

This meeting provides the opportunity to contribute to and participate in the development of two national clinical guidelines in dermatology: Diagnosis and Management of Psoriasis and Psoriatic Arthritis in Adults, and Management of Atopic Eczema in Primary Care. It will be of particular interest to general practitioners, practice nurses, community pharmacists, rheumatologists, and clinicians dealing with dermatology in primary and secondary care. This event will also be relevant for policy makers and those responsible for service improvement and development as well as for patients and carers.

Atopic eczema is a very common chronic inflammatory disorder affecting the skin, with a prevalence of 2.3% in the Scottish population. Prevalence is highest in children less than two years of age (9.8%). Atopic eczema usually resolves during childhood, but it can persist into adult life or recur in the teenage or early adult years. The guideline provides recommendations for the management of atopic eczema in children and adults in primary care, based on current evidence for best practice. It includes advice on the various topical treatments (including moisturisers, topical corticosteroids, topical calcineurin inhibitors and dressings), the anti-infective treatments (such as antibiotics and antiseptics), antihistamines, complementary therapies, and the roles of food allergy and environmental factors. It excludes treatments that are usually carried out in secondary care, such as phototherapy and systemic immunosuppressant drugs.

Psoriasis is one of the commonest chronic diseases and causes persistent, relapsing inflammation of the skin and joints. Approximately 130,000 individuals in Scotland suffer from psoriasis and/or psoriatic arthritis. Its negative impact on patients' quality of life is comparable to that seen in cancer, arthritis, and heart disease. Despite the availability of effective treatment, there is widespread frustration amongst patients concerning their treatment. This is due to many factors including a lack of awareness of the severe effect on quality of life in those affected, leading to under-treatment by some clinicians. The guideline provides recommendations for the diagnosis and management of psoriasis and psoriatic arthritis in adults in primary and secondary care. It includes advice on assessment and monitoring, pharmacotherapy, phototherapy, alternative therapies, multidisciplinary care and pathways of care.

SIGN guidelines are developed by multidisciplinary guideline development groups with representation from across Scotland.

The guideline recommendations are based on a systematic review of evidence on effective management of the clinical condition concerned and full consultation with healthcare practitioners in all relevant disciplines. The national guidelines are disseminated throughout NHSScotland and are then tailored and implemented according to local circumstances for the benefit of patients.

**For further information please contact Mrs Lesley Forsyth, SIGN Executive,  
Elliott House, 8-10 Hillside Crescent, Edinburgh EH7 5EA  
Tel: 0131 623 4728/4720 • Fax: 0131 623 4503  
email: [lesley.forsyth@nhs.net](mailto:lesley.forsyth@nhs.net)**

The Scottish Intercollegiate Guidelines Network (SIGN) develops evidence based clinical practice guidelines for NHSScotland.

National Open Meeting  
to discuss the draft guidelines on

**ATOPIC ECZEMA  
and  
PSORIASIS AND PSORIATIC  
ARTHRITIS**



CPD applied for



EPASS applied for

Thursday 1<sup>st</sup> October 2009  
The Biosphere, Our Dynamic Earth  
Edinburgh

**The draft guidelines will be available for comment on the SIGN website for a short period immediately before and for a month after the National Meeting. [www.sign.ac.uk](http://www.sign.ac.uk)**

## Programme

**9.00 Registration**

**9.30 Welcome and introduction to SIGN clinical guideline development**

*SIGN Council Member (tbc)*

### DIAGNOSIS AND MANAGEMENT OF PSORIASIS AND PSORIATIC ARTHRITIS IN ADULTS

**9.40 Chair's introduction**

*Dr David Burden, Consultant Dermatologist, Western Infirmary, Glasgow*

**9.50 The patient's perspective**

*Ms Rosemary Beaton, Patient Representative and Mr Stewart Campbell, Psoriasis Association*

### SESSION 1 • TREATMENTS FOR PSORIASIS AND PSORIATIC ARTHRITIS

*Chair: Dr Linda Grimmond*

**10.00 Topical treatments and psoriasis at special sites**

*Dr Robert Dawe, Consultant Dermatologist, Ninewells Hospital and Medical School, Dundee*

**10.10 Complementary therapies, allied health, and lifestyle modification**

*Dr Alan Jones, General Practitioner, Dumfries and Galloway*

**10.20 Phototherapy**

*Professor Harry Moseley, Head of Scientific Services, Photobiology Unit, Ninewells Hospital and Medical School, Dundee*

**10.30 Systemic and biological therapies for psoriasis**

*Professor Tony Ormerod, Consultant Dermatologist, Aberdeen Royal Infirmary*

**10.45 Treatments for psoriatic arthritis**

*Dr Ruth Richmond, Consultant in Rheumatology, Borders General Hospital*

**11.00 Panel discussion**

**11.15 Coffee/tea**

### SESSION 2 • DIAGNOSIS AND PATIENT ASSESSMENT

*Chair: Dr David Burden*

**11.30 Psoriasis, vascular disease, and other related conditions**

*Dr Joyce Leman, Consultant Dermatologist, Western Infirmary, Glasgow*

**11.40 Screening and early diagnosis of psoriatic arthritis**

*Dr Hilary Wilson, Consultant Rheumatologist, Glasgow Royal Infirmary*

**11.50 Monitoring of disease activity in clinical practice**

*Dr Danny Kemmett, Consultant Dermatologist, Edinburgh Royal Infirmary*

**12.00 Panel discussion**

### SESSION 3 • PATHWAYS OF CARE

*Chair: Mr Stewart Campbell, Patient Representative*

**12.15 What can we learn from the patient experience?**

*Mrs Janice Johnson, Director, PSALV, Psoriasis Scotland / Additional speaker (tbc)*

**12.25 Providing patient information and improving concordance**

*Dr Lorna McHattie, Research Fellow, School of Pharmacy and Life Sciences, Robert Gordon University, Aberdeen*

**12.35 Care pathway for psoriasis and psoriatic arthritis**

*Dr David Bilsland, Consultant Dermatologist, Southern General Hospital, Glasgow and Dr Iain Henderson, General Practitioner, Glasgow*

**12.45 Panel discussion, including responses to written questions**

**13.10 Summary**

*Dr David Burden*

**13.15 LUNCH**

### MANAGEMENT OF ATOPIC ECZEMA IN PRIMARY CARE (CHILDREN AND ADULTS)

**14.00 Chair's introduction**

*Dr Michael Tidman, Consultant Dermatologist, Royal Infirmary of Edinburgh*

**14.10 The patient's perspective**

*Ms Anne Smith, Chair of Eczema Scotland  
Ms Eileen Wallace, Patient Representative*

**14.20 Emollient therapy, corticosteroids and dressings**

*Sister Janice Lowe, Clinical Nurse Specialist, Royal Infirmary of Edinburgh*

**14.30 Calcineurin inhibitors**

*Dr Doug Smith, General Practitioner, Banchory*

**14.35 Panel discussion**

**14.50 Use of antihistamines**

*Ms Karen Braithwaite, Community Pharmacist, Aberlour*

**14.55 Antimicrobial measures**

*Dr Stephen Wedderburn, General Practitioner, Aberdeen*

**15.00 Panel discussion**

**15.15 Dietary modification**

*Ms Jane Calder, Senior Dietitian, St John's Hospital, Livingston*

**15.20 Environmental factors**

*Dr David Haldane, Consultant in Occupational Health, Dykebar Hospital, Paisley*

**15.25 Complementary therapies**

*Dr Tracey Secrett, General Practitioner, Bearsden*

**15.30 Panel discussion, including responses to written questions**

**16.00 Close of meeting**