

Cutaneous Allergies for Nurses in Dermatology

Nurses Course | 28-30 November 2022 | Alfandega Congress Centre - Porto, Portugal

Description

The course focuses on the spectrum of cutaneous manifestations of allergy that will be discussed with particular attention for practical aspects and diagnostic tools.

We will first deal with general information concerning main “allergic” skin diseases included, even though some have additional pathomechanisms. It is our intention to analyse the clinical presentations of urticaria (acute, chronic spontaneous and inducible), chronic prurigo, atopic dermatitis and contact dermatitis (irritant, allergic and photoallergic and immediate contact reactions).

Main skin tests (patch, prick, photopatch tests), their indications, procedures and interpretation will then be illustrated as well as tests for establishing the threshold in inducible urticaria (fric test, temp test, etc) with emphasis on the contribution of the nurses for improving these procedures.

Also, there will be explanation on PROs that can be used to evaluate the severity of these skin diseases and their impact on patients’ QoL (DLQI, EASI, SCORAD, ADCT, PCT, UCT, UAS7, AAS7, HECSI, etc).

Discussion between the faculty and participants is welcome.

There will be also some practical training on performing most of these tests and some time for presentations on the topic by the participants.

Learning Objectives

- Improve the knowledge of skin diseases labelled as “allergic reactions” and other conditions (differential diagnosis).
- Give an overview of the skin test methods with practical advice to obtain the most reliable results.
- Enhance the role of the nurse in the management of atopic dermatitis and contact dermatitis and Therapeutic Patient Education programmes.

Faculty

Chair: Margarida Gonçalo

Speakers: Pedro Mendes Bastos, Christa De Cuyper, An Goossens

Tutors: Miguel Teixeira, Joanna Valério, Luís Miguel Dias, Teresa Borralho

Programme

Monday, 28 November 2022

14.00-14.30 Welcome and introduction from the course chair - Margarida Gonçalo

14.30-15.15 Itch - Christa De Cuyper

15.15-16.00 Prurigo - Pedro Mendes Bastos

16.00-16.45 Urticaria - Margarida Gonçalo

16.45-17.00 **Coffee Break**

17.00-17.30 “Itch and Mental Health” T1 - Miguel Teixeira

17.30-19.00 Case presentations by participants and Q&As - Christa De Cuyper

Tuesday, 29 November 2022

- 08:30-12.30 Contact dermatitis - Margarida Gonçalo, An Goossens
-Principles of patch testing and immediate testing – techniques and pitfalls
-Teaching avoidance in allergic and irritant contact dermatitis. TPE (see also Day 3)
- 12.00-13.00 **Lunch break**
- 13.00-14.15 Drug eruptions - Margarida Gonçalo
-Clinical spectrum
-How to test?
- 14.15-15.15 Photosensitivity - Margarida Gonçalo, An Goossens
-Phototesting and photopatch testing
- 15.15-15.30 **Coffee Break**
- 15.30-16.00 Food allergy: Facts and Myths - Christa De Cuyper
- 16.00-16.45 Clinical trials T2 - Joanna Valério
- 16.45-18.15 Case presentations by participants and Q&As - Christa De Cuyper
Networking Cocktail with speakers and participants

Wednesday, 30 November 2022

- 08:30-10.45 Atopic Dermatitis - Pedro Mendes Bastos
-Recognizing skin lesions and evaluating severity (EASI, SCORAD, Pruritus NRS, POEM, etc.)
-ETFAD guidelines
-How to use topical corticosteroids and calcineurin inhibitors?
- 10.45-11.00 **Coffee Break**
- 11.00-11.30 Atopy Schools T3 - Luís Miguel Dias
- 11.30-12.00 Day care centres T4 - Teresa Borralho
- 12.00-12.45 Quiz: What did we learn? - Margarida Gonçalo, Pedro Mendes Bastos
- 12.45-13.00 Conclusions and farewell - Margarida Gonçalo
- 13:00 **End of the course**

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