DIAGNOSIS

- Essential features that must be present to diagnose atopic dermatitis (AD) include pruritus, eczema (acute, subacute, or chronic), typical morphology and age-specific patterns, chronic or relapsing history
- Common age-related affected areas:
  - Infants – face, trunk, and extensor extremities (sparing of the diaper area)
  - Toddlers and older children – flexural surfaces of wrists and ankles; antecubital and popliteal fossae
  - Adolescents and adults - wrists, hands, neck, and ankles
- Other important and supportive features to assist in AD diagnosis – early age of onset, atopy, family history, IgE reactivity, xerosis, lichenification, prurigo lesions, atypical vascular responses

ASSESSMENT

- Assessment tools to measure AD severity and patient outcomes used in clinical trials are not recommended for routine practice
- Clinicians should assess severity based on the body surface area affected, qualities of the lesions, persistence of the disease, and impact on the quality of life of patients and families
- Ask questions to assess the impact of AD on quality of life, including sleep disturbance, interference with school, work, relationships, and family life

REFERENCES: