How to Become a Dermatologic Rockstar

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At the end of this presentation the participant will be able to:

- Identify dermatologic conditions that are emergencies.
- Categorize skin findings as inflammatory, infectious or neoplastic.
- Treat basic atopic dermatitis, psoriasis and adolescent acne.
- Know when to refer a patient to a dermatologist.

Dermatologic Rockstars are:

- Informative
- Humble
- Resourceful (know when to refer)

Ask yourself:

- Inflammatory?
- Infectious?
- Neoplastic?
  (benign or malignant?)

Assess Risk

- Is the condition going to harm the patient?
  (If so, now or later?)
- How much harm are we talking?
Toxic Epidermal Necrolysis

http://dailymail.co.uk/i/pix/2011/05/18/article-1388356-0C2140DC00000578-135_634x391.jpg

Meningococcemia

http://www.pediatricconsultant360.com/article/suspected-case-meningococcemia-7-month-old-qdf
http://www.vaccineinformation.org/photos/meni_m1002pg

Cutaneous metastasis

http://emedicine.medscape.com/article/987228-clinical#b3
http://www.visualdx.com/visualdx/visualdx6/getDiagnosisText.do?moduleId=5&diagnosisId=51843

Primary malignancy

http://www.dermatologycharleston.com/tag/malignant-melanoma/

Autoimmune Bullous Disorder

(Linear IgA/ Bullous Dermatosis of Childhood)

http://www.visualdx.com/visualdx/visualdx6/getZoomImage.do?moduleId=10&diagnosisId=51228&imageIndex=0
Complicated Infantile Hemangioma
http://www.visualdx.com/visualdx/visualdx6/getDiagnosisText.do?moduleId=24&diagnosisId=51673&view=spread

Again ask yourself:
Inflammatory?
Neoplastic?
Sign of a syndrome?

Inflammatory Conditions
- Psoriasis
- Atopic Dermatitis
- Drug eruption
- Contact dermatitis
- Ruptured Cyst
- Acne
- Seborrhea

Quick sidebar:
Ruptured Epidermal Inclusion Cyst
Not all things that are red, hot, tender and swollen are abscesses.
Get a history.

Infectious
- Impetigo
- Infestation
- Foliculitis
- Cellulitis
- Vial Exanthem
- Vial infection
- Tinea

Neoplasms
- Benign Nevus
- Café au lait macules
- Epidermal nevus
- Nevus Sebaceous
- Pyogenic granuloma
- Pilomatrixoma
- Xanthogranuloma
Psoriasis Quick Pick

- Clobetasol liquid or lotion for scalp
- Triamcinolone 0.1% cream for body
- Hydrocortisone valerate cream for face or desonide cream for face
- Clobetasol ointment or cream for hands and feet.
- Refer. Refer. Refer. Refer.

Psoriasis Quick Pick

- In order of strength: Clobetasol > Triamcinolone > Desonide > OTC HC
Clobetasol can NOT be used at the face, in axilla, groin or other occluded areas. This includes all skin folds.
Most primary care physicians limit clobetasol use to 2 weeks.

Psoriasis Quick Pick

- Specify quantity on your prescription (15 gram, 30 gram, 45 gram, etc.)
- 454 grams is a one pound jar
- 240 grams is about the amount needed for extensive body surface area BID for a month in a preschool aged child.

Atopic Dermatitis
Atopic Dermatitis

Eczema Quick Pick
- Gentle cleanser
- Very heavy moisturizing cream
- Desonide for face, occluded areas, intertriginous areas, infants and mildly affected kids.
- Triamcinolone ointment for extremities and hands and feet of older toddlers and kids.
- Bleach bath
- Oral antibiotic if experiencing significant flare.

Acne

Types of Acne Lesions
- Open comedone = blackhead
- Closed comedone = white head/milia
- Papulopustule = zit
- Cyst = big undergrounder

Open Comedone

Closed Comedone
Papulopustule

Cyst/Nodule

Acne Quick Pick

- Tretinoin cream 0.05%
- Sodium Sulfacetamide lotion (eg. Klaran lotion)
- Benzoyl Peroxide/Clindamycin combo topical (eg. Benzac In or Duac)
- Doxycycline 100 mg tablets
- Benzoyl Peroxide wash or Sulfur wash

Resources

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