

- Unkown cause.
 - Emotionsal stress plays a role.
 - 20% report insect bite.
 - Up to 80% are atopic.

Prurigo

Disclaimer:
 Read the disclaimer at medimaps.co.uk/disclaimer

References:
 1. pcds.org.uk
 2. Alliance Federation Walsall, dermatology consultant lecture, July 2019

Symptoms

Nodular prurigo

Papular prurigo

Nodular pruriginous eczema

- Usually symmetrical distal limbs
 - Intense itch

- Usually in cape area
 - Intense itch

- In pt's with eczema.

Investigations

- No test needed.
 - However, if itch before rash, perform pruritis screen.
 - If atypical, skin biopsy might be needed.

- FBC
 - UEs
 - LFTs
 - Ferritin, folic acid, B12
 - TFT

Management

Lifestyle changes

- Cut nails very short.
 - Wear gloves at night.

Emollients

- Apply liberally and regularly.
 - Balneum Plus is particularly good.
 - Also Menthol 1-2% in aqueous is particularly cooling.
 Can keep in fridge to make even more soothing.

Antihistamine

- Hydroxyzine 25-50mg ON.
 - May tolerate 10mg TDS during day.
 - Use intermittently to avoid tolerance.

Antibiotics

- Topical ointment on individual lesions.
 - Oral flucloxacillin for more widespread infections.

Steroids

- Potent or very potent steroid ointments (can be applied under clingfilm)
 OR
 - Haelan tape

Neuropathic analgesia

- Amitriptyline
 OR
 - Gabapentin

Phototherapy

Systemic treatment

- Ciclosporin
 OR
 - Azathioprine

Image from Primary Care Dermatology Society website
 pcds.org.uk

