

# Example of atopic dermatitis management essay

[Health & Medicine](#), [Disease](#)



Atopic dermatitis (AD) is a long-term skin illness. " Atopic" denotes a tendency to result into allergy conditions. " Dermatitis" refers to the inflammation of the skin. The common symptoms of AD are itchy and dry skin and rashes inside the elbows, on the hands and feet, behind the knees and on the face (Alexander, 2011).

## **Atopic Dermatitis Management**

Current technology and knowhow about AD has placed people on a good position to fight it. This essay aims at highlighting the best practices that can be utilized entirely or almost eliminate AD. The process is divided into three sections namely prevention, treatment and empowering the stakeholders. The essay also highlights the aspired results in a scenario where all these attributes have been met.

## **Implementation Plan**

The best way to manage AD is to utilize the knowledge we have already acquired about the illness to treat those suffering from it and prevent its spread. The best practices have been discussed below under the heading of prevention, treatment and empowerment.

## **Prevention**

Prevention entails discovering the prompts of allergic reactions and learning how to avoid them since there is no cure for AD (Sakari, 2008).

## **Diet**

Many food allergens can prompt allergic reactions such as nuts, yeast and milk. Health food stores stock products that do not contain common

allergens. There is evidence that approximately a third of people suffering from AD may not tolerate histamine and benefit from histamine free diet. Most foods associated with allergies also contain high contents of histamine. Breastfeeding can assist in preventing the development of allergic illnesses, but if unavailable, hydrolyzed formulas are favoured to cow milk. Organic dairy products can be used by children and breastfeeding by mothers reduce the possibility of AD (Sakari, 2008).

### **Irritant evasion/Allergen**

A “ scratch” or an allergy skin-patch provided by an allergist has the ability of pinpointing the prompts of allergic reactions. When the cause has being identified, the allergens are eliminated from the lifestyle, diet or environment. In cases where AD is severe, it may take longer for ones immune system in the body to settle down after the irritants are retracted.

### **Lifestyle and Environment**

There are particularly common allergens and irritants such as dust, smoke and pet fur, it is advisable for people with AD to avoid exposure to these elements. Stress, anger, lack of sleep and stress are also elements that are identified to aggravate AD. Excessive heat, high humidity, cold, sudden and extreme temperature swings are also identified to cause outbreaks.

### **Treatment**

Prescription drugs

A doctor has the power to prescribe injections, creams or topical corticosteroid ointments. Corticosteroids are commonly considered as the most effective method of treating severe cases of AD. Steroid creams causes

thinning of the skin and stretch marks. People should not use high potency steroid creams on the face or other areas of the body where the skin is thin. Antibiotics should be used where infections (frequently of *Staphylococcus aureus*).

In cases where patients do not respond to other treatments, oral immunosuppressant treatments are prescribed, such as methotrexate, azothioprine and ciclosporin (National, 2011).

### **Maintaining the skin barrier**

The prime treatment engages prevention involves minimizing or avoiding contact with allergens. Topical treatments can be administered when that has been established. These treatments centre on lessening both the inflammation and dryness of the skin.

High quality, dermatologist approved moisturizers should be used often so as to combat severe dryness linked with atopic dermatitis. The moisturizer should not contain any ingredients that may additionally aggravate the state. Moisturizers are particularly effective if applied five to ten minutes after bathing.

A doctor may prescribe lotion comprising sodium hyaluronate to enhance skin dryness. Numerous commercial soaps cleanse all oils made by the skin that serve to prevent drying (National, 2011).

### **Light (UV) therapy**

A more advanced form of treatment consists of exposure to narrow or broad band ultraviolet light. Ultraviolet light radiation exposure has a localized effect on afflicted tissues and is used to lessen the frequency and severity of

flares. However, ultraviolet light radiation has been associated in various forms of skin cancer, and thus its treatment is not without dangers.

## **Empowering the Stakeholders**

The most affected party in the AD issue is the patient that is suffering and those in at risk of suffering from the condition. There is a need to empower this lot accordingly on the best practises when one is suffering from AD or the best ways to prevent it for those not suffering from the illness. This can go a long way since most people current suffering from the illness had no prior knowledge of its existence (Bieber, 2002).

The next main stakeholder of Atopic Dermatitis disease includes the scientists, doctors and the system through which people get medical care. They all work together towards informing and treating this illness among the less informed population. They need assistance while doing their research or administration of treatment, such assistance may come in the form of government funding or clear channels to share and distribute information (Bieber, 2002).

## **Key Outcomes of the Plan**

It is commonly said that humans make changes only when too much blood has being shed. We have enough knowhow to prevent and treat Atopic Dermatitis, but most people still suffer from this condition through either lack of information or treatment. For the best results to be achieved in this fight, different stakeholders will have to unite together and work together towards the common goal of eradicating it. It might be slow, but a journey of thousand miles starts with a few steps.

## **Reference List**

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