

Reports on Scientific Meetings

Scientific webinar

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New advancement in clinical assessment for atopic dermatitis

Speaker: YH Huang
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Patients with atopic dermatitis (AD) experience a multi-dimensional disease burden and have a lower quality of life. Inadequate disease control which is a challenge to the patient, their family, and their healthcare providers. The traditional scoring system for AD focuses only on certain aspects of eczema control, such as the quality of life, long-term eczema control, clinician-reported signs or patient-reported symptoms. The new ADCT (Atopic Dermatitis Control Tool) scoring system, however, is a new scientifically-validated tool for comprehensive assessment specifically of AD control.

ADCT includes six brief and easily understandable questions addressing the multi-dimensional burden for patient self-assessment of AD control over the preceding week. Each question is scored 0-4 and the sum

of the scores from all 6 questions forms the ADCT total score. The minimum score is 0, the maximum score is 24. A higher score indicates lower AD control. A patient's AD may not be under control if a. their total score is 7 points or more b. one answer falls in a blue box (high score zone) or c. total score increases by 5 points or more. Patients may record their ADCT scores over time to facilitate meaningful patient-physician discussion on disease control, enable improvements in clinical monitoring and the identification of patients requiring treatment modification.

ADCT is now available through a dedicated website (www.adcontroltool.com).

Learning points:

ADCT is designed to comprehensively assess multidimensional atopic dermatitis control in a standardised way. The six brief questions of ADCT are simple to complete and enable patients to self-assess atopic dermatitis control. ADCT can be used to initiate communication between the patient and the dermatologist on long-term atopic dermatitis control, improve clinical monitoring and identify patients requiring treatment modification.