

## Pruritus Management during COVID-19 pandemic

The current situation is very stressful for all patients including those with pruritic diseases as increasing psycho-social stress, due to the mass quarantine measures and resulting economic factors (loss of income, financial crisis, etc.), is a major concern. Diseases, including dermatoses, can worsen despite treatment with an increase in pruritus intensity, being the major complaint of patients. In addition, social isolation for elderly patients is another trigger factor for pruritus. As patients cannot or do not want to visit their doctors, finding a therapeutic solution is challenging.

### We recommend:

#### 1. No discontinuation of treatment in general.

Patients who take critical drugs such as gabapentinoids or immunosuppressants require careful consideration of the risks/benefits regarding the risk of pruritus recurrence, lab monitoring capacities and side effects.

We also recommend taking special recommendations of other EADV Task Forces regarding modern systemic medication into account.

If patients participate in clinical trials, they should refer to their study center. Most companies already offer a solution for getting access to the study drug.

Regular use of topical treatments and emollients with antipruritic substances is recommended.

#### 2. Using digital media to get in contact with the attending dermatologist to discuss therapies.

Teledermatology currently offers the advantage of keeping in contact with distant patients and reducing their stressful situation.

**3. Using social media and simple behavioural/empowerment strategies** (sun exposure at home, relaxation techniques, physical therapies, visual distraction, etc.) to help control the symptoms and psychological burden.

