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# Atopic Dermatitis Guidelines

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المظلة هيلثكير مانجمنت  
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HEALTHCARE MANAGEMENT

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## Introduction

Atopic dermatitis, commonly known as eczema, is a chronic inflammatory skin condition characterized by red, itchy, and inflamed skin. It often occurs in patches and can vary in severity. Atopic dermatitis is a type of eczema associated with a genetic predisposition to allergic conditions, such as asthma and hay fever.

The exact cause of atopic dermatitis is not fully understood, but it is believed to result from a combination of genetic, environmental, and immune system factors. Triggers for atopic dermatitis can include exposure to irritants, allergens, changes in weather, stress, and certain foods.

Symptoms of atopic dermatitis may include intense itching, red or brownish patches of skin, dry and scaly skin, and in severe cases, the skin may become thickened or develop oozing blisters.

Management of atopic dermatitis involves a combination of skincare practices, lifestyle adjustments, and, in some cases, medications. Daily moisturizing, avoiding irritants and allergens, and using mild soaps are important aspects of skincare for individuals with atopic dermatitis. Topical corticosteroids or other prescription medications may be prescribed to reduce inflammation and manage symptoms during flare-ups.

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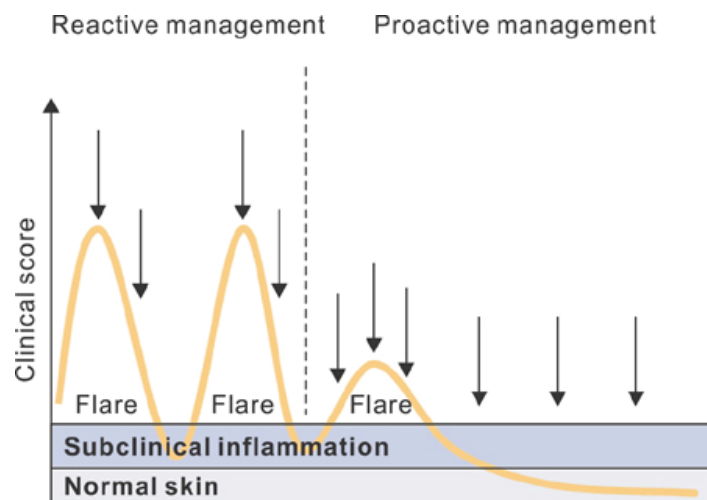
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# Atopic Dermatitis

## Management:

- I. Atopic dermatitis-Baseline therapy:
  1. Emollients along with education and avoidance of allergen.
- II. Atopic dermatitis-Mild therapy:
  1. Acute case: Topical corticosteroids & Wet Wraps
  2. Reactive case: Topical calcineurin inhibitors.
- III. Atopic dermatitis- moderate therapy:
  1. Proactive case: Topical corticosteroids & Topical calcineurin inhibitors.
2. NB-UVB & Medium dose UVA1 & Psychosomatic counselling might be added.
- IV. Moderate cases with no tolerance for topical treatment (or failure to the same) to severe cases:
  1. Cyclosporin.
  2. Baricitinib.
  3. dupilumab.
  4. upadacitinib.
  5. trialkinumab.
  6. Azathioprine.
  7. Methotrexate.
  8. Systemic Glucocorticoids.



## Laboratory monitoring:

No.	Tests	CPT	Frequency
1	Total serum IgE	82785	Once every Year
2	Quantitative or semi-quantitative in vitro allergen specific IgE testing	86003	Once every Year
3	Allergy Testing Procedures	95024	Once every Year
4	CBC	85025	Once every Year
5	Dermatologist Consultation	10 OR 11	Once every 3 months

# Atopic Dermatitis

## ICD codes

Category	ICD-10 Code	Description
L20	L20	Atopic dermatitis
L20.0	L20.0	Besnier's prurigo
L20.8	L20.8	Other atopic dermatitis
L20.9	L20.9	Atopic dermatitis, unspecified
L30.0	L30.0	Nummular dermatitis
L30.1	L30.1	Dyshidrosis [pompholyx]
L30.2	L30.2	Cutaneous autosensitization
L30.3	L30.3	Infective dermatitis
L30.4	L30.4	Erythema intertrigo
L30.8	L30.8	Other specified dermatitis
L30.9	L30.9	Dermatitis, unspecified
L21	L21	Seborrheic dermatitis
L21.0	L21.0	Seborrhea capitis
L21.1	L21.1	Seborrheic infantile dermatitis
L21.8	L21.8	Other seborrheic dermatitis
L21.9	L21.9	Seborrheic dermatitis, unspecified
L24	L24	Contact dermatitis and other eczema due to plants (except food)
L24.0	L24.0	Toxicodendron dermatitis
L24.1	L24.1	Dermatitis due to ingested food
L24.8	L24.8	Other specified contact dermatitis
L24.9	L24.9	Contact dermatitis, unspecified

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