EuroGuiDerm Guideline on Atopic Eczema
Stepped-care plan for adults with atopic eczema

- Add antiseptic/antibiotic/antiviral/antifungal treatment in cases of infections
- Consider compliance and diagnosis, if therapy has insufficient effect
- Refer to table 3 for TCS classes recommended

Continue measures recommended below and select from (if appropriate):

**Severe**
- **AZA**
- **MTX**
- **Systemic glucocorticosteroids**
  - only as rescue therapy

**Moderate**
- **TCS**
  - proactive
- **TCI**
  - proactive
- **NB-UVB and medium dose UVA1**
- **Psychosomatic counseling**

**Mild**
- **TCS**
  - acute
- **TCI**
  - reactive
- **Wet wraps**

**Baseline therapy**
- **Emollients**
  - daily, in sufficient quantity and adjust frequency to degree of skin dryness
- **Avoidance of allergens**
  - as much as possible in sensitized patients
- **Educational programmes**

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1 refer to guideline text for restrictions, 2 licensed indication, 3 off-label treatment

\* (dark green) strong recommendation for the use of an intervention / (light green) weak recommendation for the use of an intervention

For definitions of disease severity, acute, reactive, proactive see section ‘VI’ and section ‘Introduction to systemic treatment’ of the EuroGuiDerm Atopic Eczema Guideline

Abro= abrocitinib; AZA=azathioprine; Bari=baricitinib; CyA=ciclosporin; Dupi=dupilumab; MTX=methotrexate; TCI=topical calcineurin inhibitors; TCS= topical corticosteroids; Tralo=tralokinumab; Upa=upadacitinib; UVA1=ultraviolet A1; NB-UVB=narrow-band ultraviolet B

>75%

13/15
EuroGuiDerm Guideline on Atopic Eczema
Stepped-care plan for children and adolescents with atopic eczema

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<table>
<thead>
<tr>
<th>Symbols</th>
<th>Implications (adapted from GRADE)</th>
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<tbody>
<tr>
<td>↑↑</td>
<td>We believe that all or almost all informed people would make that choice.</td>
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<tr>
<td>↑</td>
<td>We believe that most informed people would make that choice, but a substantial number would not.</td>
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<tr>
<td>0</td>
<td>We cannot make a recommendation.</td>
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<tr>
<td>↓</td>
<td>We believe that most informed people would make a choice against that intervention, but a substantial number would not.</td>
</tr>
<tr>
<td>↓↓</td>
<td>We believe that all or almost all informed people would make a choice against that choice.</td>
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<td></td>
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References