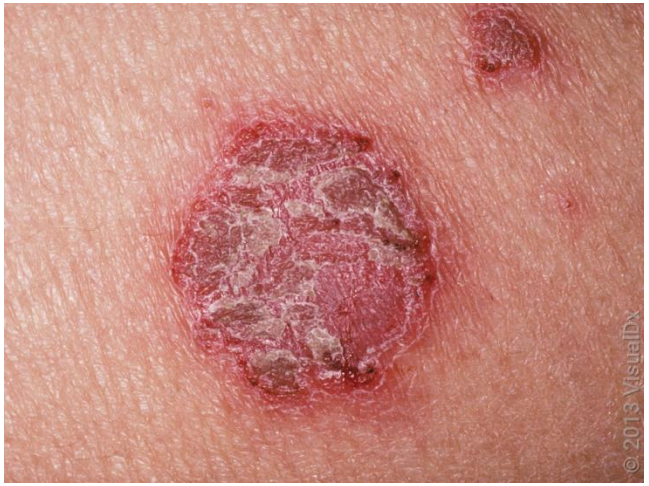
Nummular Dermatitis

- Treatment
  - Emollients
  - Topical Steroids
    - Moderate-high potency
    - Ointment > cream



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Contact Dermatitis

- Eczematous dermatitis resulting from contact or exposure to external irritants or allergens in the environment.
- Irritant Contact Dermatitis
  - Non-immunologic disorder resulting from physical contact with skin barrier
  - ~80% of all CD
  - Virtually all people at risk of developing ICD
- Allergic Contact Dermatitis
  - Immunologic response with genetic pre-disposition

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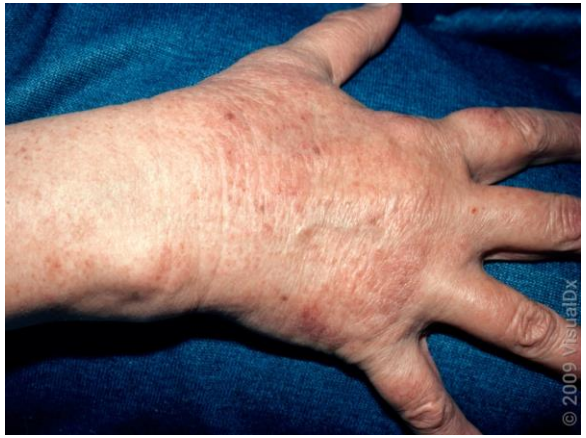
Irritant Contact Dermatitis

- Responsible for majority of occupational skin dermatoses
- Infants and the Elderly
- Due to exposure or repeated exposure of offending agents
  - Water is the most common offender!
    - "universal solvent"



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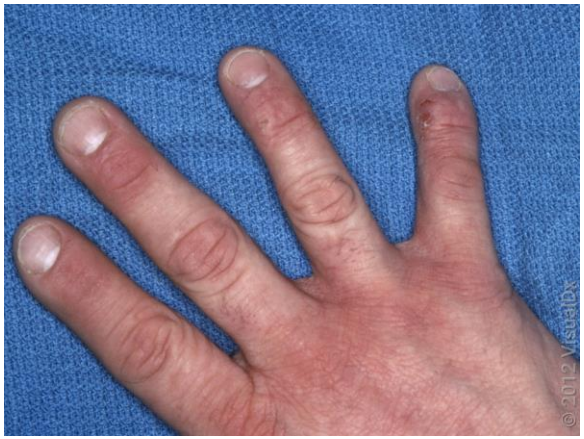
Irritant Contact Dermatitis

- Presentation
  - Intensity and clinical signs depends on:
    - Properties of substance
    - Degree of skin barrier at time of exposure
    - Environmental factors
  - Onset is rapid



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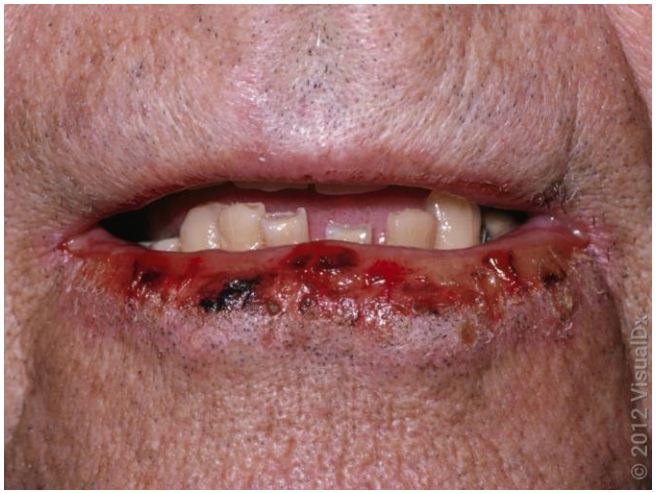
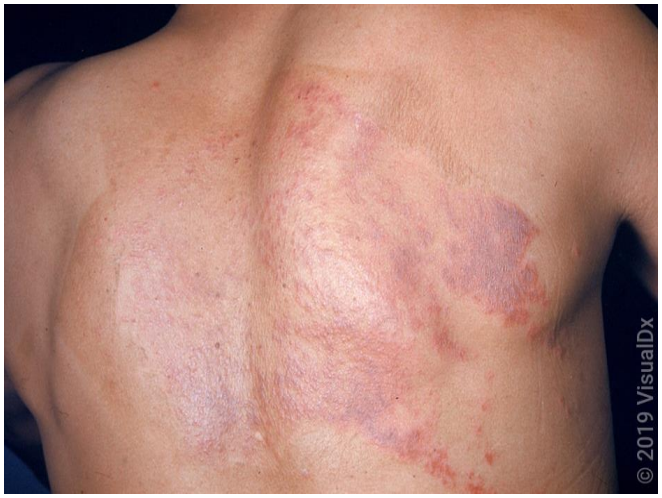
Irritant Contact Dermatitis

- Acute ICD
  - Develops within minutes-hours
  - Sharply demarcated erythematous plaques, edema and bullae possible
  - Stinging, burning – think chemical burns





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Irritant Contact Dermatitis

- Chronic ICD
  - Multiple sub-threshold contacts when the skin does NOT have ample time between exposure to recover and restore the normal skin barrier function
  - Sx:
    - Erythema without distinct demarcation
    - Scaling, vesicles, lichenificaiton, hyperkeratosis

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Irritant Contact Dermatitis

- Considerations
  - Further testing may be helpful
    - KOH, biopsy, Patch Testing
  - Significant impact on life/lifestyle
- Treatments
  - Topical steroids
    - Keep use limited
    - Potency of TCS dependent on affected area(s)
  - Prevention Education
    - Encourage self-advocacy

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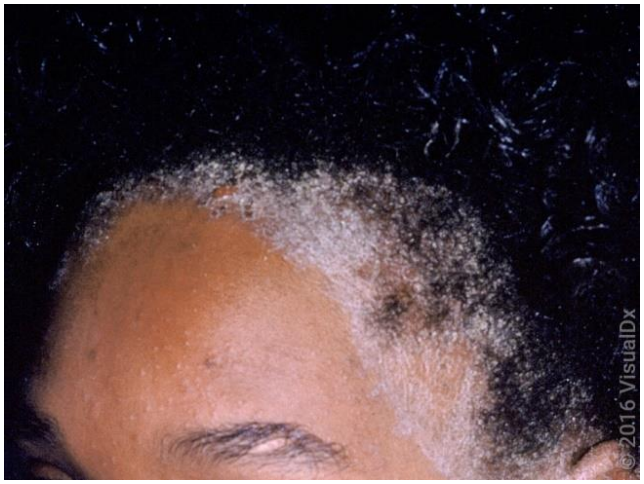
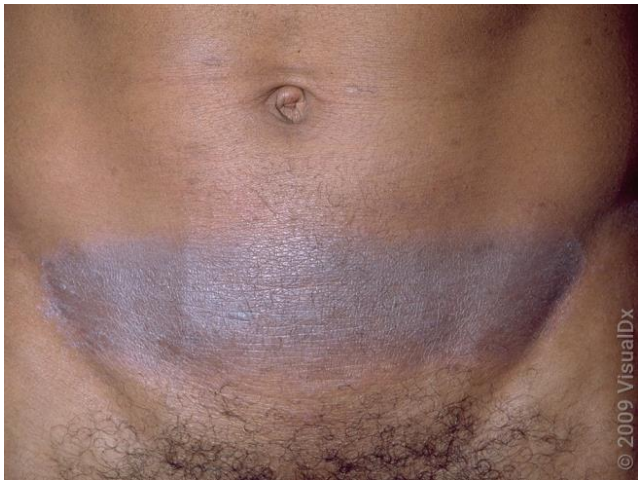
Allergic Contact Dermatitis

- ~20% of all CD's
- Allergen specific reaction
  - Examples: allergy to jewelry, poison ivy rash, lanolin





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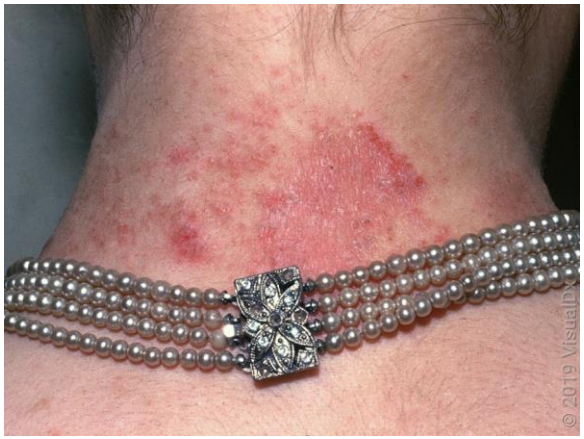
2.Vedak P, Burgin S. Allergic contact dermatitis. VisualDx . Accessed September 19, 2023. https://www.visualdx.com/visualdx/diagnosis/?moduleId=101&diagnosisId=51384.

Allergic Contact Dermatitis

- Presentation
  - Well demarcated, pruritic, eczematous plaques
  - Edema, vesicles, weeping possible
  - May become chronic (lichenified and scaly)
  - Typically a localized reaction, depending on causative agent



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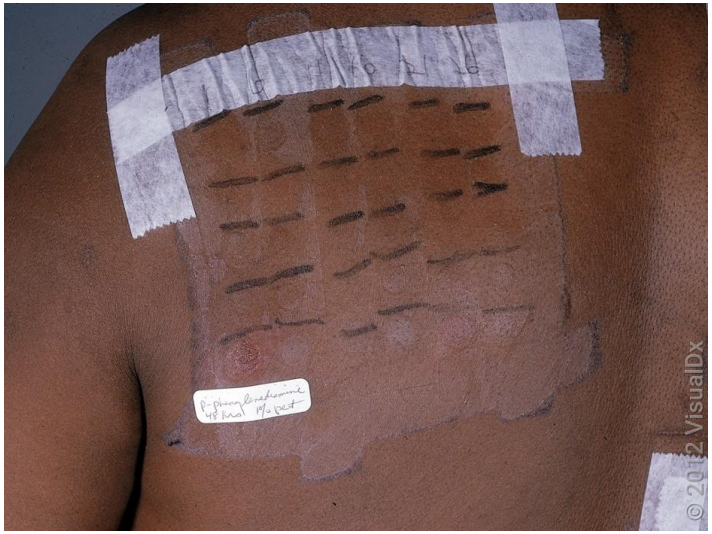
Allergic Contact Dermatitis

- Treatment
  - Avoid the allergen ☺
  - Patch Testing
    - Identify, eliminate, avoid
    - TCS may be used to aid in clearance of residual dermatitis
    - Can take 6 weeks to resolve even once offending agent is identified



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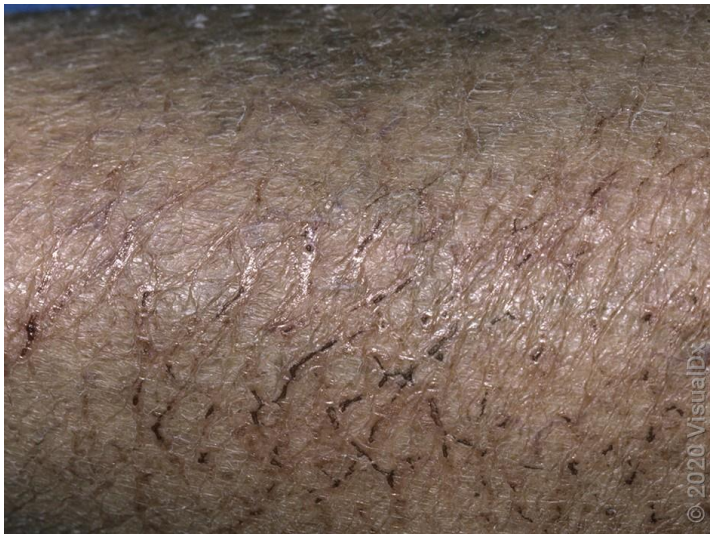
Asteatosis Dermatitis

- *"Eczema craquelé"*
- Severely dry skin that is inflamed and fissured
- Adulthood > Childhood
- Men > Women
- "Winter Itch"
- Numerous outside influences
  - Cold/dry weather, lack of moisturizing, UV exposure, excessive use of soap and water, perfumed soaps, habitual scrubbing



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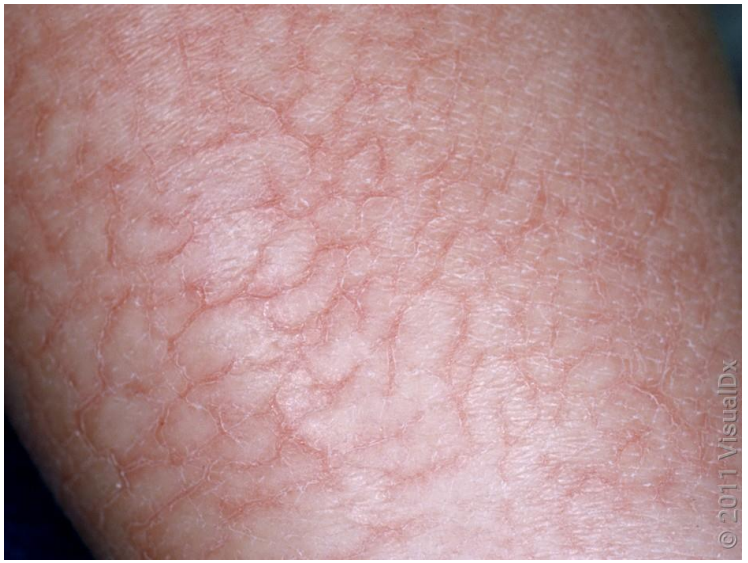
2.Craft N, Fox LP, Goldsmith LA. Eczema craquelé. VisualDx. Accessed September 19, 2023. https://www.visualdx.com/visualdx/diagnosis/?moduleId=101&diagnosisId=51385.

Asteatotic Dermatitis

- Presentation
  - Pruritus, burning, dry, scaling, superficial cracks
  - “dry riverbed” appearance
  - Mildly erythematous
  - No vesicles, bullae, pustules



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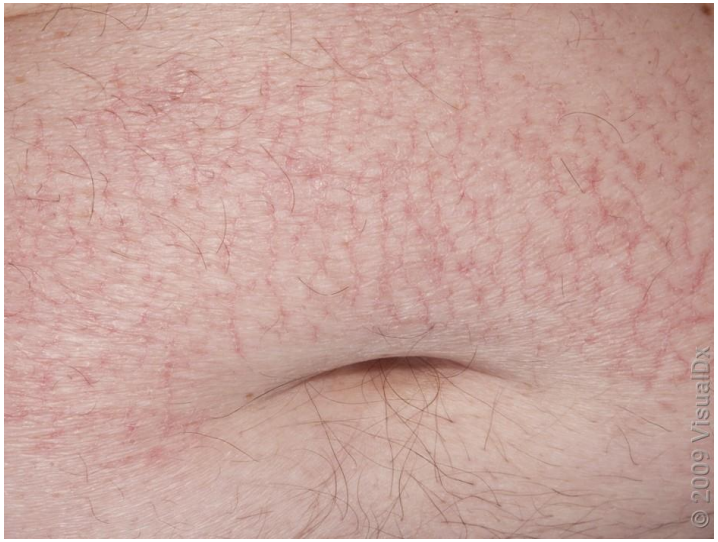
Asteatotic Dermatitis

- Treatment
  - Emollients
    - Ointments > creams > lotions
    - Urea and lactic acid containing moisturizers can be helpful
  - Mid-potency TCS to decrease inflammation
  - Recurrence is common



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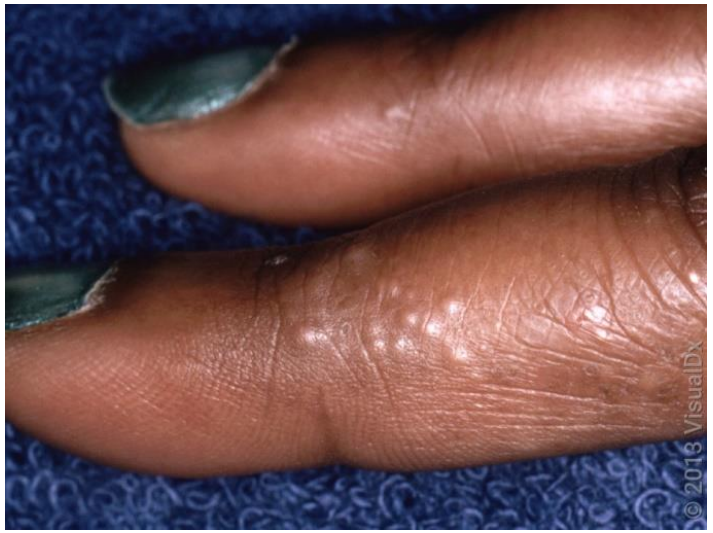
Dyshidrotic Dermatitis

- Presentation
  - Clear-white small vesicles
    - "Tapioca Pearls"
  - Pruritus, burning initially
  - Scaling occurs once vesicles resolve
  - Hands and feet
    - May extend to lateral surfaces
    - Spares dorsal aspects



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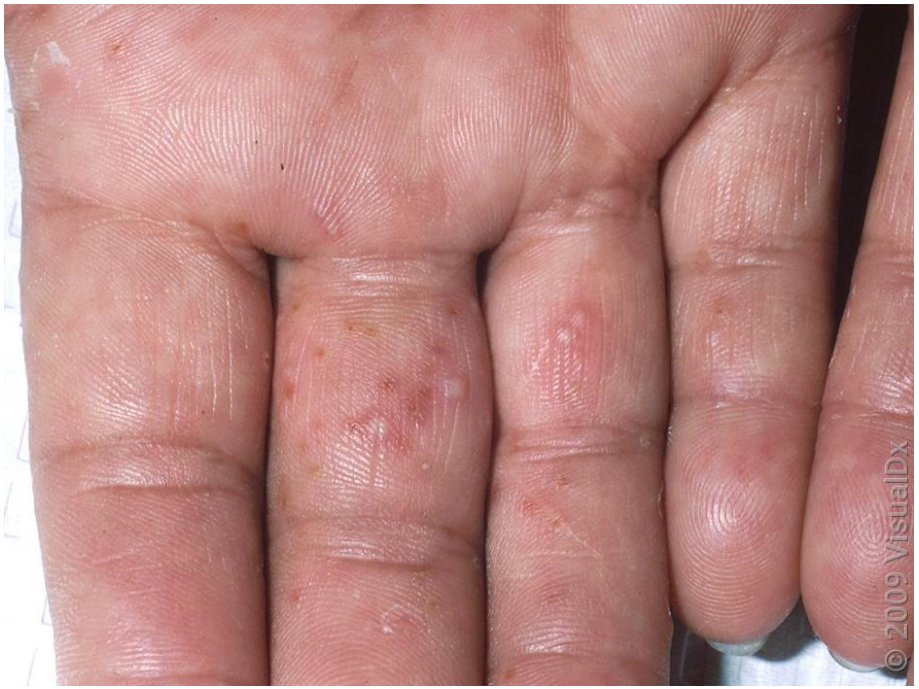
Dyshidrotic Dermatitis

- Mostly Idiopathic
- Not related to sweat gland activity
- Triggers:
  - Stress
  - Fungal infection
  - ID reaction
  - Drug reaction



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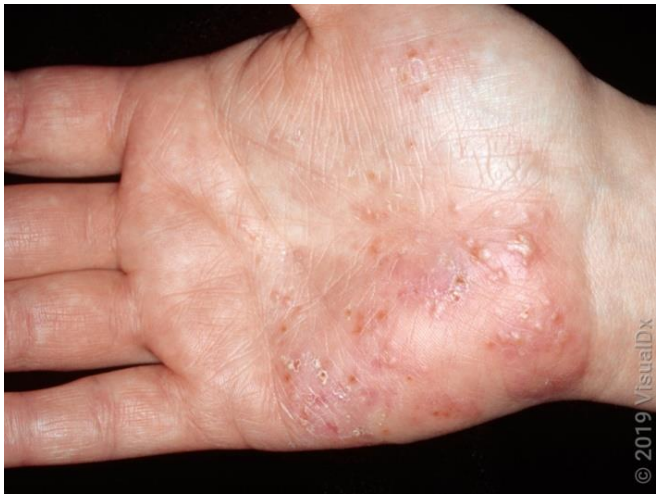
Dyshidrotic Dermatitis

- Management
  - Avoid Triggers/Irritants
  - High Potency TCS
    - BID x2 weeks
    - Transfer to Calcineurin Inhibitor
    - Antihistamines can be helpful
    - Oral steroids for severe cases



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ID Reaction

- Inflammatory Dermatitis
  - Body's response to an infection, inflammatory condition, or substance/drug/allergen/irritant.
  - "Auto-sensitization" or "Disseminated Eczema"
  - Commonly seen in patients with contact dermatoses
- Pathogenesis
  - Poorly understood
  - Immune mediate response?
    - Fungus seems to be common trigger

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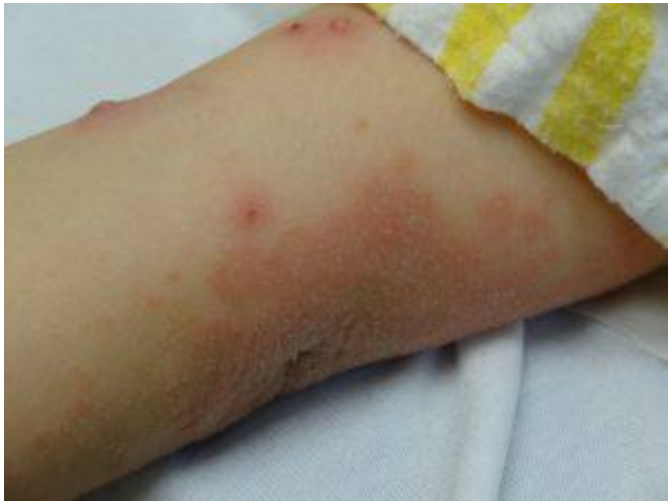
2.Wei EX, Spizuoco A, Bernhard JD, Burgin S. Autoeczematization in adult/child. VisualDx . Accessed September 19, 2023. https://www.visualdx.com/visualdx/diagnosis/?moduleId=102&diagnosisId=51379.

ID Reaction

- Presentation
  - Poorly demarcated eczematous plaques, papules, vesicles
  - Extremities, face, and occasionally trunk
  - Reaction location may vary – near infection or remote to infectious site
  - May take days to weeks to develop
  - Spreads until underlying condition is treated



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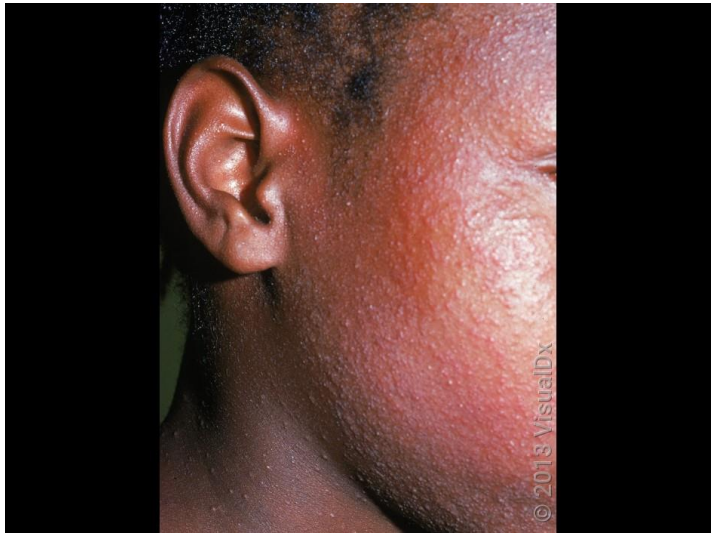
ID Reaction

- Management
  - Treat underlying infection
  - TCS may provide some relief
    - Use is controversial as they may suppress cutaneous immune system and allow further spread of cutaneous infection
- Self-limiting condition



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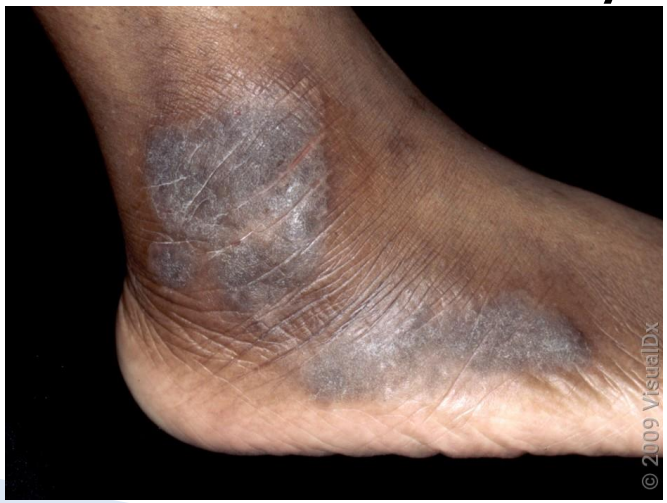
Lichen Simplex Chronicus

- "Neurodermatitis"
- Chronic disorder resulting from excessive scratching & rubbing of the skin
- Adults > adolescents
- Commonly seen in those with a history of atopic dermatitis and anxiety



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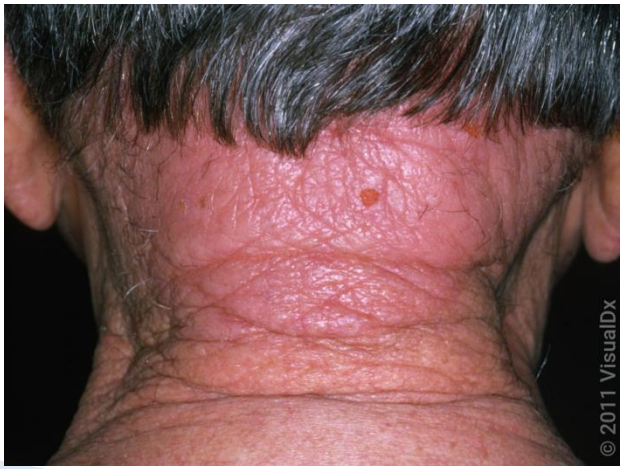
Lichen Simplex Chronicus

- Presentation
  - Develops in response to pruritus from a primary process like AD, bug bite, psoriasis, stress, etc.
  - Hyperpigmented, thick, lichenified plaques
  - Leathery in appearance
  - Easy to reach areas
    - Back of neck, arms, legs, vulva/scrotum, perianal area



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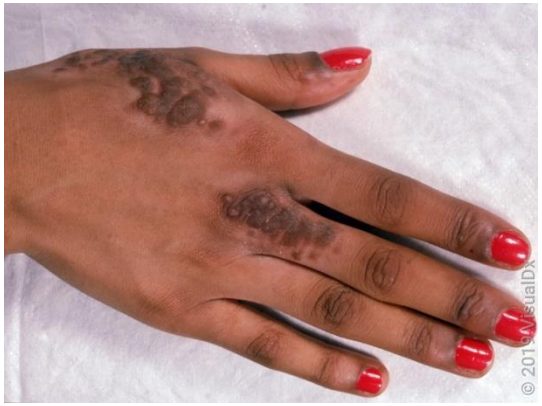
Lichen Simplex Chronicus

- Management:
  - Perpetuation of the itch-scratch cycle can be further aggravated by stress/anxiety. However, this is the key to stopping the issue at hand.
  - Emollients
  - TCS (high potency)
  - Intralesional kenalog injections
  - Referral to psych if OCD/Anxiety is primary component



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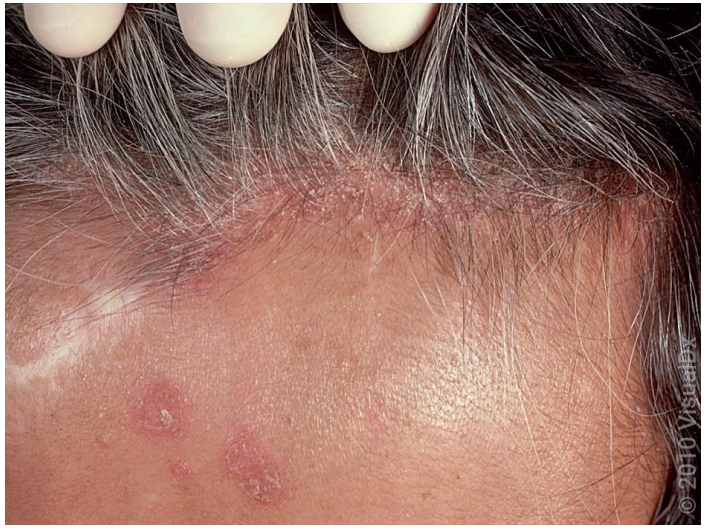
Seborrheic Dermatitis

- Recurrent papulosquamous disorder
  - Erythema with waxy/yellow scaling
- High Prevalence
- "Dandruff" = most mild form
- Men>Women
- Increased Prevalence
  - Down Syndrome
  - Parkinson Disease
  - Neurological Disorders (Mood disorders, stroke victims, head and neck injuries, immunocompromised)



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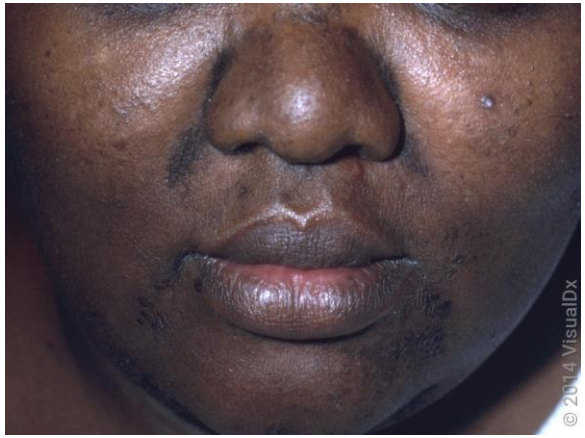
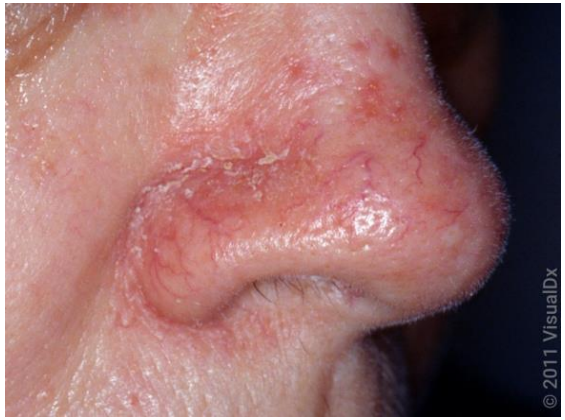
Seborrheic Dermatitis

- Common Triggers:
  - Medications, seasonal changes, sunlight, heat, topical hair products
- Associated with normal yeast on skin (Malassezia), increased sebum production
- Presentation:
  - Erythema with dry, moist, or adherent scale
  - Scalp, forehead, eyebrows/glabella, nasolabial folds, ears/post-auricular areas





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Seborrheic Dermatitis

- Treatment
  - Azole Antifungals
    - Ketoconazole cream and/or shampoo
  - OTC products
  - Lather for 5-10 minutes prior to rinsing!


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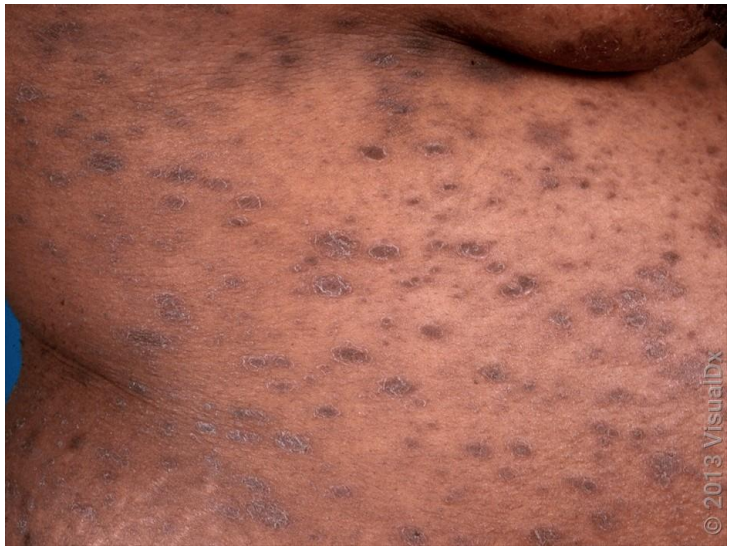
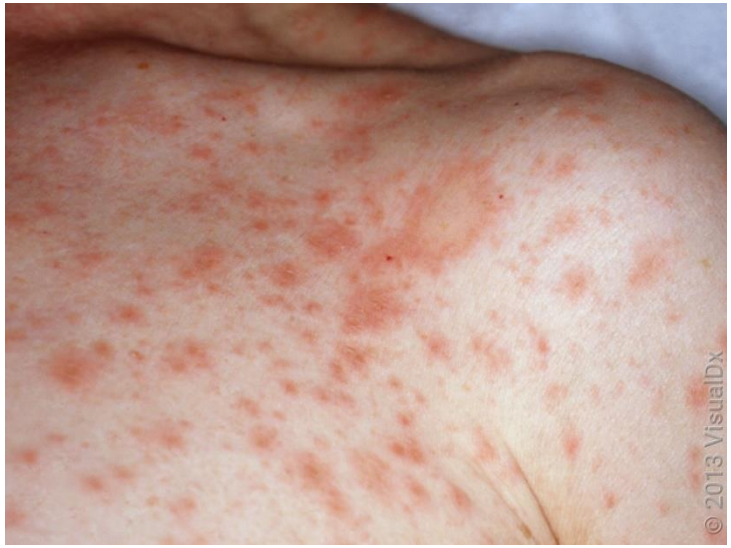
Pityriasis Rosea

- Common, self-limiting, papulosquamous dermatosis
- Affects young, healthy individuals
- More common in Spring and Fall
- Suspected to have viral etiology
  - Association with human herpes virus 6 & 7





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Pityriasis Rosea

- Presentation
  - ~2-4cm solitary erythematous patch/plaque precedes eruption (Herald Patch) which occurs within days-weeks
  - Multiple pink, round/oval papules and plaques with fine "collarette scale" on border
  - Symmetrical distribution on the trunk, following skin tension lines
  - Face, palms, soles typically spared
  - ~25% experience pruritus
  - Few experience flu-like symptoms

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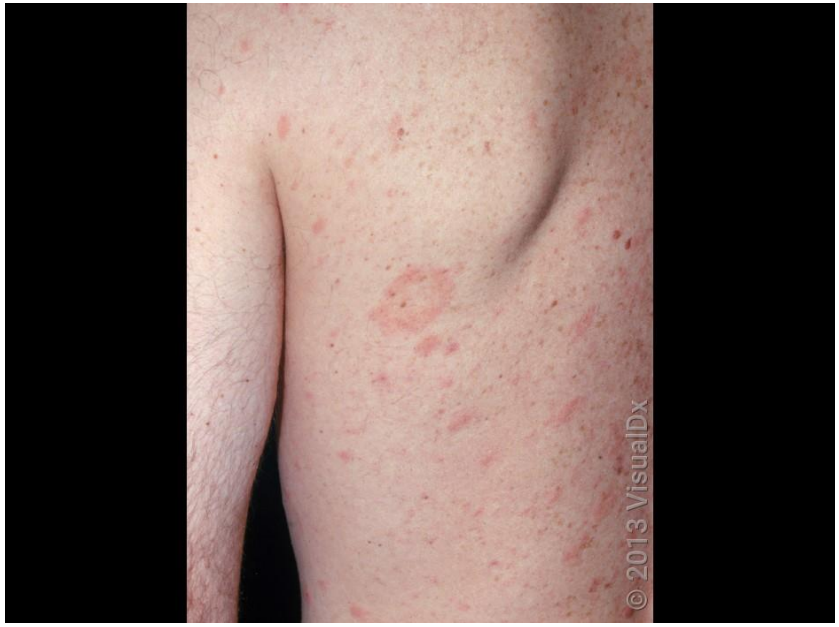
Pityriasis Rosea



- Management
  - Symptomatic Care
  - Anti-histamines
  - UVB
  - Resolution in 6-8 weeks
- Special Considerations
  - Pregnancy
    - Association with HHV 6&7
    - Premature delivery and fetal demise have been observed in pregnant women with PR – especially within first 15 weeks gestation
    - Refer to OB
      - Possible treatment with acyclovir

1. Bobonich MA, Nolan ME. Papulosquamous disorders. In: *Dermatology For Advanced Practice Clinicians*. Lippincott Williams And Wilkin; 2014:61-65.
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Questions!?