1. General conditions for systemic treatment

**Age**  ≥ 6 months

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

2. Eligibility criteria for systemic treatment

**A  Clinical Severity (see scales)**

At least one or more of the following criteria is fulfilled:  

- vIGA-AD™ or IGA = 3 or 4  
- Body Surface Area ≥ 10%  
- Treatment-refractory atopic dermatitis 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] [a]

**B  Subjective Burden (see scales)**

At least one or more of the following criteria is fulfilled:  

- Patient Global Assessment of Atopic Dermatitis = 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:  

- 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

3. Summary

Systemic treatment is indicated because one or more criterion from each of the sections A, B, and C is fulfilled (b)

Treatment to be initiated with:  


b. 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.


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.\textsuperscript{1,2} The decision to initiate systemic therapy in patients with AD is complex, with no consensus on criteria for initiation.\textsuperscript{2} 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.\textsuperscript{3}

\textsuperscript{1}Siegel D, et al., Systemic treatments in the management of atopic dermatitis: A systematic review and meta-analysis. 2021 Apr;76(4):1053-1076.


\textsuperscript{3}Silverberg J, et al. A Checklist to Aid in Identifying Patients with Atopic Dermatitis who are Candidates for Systemic Therapy” Presented at Winter Clinical, January 2024.