

Primary Care Dermatology

The 98% of dermatology that we see in General Practice

For Primary Care Physicians

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Common skin conditions:

- Eczema
- Psoriasis
- Generalised pruritus
- Urticaria and vasculitis
- Acne and rosacea
- Infections (bacterial, viral and fungal)
- Infestations including scabies and head lice
- Leg ulcers and lymphoedema
- Skin tumours (benign and malignant)
- Disorders of hair and nails
- Pytiriasis
- Non specific viral rash- measles
- Drug eruptions
- Other less common conditions such as the bullous disorders, lichen planus, vitiligo, photosensitivity, pemphigus, pemphigoid, discoid lupus, granuloma annulare and lichen sclerosis.









Pruritus

Local Causes

Scalp	<u>Seborrhoeic dermatitis</u> <u>Head lice</u>
Back	<u>Grover's disease</u>
Hands	<u>Pompholyx</u> <u>Hand dermatitis</u>
Groin	<u>Pruritus vulvae</u> <u>Vulvovaginal candida</u> <u>Vulvar and vaginal problems in prepubertal females</u> <u>Lichen sclerosus</u>
Anus	<u>Pruritus ani</u>
Legs	<u>Gravitational eczema</u>
Feet	<u>Tinea pedis</u>

Grover's



Other causes of Pruritis







<http://dermos.net>





























Further reading

Tools to help with the diagnosis

1. <http://www.webmentorlibrary.com/files/index.asp>
2. <http://dermis.multimedica.de/dermisroot/en/home/index.htm>
3. <http://www.dermnetnz.org/>
4. <http://dermatlas.med.jhmi.edu/derm/>
5. <http://www.pediatrics.wisc.edu/education/derm/master.html>

Current evidence based practice

- <http://clinicalevidence.bmj.com/ceweb/index.jsp>
- http://www.eguidelines.co.uk/eguidelinesmain/guidelines/contents_pages/con_skin.htm

Applying Dermatology to GP Curriculum

Person-centred care

- Appreciate the importance of the social and psychological impact of the skin problems on the patient's quality of life, including, for example, the effects of disfigurement or sleep deprivation as a result of itching.
- Identify the patient's health beliefs regarding skin problems and either reinforce, modify or challenge these beliefs as appropriate.

Specific problem-solving skills

- Intervene urgently when patients present with an emergency skin problem (e.g. infected lesions).
- Demonstrate a reasoned approach to the diagnosis of skin symptoms using history, examination, incremental
- investigations and referral.

A comprehensive approach

- Advise patients appropriately regarding lifestyle interventions including skin protection and occupational health advice.
- Describe the side effects of common medicines used to prevent and treat other conditions that may cause skin problems.

Community orientation

- Describe the rationale for restricting certain investigations and treatments in the management of skin problems, e.g. prescribing of retinoids, access to phototherapy.
- Describe the importance of occupational risk in the aetiology of skin disease.

A holistic approach

- Recognise how disfigurement and cosmetic skin changes fundamentally affect patients' confidence, mood and interpersonal relationships.
- Appreciate the importance of the social and psychological impact of skin problems on the patient's quality of life, including, for example, the effects of disfigurement.
- Recognise the impact that skin problems have on fitness to work.
- Appreciate the importance of the social and psychological impact of skin problems on the patient's family, friends, dependants and employers.
- Empower patients to self-manage their skin conditions as far as practicable, e.g. Eczema.

Contextual aspects

- Recognise how common skin problems are among the general population.
- Recognise the risk of inappropriate referrals and under-referral.

Describe the need for close collaboration with primary care and specialist services in the management of many skin problems, e.g. pigmented lesions, psoriasis.

Scientific aspects

- Describe and implement the key national guidelines that influence healthcare provision for skin problems (e.g. the NHS cancer plan 2000).

Psychomotor skills

- Describe the indications for and be able to demonstrate that they have the skills to perform:
 - curettage, cautery and cryosurgery
 - skin biopsy.
- Demonstrate the ability to take specimens for mycology from skin, hair and nail.