Patient Counseling

Rajani Katta MD

KattaMD.com
Clinical Professor of Dermatology,
UT Houston McGovern Medical School
Clinical Assistant Professor of Medicine,
Baylor College of Medicine
How do you convey this much info to a patient?
Is a whole stack of printouts the answer?
Or will it just overwhelm your patient?
Break It Down
The NAPS Method

NEXT ACTIONS
PRINTOUTS
SOLUTIONS
NEXT ACTIONS
NEXT ACTIONS

• Summarize the data
• Translate it into the next concrete actions that your patient must take
Carba mix 2+
Thiuram mix 3+
Balsam of Peru 2+
Propylene glycol 3+
Benzyl alcohol 2+
Tea Tree Oil 1+
Ylang ylang oil 2+
Next Actions

- Change skin care products
- Change hair care products
- Start using new medicated ointment
- Change gloves
- Stop using all products with tea tree oil (melaleuca)
- Stop lip balms/chapsticks
- Use only pure Vaseline petroleum jelly for lips [no added fragrance or fluff]
- Stop chewing gum, mints, and mouthwash
- Change to Pepsodent toothpaste
Tell your doctor...

- Avoid use of tobramycin eye ointment and bacitracin eye ointment in future.

Tell your doctors you are allergic to neomycin. This can be found in creams and drops, and is also related to [gentamycin, streptomycin].

Tell your doctors you are allergic to bacitracin, which may be used in antibiotic ointments or eye ointments.

Start using new medicated ointment. Cortizone-10 1% hydrocortisone ointment, available OTC [purchase brand only, ointment only]. May use this...
Tell your doctors...

- Neomycin, bacitracin
- Benzocaine
- Budesonide
- Acrylates
- Other
PRINTOUTS
Allergen Info

Methylisothiazolinone
This preservative is found in many different skin and hair care products. It is also found in many wet wipes. It will be listed on the label.
Lanolin: This is a moisturizing ingredient found in many over-the-counter creams, including Eucerin. You should avoid any creams that contain lanolin, lanolin alcohol, wool wax, or wool wax alcohol.
Provide info on cross-reactors

Neomycin
Neomycin is a type of antibiotic. It is found in many over-the-counter antibiotic creams, including Neosporin and some generic creams. Polysporin is an antibiotic cream that does NOT contain neomycin, and therefore should be safe to use after cuts, scrapes, or skin surgeries. Polysporin does contain bacitracin, however, so should not be used if you are allergic to bacitracin.

Neomycin is also used in eye drops and ear drops, and is available in prescription and non-prescription medications. It is also related to other antibiotics that may be used.

You should also inform your doctor that you cannot take neomycin by mouth or the following antibiotics by injection or intravenously, since they may also result in a rash: gentamycin, streptomycin, and tobramycin.
SOLUTIONS
Multiple positives—but most are in skin and hair care

- Carba mix 2+
- Thiuram mix 3+
- Balsam of Peru 2+
- Propylene glycol 3+
- Benzyl alcohol 2+
- Tea Tree Oil 1+
- Ylang ylang oil 2+
Next Action: change skin care
Solutions: where to find the right skin care

**What products should I use?**
For skin care products (such as soap, creams, and hair care): See handout of product recommendations. For makeup recommendations, please use the customized list created for you from the CAMP database.

**How long will it take for my skin to improve?**
Unknown at this time how much of rash is due to underlying condition and how much is due to allergy; only with complete avoidance of allergens may take up to 8 weeks for skin to recover, even with complete avoidance of allergens.

**Follow up:**
Follow up with primary dermatologist or allergist as scheduled.

For questions about how to avoid your allergens, or questions about specific products, please contact us. This is done via our secure channel.
Rubber

- Tarba mix 2+
- Thiuram mix 3+
- Balsam of Peru 2+
- Propylene glycol 3+
- Benzyl alcohol 2+
- Tea Tree Oil 1+
- Ylang ylang oil 2+
SOLUTIONS

• Your patient is a surgeon
• What gloves can she now use?
SOLUTIONS

• For household use, may use vinyl gloves
• For gardening, may use cotton canvas
• For medical and surgical gloves, please see handout for options that DO NOT contain these allergens
Alternate Products

Stop using hair dyes with p-phenylenediamine.
Note that testing to toluene-diamine-sulfate was OK, and therefore you may try hair dyes with this chemical [see handout]

Clinical impression:
Eczema and Allergic contact dermatitis
Solutions

• When recommending solutions, make sure you are educated and educating on the common misconceptions
Common misconceptions in contact dermatitis counseling.

Katta R¹.

Author information

Abstract
Both physicians and patients hold many misconceptions when it comes to allergen avoidance, allowing more accurate approach to the individual with cutaneous allergies.

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• Fragrance-free does NOT mean free of fragrance allergens
• Organic cotton does NOT mean free of chemical finishes
• Gloves do NOT protect against all chemicals (eg perming solution)
• Hypoallergenic has NO legal definition
Break It Down-NAPS

• NEXT ACTIONS
• PRINTOUTS
• SOLUTIONS
RESOURCES
RESOURCES

• www.ContactDerm.org (for ACDS members)
• Access to very extensive list of skin and hair care products via CAMP (Contact Allergen Management Program) database
• Patient handouts (eg fragrance allergy) on KattaMD.com