

# GUIDE TO ADVANCE SYSTEMIC THERAPY IN ATOPIC DERMATITIS (AD)

## General conditions for systemic treatment

**Age:** ≥6 months

**Diagnosis:** Clinical diagnosis of AD; other conditions considered to explain lack of response (allergic contact dermatitis, scabies, mycosis fungoides, immunodeficiency, etc.)

## Eligibility criteria for systemic treatment

### A Clinical Severity

At least one or more of the following criteria is fulfilled:  Yes  No

vIGA-AD™ or IGA = 3 or 4

Body Surface Area ≥10%

Treatment-refractory AD in sensitive/visible areas (e.g. head/neck, hands, feet, genitalia)

Despite appropriate maintenance topical therapy, **persistent AD or multiple AD flares over a 3-month time period** (episodes requiring an escalation of treatment, or seeking additional medical advice)<sup>a</sup>

### B Subjective Burden

At least one or more of the following criteria is fulfilled:  Yes  No

Patient Global Assessment of AD = Moderate or severe

Itch ≥6

Sleep ≥6

Bother = Moderate, very, or extreme

Patient indicates that **AD has a major impact** on their **quality of life**

Patient indicates that **there is an inadequate response** to appropriate prescription **topical** therapy

### C Lack of Treatment Response

All other therapeutic approaches are insufficient because **at least one or more of the following** criteria is fulfilled:  Yes  No

**Inadequate response** to appropriate prescription **topical** therapy for moderate-to-severe AD

**No provider expectation of success with** prescription **topical** therapy **alone**

Prescription **topical** therapy, as needed for control, **is not safe or feasible**

## Summary (A+B+C)

Systemic treatment is indicated because one or more criterion from **each** of the sections A, B, and C is fulfilled<sup>b</sup>  Yes  No

**TREATMENT TO BE INITIATED WITH:** \_\_\_\_\_

vIGA-AD=Validated Investigator Global Assessment for AD. IGA=Investigator Global Assessment.

<sup>a</sup>Langan SM, Thomas KS, Williams HC. What is meant by a "flare" in atopic dermatitis? A systematic review and proposal. *Arch Dermatol*. 2006 Sep;142(9):1190-6.

<sup>b</sup>There may be patients who meet only criterion C that are medically appropriate for systemic therapy. For example, criteria A and B were met at baseline, but topical therapy is not safe or feasible.

<sup>1</sup>Silverberg J, et al. A checklist to aid in identifying patients with atopic dermatitis who are candidates for systemic therapy. Presented at: Winter Clinical Dermatology Conference, January 2024.

<sup>2</sup>Augustin M, Werfel T, von Kiedrowski R. Checkliste: Indikationsstellung zur Systemtherapie der Neurodermitis bei Erwachsenen. [2018]. Available from: [https://register.awmf.org/assets/guidelines/013\\_D\\_Dermatologische\\_Ges/013-027CL1\\_S2k\\_Neurodermitis\\_Aktualisierung-Systemtherapie\\_2022-01.pdf](https://register.awmf.org/assets/guidelines/013_D_Dermatologische_Ges/013-027CL1_S2k_Neurodermitis_Aktualisierung-Systemtherapie_2022-01.pdf)

<sup>3</sup>Werfel T, et al. Update "Systemic treatment of atopic dermatitis" of the S2k-guideline on atopic dermatitis. *J Dtsch Dermatol Ges*. 2021 Jan;19(1):151-168.

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Systemic therapy is indicated for patients with moderate-to-severe atopic dermatitis (AD) who do not achieve adequate disease control with topical therapy or have frequent or severe flare-ups.<sup>1,2</sup> The decision to initiate systemic therapy in patients with AD is complex, with no consensus on criteria for initiation.<sup>2</sup> To aid clinicians in this decision-making, the “When to Start Systemic Therapy Checklist,” comprising three sections, was developed. Systemic therapy is indicated when  $\geq 1$  criterion in each section is fulfilled.<sup>3</sup>

<sup>1</sup>Siegels D, et al. Systemic treatments in the management of atopic dermatitis: A systematic review and meta-analysis. *Allergy*. 2021 Apr;76(4):1053-1076.

<sup>2</sup>Simpson EL, et al. When does atopic dermatitis warrant systemic therapy? Recommendations from an expert panel of the International Eczema Council. *J Am Acad Dermatol*. 2017 Oct;77(4):623-633.

<sup>3</sup>Silverberg J, et al. A checklist to aid in identifying patients with atopic dermatitis who are candidates for systemic therapy. Presented at: Winter Clinical Dermatology Conference, January 2024.