



## **Atopic Dermatitis Clinical Pathway Synopsis**

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### **Objective of Clinical Pathway**

To provide care standards for pediatric patients diagnosed with noninfected or infected atopic dermatitis. This clinical pathway aims to minimize unwarranted variation in evaluation, diagnosis, and treatment and to support consistent follow-up and referral guidance across Children's Mercy care settings.

### **Background**

Atopic dermatitis is a chronic, relapsing inflammatory skin condition that can present with pruritus, xerosis, and eczematous lesions. Clinical care focuses on skin barrier support (e.g., bland emollients), appropriate use of topical anti-inflammatory therapies, identification of secondary infection when present, and patient/family education to support safe home management and follow-up (Chu et al., 2023).

### **Target Users**

- Physicians
- Nurse Practitioners
- Nurses

### **Target Population**

#### ***Inclusion Criteria***

- Noninfected and infected atopic dermatitis

#### ***Exclusion Criteria***

- Keratosis pilaris
- Psoriasis
- Xerosis cutis (dry skin)
- Molluscum dermatitis
- Contact dermatitis

### **Potential Facilitators**

- Collaborative engagement across the continuum of clinical care settings and healthcare disciplines during clinical pathway development
- High rate of use of the clinical pathway

### **Practice Recommendations**

Please refer to the American Academy of Allergy, Asthma & Immunology/American College of Allergy, Asthma & Immunology Joint Task Force on Atopic Dermatitis for full practice recommendations, evaluation, and treatment recommendations (Chu et al., 2023).

### **Additional Questions Posed by the Clinical Pathway Committee**

No additional clinical questions were posed for this review.

### **Bias Awareness**

Our goal is to recognize social determinants of health and minimize healthcare disparities. The committee discussed equity considerations relevant to atopic dermatitis, including ensuring educational materials and clinical descriptions support recognition of diverse skin tones and emphasizing practical, accessible skin care recommendations (e.g., fragrance-free products and consistent emollient use).

### **Educational Materials**

- Dry Skin Care Recommendations
- Wet Wipes Instructions
- Dilute Bleach Baths Instructions

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**Clinical Pathway Preparation**

This pathway was prepared by the EBP Department in collaboration with the Atopic Dermatitis Clinical Pathway Committee, composed of content experts at Children’s Mercy. If a conflict of interest is identified, the conflict will be disclosed next to the committee member’s name.

**Clinical Pathway Representation.**

This clinical pathway was originally created with representation from Emergency Medicine and Dermatology.

**Clinical Pathway Revision Representation**

- Rebecca Flynn, CPNP-PC | Dermatology | Committee Chair
- Amy Nopper, MD | Dermatology | Committee Member
- Mary Nguyen Jacobson, MD | Allergy, Asthma and Immunology | Committee Member
- Aarti Pandya, MD | Allergy, Asthma and Immunology | Committee Member
- Bridget Albani, LCSW | Patient Experience Team | Committee Member

**EBP Committee Members**

- Kathleen Berg, MD, FAAP | Evidence Based Practice
- Jarrod Dusin, PhD, RD, CPHQ | Evidence Based Practice

**Clinical Pathway Development Funding**

The development of this clinical pathway was underwritten by the following departments/divisions: Dermatology, Allergy, Asthma and Immunology, and the Emergency Medicine.

**Conflict of Interest**

The contributors to the Clinical Pathway have no conflicts of interest to disclose related to the subject matter or materials discussed.

**Approval Process**

- This pathway was reviewed and approved by the EBP Department and the Atopic Dermatitis Clinical Pathway Committee after committee members garnered feedback from their respective divisions/departments.

**Version History**

Date	Comments
January 2020	Version one – Development of Clinical Pathway and Algorithms.
August 2024	Version two – Updated Algorithms to new format. Minor changes to the process
April 2026	Version three – Added information recommending not to do food allergy testing for Atopic Dermatitis. Updated medication list. Added Allergy, Asthma and Immunology to the committee.

**Date for Next Review**

- April 2029

**Implementation & Follow-Up**

- Once approved, the pathway was implemented and presented to appropriate care teams:
  - Announcements made to relevant departments
  - Additional institution-wide announcements were made via the hospital website and relevant huddles
  - Community clinics affiliated with CM received announcements via “Progress Notes”
- Pathways are reviewed every 3 years (or sooner) and updated as necessary within the EBP Department at Children’s Mercy. Pathway committees are involved with every review and update.

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**Disclaimer**

When evidence is lacking or inconclusive, options in care are provided in the supporting documents and the order set(s) and/or order panel(s) that accompany the clinical pathway.

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### References

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