

# **Dermatology Summary**

## **The role of the GP in dermatology**

As a GP, your role is to:

- Diagnose, treat and advise on common skin conditions efficiently
- Recognise the importance of the psychosocial impact of skin problems
- Prescribe appropriately and safely
- Appreciate the complexity of care that is needed with some skin problems
- Share management with secondary care where needed.

# Key Areas for Exam preparation

## Common and important conditions

- Acne rosacea, rhinophyma, perioral dermatitis
- Acne vulgaris including indications and side effects of isotretinoin
- Blistering diseases including pemphigoid, pemphigus, porphyria
- Dermatological emergencies such as Stevens-Johnson syndrome, toxic epidermal necrolysis, erythroderma and staphylococcal scalded skin syndrome
- Eczema: infantile, childhood, atopic, seborrhoeic, contact allergic, irritant (including occupational), discoid
- Hair disorders including alopecia, hirsutism, fungal infection, infestations including lice
- Hidradenitis suppurativa
- Hypopigmentation (e.g. Vitiligo) and hyperpigmentation (e.g. acanthosis nigricans)
- Infections: viral (e.g. warts, molluscum contagiosum, herpes simplex and zoster), bacterial (e.g. staphylococcal + MRSA, streptococcal), fungal (e.g. skin, nails), spirochaetal (e.g. Lyme disease, syphilis), TB, infestations (e.g. scabies, lice), travel-acquired (e.g. leishmaniasis)
- Lichen simplex, lichen planus, granuloma annulare, lichen sclerosus, morphea
- Light sensitive disorders such as polymorphic light eruption, porphyria, drug reactions
- Light treatments such as UVB, PUVA
- Pityriasis rosea and Pityriasis versicolor
- Pruritus either generalised or localized, including underlying non-dermatological causes (e.g. thyroid disease, iron-deficiency, pregnancy etc.)
- Psoriasis: plaque, guttate, flexural, scalp, nails, pustular and erythrodermic. Associated morbidity; physical such as cardiovascular disease and psychological such as depression
- Seborrhoeic keratosis
- Skin manifestations of psychiatric conditions such as dermatitis artefacta, trichotillomania
- Skin manifestations of internal disease including pyoderma gangrenosum, systemic lupus erythematosus (SLE), discoid lupus erythematosus (DLE), necrobiosis lipoidica, erythema nodosum, erythema multiforme, dermatitis herpetiformis, dermatomyositis, vitamin and mineral deficiencies such as scurvy
  - Skin tumours including: o benign lesions (e.g. pigmented naevi, dermatofibroma, cysts);
  - malignant lesions (e.g. malignant melanoma, squamous cell carcinoma, basal cell carcinoma);
  - lesions with malignant potential (e.g. solar keratoses, Bowen's disease, cutaneous horns carcinoma, mycosis fungoides, Kaposi's sarcoma, metastatic tumours); and keratoacanthomas)
- Ulcers and their causes – for example, arterial, venous, neuropathic, pressure, vasculitic, malignant
- Urticaria, angio-oedema and allergic skin reactions including adverse drug reactions
- Wounds (e.g. burns and scalds), scar formation and complications.

## Suggested resources:

### General Information

- [www.bad.org.uk](http://www.bad.org.uk)
- [www.changingfaces.org.uk/home](http://www.changingfaces.org.uk/home)
- [www.dermis.net](http://www.dermis.net)
- [www.dermquest.com](http://www.dermquest.com)
- [www.elfth.org.uk/projects/dermatologyregister.html](http://www.elfth.org.uk/projects/dermatologyregister.html)
- [www.pcds.org.uk](http://www.pcds.org.uk)
- [www.e-gp.org](http://www.e-gp.org)
- <https://www.evidence.nhs.uk/search?ps=250&q=Dermatitis>

### Acne Rosacea

- <https://www.evidence.nhs.uk/search?q=acne+rosacea>
- [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)
- <http://www.bad.org.uk/shared/get-file.ashx?id=229&itemtype=document>
- <https://patient.info/doctor/rosacea-and-rhinophyma>

### Perioral Dermatitis

- <http://www.bad.org.uk/shared/get-file.ashx?id=6280&itemtype=document>

### Acne Vulgaris

- <https://www.evidence.nhs.uk/search?q=acne+vulgaris>
- <http://www.bad.org.uk/shared/get-file.ashx?id=65&itemtype=document>
- <https://patient.info/skin-conditions/acne-leaflet>
- <http://www.bad.org.uk/shared/get-file.ashx?id=2314&itemtype=document>

### Blistering conditions

- <https://rarediseases.org/rare-diseases/pemphigus/>

### Pemphigoid

- <https://patient.info/doctor/bullous-pemphigoid-pro>
- <http://www.pcds.org.uk/clinical-guidance/bullous-pemphigoid1>

### Pemphigus

- <http://www.bad.org.uk/shared/get-file.ashx?id=114&itemtype=document>
- <https://www.britishskinfoundation.org.uk/pemphigus-vulgaris>
- <https://patient.info/doctor/pemphigus>

### Porphyria

- <https://patient.info/doctor/porphyrias>
- <https://bnf.nice.org.uk/treatment-summary/acute-porphyrias.html>

### Emergencies

#### Steven's Johnson syndrome

- <https://www.evidence.nhs.uk/search?q=stevens+johnson+syndrome>
- <https://patient.info/doctor/stevens-johnson-syndrome>
- <http://www.bad.org.uk/shared/get-file.ashx?id=3970&itemtype=document>
- <https://www.dermnetnz.org/topics/stevens-johnson-syndrome-toxic-epidermal-necrolysis/>

#### Toxic Epidermal Necrolysis

- <https://patient.info/doctor/toxic-epidermal-necrolysis>

#### Erythroderma

- <http://www.pcds.org.uk/clinical-guidance/erythroderma>

## **Staphylococcal Scalded Skin Syndrome**

- <http://www.bad.org.uk/shared/get-file.ashx?id=130&itemtype=document>
- <https://patient.info/doctor/staphylococcal-scalded-skin-syndrome>

## **Types of Eczema**

### **Atopic Eczema**

- <https://cks.nice.org.uk/eczema-atopic>
- <https://cks.nice.org.uk/corticosteroids-topical-skin-nose-and-eyes#!scenario>
- <http://www.bad.org.uk/shared/get-file.ashx?id=69&itemtype=document>

### **Seborrhoeic Dermatitis**

- <https://cks.nice.org.uk/seborrhoeic-dermatitis>
- <http://www.bad.org.uk/shared/get-file.ashx?id=180&itemtype=document>
- <https://nationaleczema.org/eczema/types-of-eczema/seborrheic-dermatitis/>
- <https://www.dermnetnz.org/topics/seborrhoeic-dermatitis/>

### **Contact Allergic Dermatitis**

- <https://patient.info/skin-conditions/contact-dermatitis>

### **Discoid Eczema**

- <https://patient.info/doctor/discoid-nummular-eczema>

### **Alopecia**

- <https://www.evidence.nhs.uk/search?q=alopecia>
- <https://cks.nice.org.uk/alopecia-areata>
- <http://www.bad.org.uk/shared/get-file.ashx?id=1975&itemtype=document>
- <https://cks.nice.org.uk/alopecia-androgenetic-male>
- <https://cks.nice.org.uk/alopecia-androgenetic-female#!scenario>

### **Hirsutism**

- <https://www.evidence.nhs.uk/search?q=hirsutism>
- <http://www.bad.org.uk/shared/get-file.ashx?id=89&itemtype=document>
- [https://www.bmj.com/bmj/section-pdf/186179?path=/bmj/338/7698/Clinical\\_Review.full.pdf](https://www.bmj.com/bmj/section-pdf/186179?path=/bmj/338/7698/Clinical_Review.full.pdf)

### **Fungal nail**

- <https://www.evidence.nhs.uk/search?q=fungal+nail+infection>
- <https://patient.info/doctor/fungal-nail-infections-pro>

### **Hidradenitis suppurativa**

- <https://www.evidence.nhs.uk/search?q=hidradenitis+suppurativa&sp=on>
- <http://www.bad.org.uk/shared/get-file.ashx?id=88&itemtype=document>
- <https://patient.info/doctor/hidradenitis-suppurativa-pro>
- <https://www.dermnetnz.org/topics/hidradenitis-suppurativa/>

### **Hyper/ hypo pigmentation**

- <https://www.evidence.nhs.uk/search?q=Hyperpigmentation>
- <https://www.evidence.nhs.uk/search?q=Hypopigmentation>
- <http://www.pcids.org.uk/clinical-guidance/acanthosis-nigricans>
- <https://www.dermnetnz.org/topics/acanthosis-nigricans/>
- <https://patient.info/doctor/post-inflammatory-hyperpigmentation-of-skin>
- <https://patient.info/doctor/vitiligo-pro>

### **Skin infections - Viral**

#### **Warts**

- <https://www.evidence.nhs.uk/search?q=treatment%20of%20warts%20and%20verruucas>
- <http://www.bad.org.uk/shared/get-file.ashx?id=176&itemtype=document>
- <https://www.britishskinfoundation.org.uk/plantar-warts-verruucas>

## **Molluscum Contagiosum**

- <https://www.evidence.nhs.uk/search?q=molluscum+contagiosum>
- <http://www.bad.org.uk/shared/get-file.ashx?id=220&itemtype=document>

## **Herpes Simplex**

- <https://www.evidence.nhs.uk/search?q=oral+herpes+simplex+guidelines>
- <http://www.bad.org.uk/for-the-public/patient-information-leaflets/herpes-simplex/?showmore=1&returnlink=http%3A%2F%2Fwww.bad.org.uk%2Ffor-the-public%2Fpatient-information-leaflets#.XZ3JkRrTXmo>

## **Herpes Zoster (Shingles)**

- <https://www.evidence.nhs.uk/search?q=herpes+zoster+guidelines>
- <http://www.bad.org.uk/shared/get-file.ashx?id=128&itemtype=document>
- <https://patient.info/doctor/shingles-and-shingles-vaccination>

## **Skin infections - Bacterial**

- <https://cks.nice.org.uk/impetigo#!scenario>
- <http://www.bad.org.uk/shared/get-file.ashx?id=211&itemtype=document>
- <https://cks.nice.org.uk/cellulitis-acute>

## **Lyme Disease**

- <https://www.nice.org.uk/guidance/ng95/evidence>
- <https://cks.nice.org.uk/lyme-disease#!scenario>

## **Scabies**

- <https://www.evidence.nhs.uk/search?q=SCABIES+TREATMENT>
- <https://cks.nice.org.uk/scabies#!diagnosis>
- <https://cks.nice.org.uk/scabies#!management>
- <https://patient.info/doctor/scabies-pro>

## **Head lice**

- <https://www.evidence.nhs.uk/search?q=Head+lice+treatment>
- <http://www.bad.org.uk/shared/get-file.ashx?id=207&itemtype=document>

## **Lichen Simplex**

- <https://bestpractice.bmj.com/topics/en-gb/625>
- <http://www.bad.org.uk/shared/get-file.ashx?id=3731&itemtype=document>
- <https://patient.info/doctor/lichen-simplex>

## **Lichen Planus**

- <https://www.evidence.nhs.uk/search?q=lichen+planus>
- <http://www.bad.org.uk/shared/get-file.ashx?id=168&itemtype=document>
- <https://patient.info/doctor/lichen-planus-pro>

## **Granuloma Annulare**

- <https://www.evidence.nhs.uk/search?q=Granuloma+annulare>
- <http://www.bad.org.uk/shared/get-file.ashx?id=85&itemtype=document>

## **Lichen Sclerosus et Atrophicus**

- <https://www.evidence.nhs.uk/search?q=lichen+sclerosus>
- <https://patient.info/doctor/lichen-sclerosus-pro>
- <http://www.bad.org.uk/shared/get-file.ashx?id=291&itemtype=document>

## **Light sensitive reactions**

- <https://www.evidence.nhs.uk/search?ps=100&q=Photophobia>
- <http://www.bad.org.uk/shared/get-file.ashx?id=117&itemtype=document>

## **Light treatment (PUVA)**

- <https://www.evidence.nhs.uk/search?q=Puva+therapy>
- <http://www.bad.org.uk/shared/get-file.ashx?id=175&itemtype=document>

## **Pityriasis rosea**

- <https://www.evidence.nhs.uk/search?q=Pityriasis+rosea>
- <http://www.bad.org.uk/shared/get-file.ashx?id=225&itemtype=document>

## **Pityriasis versicolor**

- <https://www.evidence.nhs.uk/search?q=Pityriasis+vesicolour>
- <http://www.bad.org.uk/shared/get-file.ashx?id=226&itemtype=document>

## **Pruritus**

- <https://www.evidence.nhs.uk/search?q=pruritus>
- <http://www.pcids.org.uk/clinical-guidance/pruritus-without-a-rash>

## **Psoriasis**

- <https://cks.nice.org.uk/psoriasis>
- <https://patient.info/doctor/psoriasis-of-hands-and-feet-including-palmoplantar-pustulosis>
- <https://patient.info/doctor/guttate-psoriasis>
- <https://patient.info/skin-conditions/psoriasis-leaflet>

## **Seborrhoeic keratosis (Seborrhoeic Warts)**

- <https://www.evidence.nhs.uk/search?ps=30&q=seborrhoeic+dermatitis>
- <http://www.bad.org.uk/shared/get-file.ashx?id=231&itemtype=document>

## **Skin manifestations:**

- <https://patient.info/doctor/skin-manifestations-of-systemic-disease>

## **Psychiatric disorders**

- <https://www.nhs.uk/conditions/trichotillomania/>
- <https://patient.info/doctor/dermatitis-artefacta>

## **Internal Diseases**

### **Pyoderma Gangrenosum**

- <https://www.evidence.nhs.uk/search?q=pyoderma%20gangrenosum>
- <http://www.bad.org.uk/shared/get-file.ashx?id=125&itemtype=document>
- <https://www.dermnetnz.org/topics/pyoderma-gangrenosum/>

### **SLE**

- <https://www.evidence.nhs.uk/search?q=systemic+lupus+erythematosus>
- <https://patient.info/doctor/systemic-lupus-erythematosus-pro>

### **Discoid Lupus Erythematosus**

- <https://bestpractice.bmj.com/topics/en-gb/1138>
- <http://www.bad.org.uk/shared/get-file.ashx?id=196&itemtype=document>

### **Necrobiosis lipoidica (Diabetes)**

- <https://www.evidence.nhs.uk/search?om=%5B%7B%22ain%22:%5B%22Clinical%22%5D%7D%5D&q=Necrobiosis+lipoidica>
- <http://www.bad.org.uk/shared/get-file.ashx?id=109&itemtype=document>

### **Erythema nodosum**

- <https://www.evidence.nhs.uk/search?q=Erythema+nodosum>
- <http://www.bad.org.uk/shared/get-file.ashx?id=5752&itemtype=document>

### **Erythema multiforme**

- <https://www.evidence.nhs.uk/search?ps=50&q=Erythema+multiforme>
- <https://www.dermnetnz.org/topics/erythema-multiforme/>
- <http://www.bad.org.uk/shared/get-file.ashx?id=83&itemtype=document>

### **Dermatitis herpetiformis (Coeliac)**

- <https://www.evidence.nhs.uk/search?q=dermatitis+herpetiformis>
- <http://www.bad.org.uk/shared/get-file.ashx?id=77&itemtype=document>

### **Dermatomyositis**

- <https://www.evidence.nhs.uk/search?q=dermatomyositis+treatment>
- <http://www.bad.org.uk/shared/get-file.ashx?id=79&itemtype=document>
- <https://www.dermnetnz.org/topics/dermatomyositis/>

### **Lesions with malignant potential eg. Bowen's, Solar Keratoses,**

- <https://www.evidence.nhs.uk/search?q=Bowen%27s%20disease>
- <https://www.evidence.nhs.uk/search?q=solar+keratosis>
- <https://patient.info/doctor/bowens-disease-pro>
- <http://www.bad.org.uk/shared/get-file.ashx?id=235&itemtype=document>
- <http://www.nnuh.nhs.uk/publication/download/actinic-keratosis-information/>

### **Malignant Skin Lesions**

#### **BCC**

- <https://www.evidence.nhs.uk/search?q=low+risk+bcc&sp=on>
- <https://patient.info/doctor/basal-cell-carcinoma>
- <http://www.bad.org.uk/shared/get-file.ashx?id=154&itemtype=document>

#### **SCC**

- <https://www.evidence.nhs.uk/search?q=guideline+for+treatment+of+scc>
- <https://patient.info/doctor/squamous-cell-carcinoma-of-skin>

#### **Malignant Melanoma**

- <https://www.evidence.nhs.uk/search?ps=40&q=metastatic+melanoma>
- <https://cks.nice.org.uk/melanoma-and-pigmented-lesions>

#### **Leg ulcers**

- <https://www.evidence.nhs.uk/search?q=venous+leg+ulce>
- <https://www.bmj.com/content/362/bmj.k3115>
- <https://www.dermnetnz.org/topics/leg-ulcer/>

#### **Urticaria**

- <https://www.evidence.nhs.uk/search?ps=30&q=urticaria>
- <https://cks.nice.org.uk/urticaria#!diagnosisSub>
- <https://cks.nice.org.uk/urticaria#!scenario>
- <http://www.bad.org.uk/shared/get-file.ashx?id=184&itemtype=document>

#### **Wounds (types of healing) including complications of scarring**

- <https://www.nice.org.uk/advice/esmpb2/chapter/Key-points-from-the-evidence>
- <https://www.nice.org.uk/advice/ktt14/chapter/Evidence-context>
- <https://www.evidence.nhs.uk/search?q=nutrition+and+wound+healing>
- <https://cks.nice.org.uk/burns-and-scalds#!scenario:1>
- <https://patient.info/doctor/burns-assessment-and-management>