

# Workshop

## Building an AD Therapeutic Education Program: Blueprint ? Recipe ? Just Do it ?

Sebastien Barbarot, M.D. and Wynniss Tom, M.D.

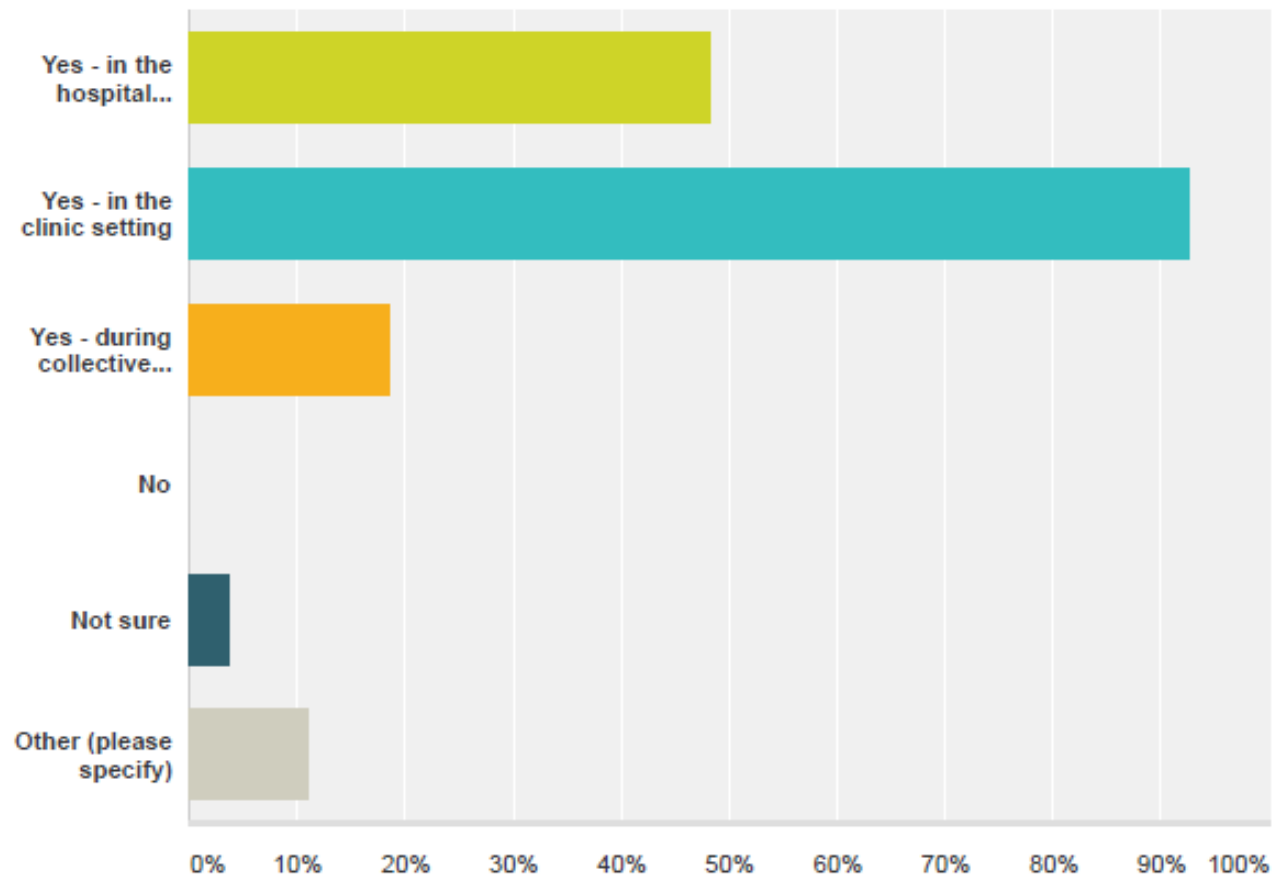


- Does TE program implementation represent an unmet need in AD management? Where does TE rank relative to the other needs in management listed below ? (how would you prioritize?)
  - 1) Safer treatments
  - 2) More efficient treatments
  - 3) More time during clinics (physicians/nurses/other HCP)
  - 4) TE programs



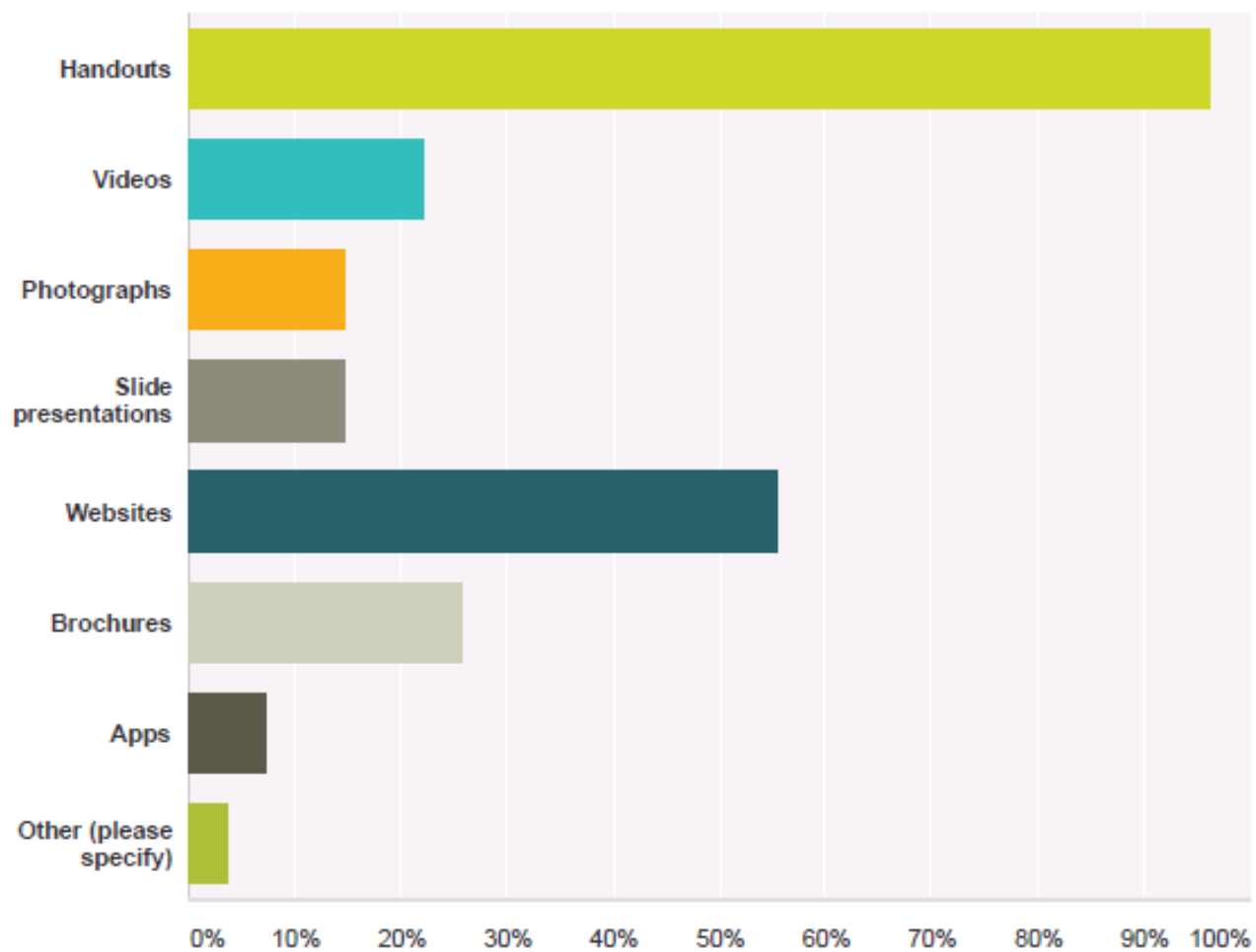
### Do you already provide therapeutic education in your practice? (Select all that apply)

Answered: 27 Skipped: 0



## Which specific tools do you use? (Select all that apply)

Answered: 27 Skipped: 0



## HOW TO DEVISE A TPE PROGRAMME?

- A TPE programme must include the following items:
  - ▶ Goals of the TPE programme ;
  - ▶ Target population: disease stage, age, co-morbidities ;
  - ▶ Self-care skills to be acquired by the patient, “safety” skills, and coping skills ;
  - ▶ Contents of TPE sessions ;
  - ▶ Changes in format according to the specific needs of patients ;
  - ▶ Health professionals and other persons involved ;
  - ▶ Means for coordinating all the professionals concerned ;
  - ▶ Scheduling and organization of TPE programmes and sessions ;
  - ▶ Procedures for individual evaluation of acquired skills and changes.



- TE for whom?

- 1) Parents
- 2) Children (which age group? 7-11 ? teenagers ? )
- 3) How would you select the patients?
  - a) Patients with severe AD ?
  - b) Patients with Low social support ?
  - c) Patients with adherence issues?
  - d) Patients with steroid phobia ?



## Group TPE sessions

Size of group: at least 3 people, not more than 6 to 8 children or 8 to 10 adults

Duration of sessions: 45 minutes for adults, shorter for children, with breaks.

Value:

- ▶ Patients with similar educational objectives are grouped together.
- ▶ Experience and knowledge are shared.
- ▶ Added-value from patients (shared experience, messages from other healthcare providers, how to solve everyday problems).



AY

## Individual TPE sessions

Duration of sessions: 30 to 45 minutes.

Value:

- ▶ Especially suitable for patients with physical, sensory or cognitive disabilities or who find it difficult to be in a group.
- ▶ Easier access.
- ▶ Better adaptation to the patient's everyday life in some cases.

TPE





- **What would you need to build an ideal program?**

Human resources ?

Specialist Nurses

Pediatricians

Dermatologists

Allergists/immunologists

Social workers

Dietician

Psychologists

Other

Written action plans ?

Online guidance ?

Telephone calls ?

Specific educational tools ? (will be covered in the other workshop)



- **What would be the content of your program ?**

Simple explanations on features and course of AD, role of allergies and other possible triggers

Simple explanations on how treatments work and when to use

Tackling Steroid phobia

Practical Demos (how to put creams)

Coping strategies /psychological issues

Opportunities for patients to learn from and gain support from each other

Other ?



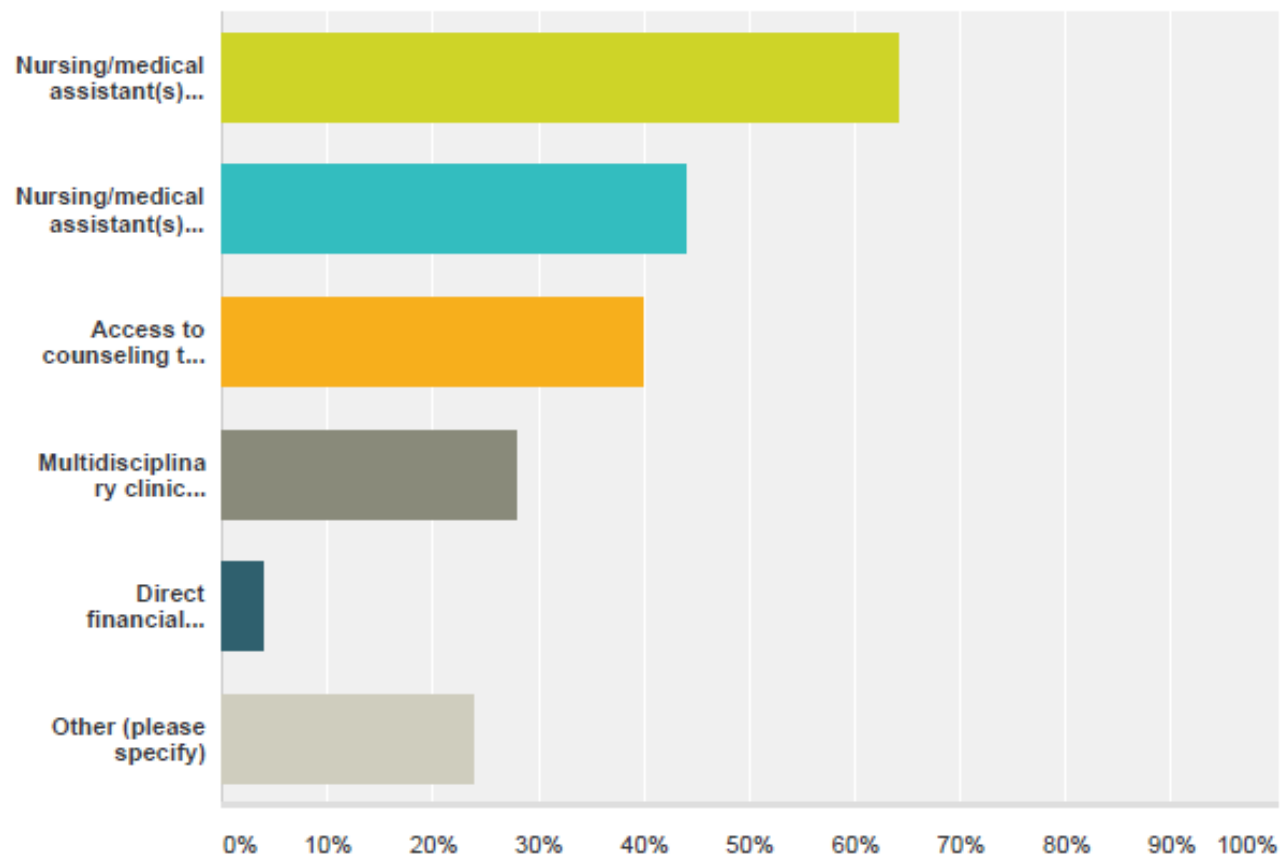
# FREE DAY

	Program 1	Program 2	Program 3	Program 4
<b>1<sup>st</sup> step</b>	<b>1<sup>st</sup> consultation (physician)</b>	<b>1<sup>st</sup> consultation (physician)</b>	<b>1<sup>st</sup> Consultation (physician)</b>	
<b>2<sup>nd</sup> step</b>	<b>individual nurse-led session (30 to 1 hour)</b>	<b>individual nurse-led session (30 to 1 hour)</b>	<b>Online guidance</b>	
<b>3rd step</b>	<b>telephone call at day 10</b>	<b>collective sessions</b>		
		session 1 (coping strategies)		
		session 2 (treatments)		
		session 3 (AD and allergies)		
<b>4<sup>th</sup> step</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	



### What resources do you have as part of atopic dermatitis care and therapeutic education at your center? (Select all that apply)

Answered: 25 Skipped: 2



- **How would you assess a TE program ?**
  - a) Severity scores
  - b) Coping scales
  - c) Self -management scales
  - d) Number of visits
  - e) Quantity of treatments
  - f) Number of flares
  - g) Other



- **Funding issues**

- a) Institutional support
- b) Fundraising/donations
- c) Unrestricted grants from industry
- d) Patient support groups



- What would be your most important take-home message ?

