



**Sri Lakshmi Narayana Institute of Medical sciences**

Date-20-06-21

From  
Dr. K. Ravindranath Reddy  
Professor and Head,  
Department of dermatology  
Sri Lakshmi Narayana Institute of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

To  
The Dean  
Sri Lakshmi Narayana Institute of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Permission to conduct value-added course: Atopic dermatitis**

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: **atopic dermatitis** on 20-07-21 . We solicit your kind permission for the same.

Kind Regards

Dr. K. Ravindranath Reddy

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**FOR THE USE OF DEANS OFFICE**

Names of Committee members for evaluating the course:

The Dean: Dr. Jayalakshmi

The HOD: Dr. K. Ravindranath Reddy

The Expert: Dr. A. Buvanaratchagan

The committee has discussed about the course and is approved.

**Dr. G. JAYALAKSHMI, BSC., MBBS., DTC., M.D.,**

Dean

Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Agaram, Kudapakkam Post,  
Villanur Commune, Puducherry - 605502.

Subject Expert

HOD



OFFICE OF THE DEAN

# Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II ) dt. 11/07/2011 ]  
[ Affiliated to Bharath University, Chennai - TN ]

## Circular

27.06.2021

### **Sub: Organising Value-added Course: Atopic dermatitis (July 2021 – Oct 2021)**

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing **"Atopic dermatitis"**. The course content is enclosed below."

The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before 13-07-2021. Applications received after the mentioned date shall not be entertained under any circumstances.

**Dr. G. JAYALAKSHMI, BSC., MBBS., DTCD., M.D.,**  
**DEAN**  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Agaram, Kudapakkam Post,  
Villianur Commune, Puducherry - 605502.

Encl: Copy of Course content

## COURSE PROPOSAL

**Course Title:** Atopic dermatitis

**Course Objective:** To explain about the presentation and management of atopic dermatitis

**Course Outcome:** completed

**Course Audience:** second year mbbs students

**Course Coordinator:** Dr. Dr. K. Ravindranath Reddy

**Course Faculties with Qualification and Designation:**

**1. Dr. K. Ravindranath Reddy**

**Professor, Department of Dermatology**

**2. Dr. Buvanaratchagan**

**Associate professor, Department of dermatology**

**Course Curriculum/Topics with schedule (Min of 30 hours)**

SIN o	Date	Topic	Time	Hours	Lecture taken by
1	20-7-21	Introduction on atopic dermatitis	4 to 6pm	2 hours	Dr. K. Ravindranath Reddy
2	22-7-21	Pathogenesis of atopic dermatitis	4:30 to 6:30 pm	2 hours	Dr. Buvanaratchagan
3	26-7-21	Clinical features	5 to 7 pm	2 hours	Dr. K. Ravindranath Reddy
4	1-8-21	Predisposing factors	5 to 7 pm	2 hours	Dr. Buvanaratchagan
5	8-8-21	Investigations and diagnosis	4:30 to 6:30 pm	2 hours	Dr. K. Ravindranath Reddy
6	11-8-21	Complications	4 to 6pm	2 hours	Dr. Buvanaratchagan
7	17-8-21	General measures for management	5 to 7 pm	2 hours	Dr. K. Ravindranath Reddy
8	23-8-21	Triggers of atopic dermatitis	5 to 7 pm	2 hours	Dr. Buvanaratchagan
9	26-8-21	Topical therapy	4 to 6pm	2 hours	Dr. K. Ravindranath Reddy
10	29-8-21	Systemic therapy	4:30 to 6:30 pm	2 hours	Dr. Buvanaratchagan
11	2-9-21	Types of dressings	5 to 7 pm	2 hours	Dr. K. Ravindranath Reddy
12	5-9-21	How to care for atopic child	4 to 6pm	2 hours	Dr. K. Ravindranath Reddy
13	9-9-21	What not to do in atopic dermatitis	5 to 7 pm	2 hours	Dr. Buvanaratchagan
14	12-9-21	Future prospects in treatment	4:30 to 6:30 pm	2 hours	Dr. K. Ravindranath Reddy
15	16-9-21	Case discussions of atopic dermatitis	4:30 to 6:30 pm	2 hours	Dr. Buvanaratchagan
			Total Hours	30	

**REFERENCE BOOKS: 1. Rooks Textbook of dermatology**

**2. Fitzpatrick's dermatology in general medicine**

## VALUE ADDED COURSE

**1. Name of the programme & code**

Atopic dermatitis and DR02

**2. Duration & Period**

30 hrs & July 2021 - Oct 2021

**3. Information Brochure and Course Content of Value Added Courses**

*Enclosed as Annexure- I*

**4. List of students enrolled**

*Enclosed as Annexure- II*

**5. Assessment procedures:**

Multiple choice questions- *Enclosed as Annexure- III*

**6. Course Feed Back**

*Enclosed as Annexure- IV*

**7. No. of times offered during the same**

July 2021 - Oct 2021

**8. Year of discontinuation: 2022**

**9. Summary report of each program year-wise**

Value Added Course- July 2021 - Oct 2021					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	DR02	<b>Atopic dermatitis</b>	Dr. Buvanaratchagan	2nd year MBBS	15 (july 2021 - oct 2021 )

**10. Certificate model**

*Enclosed as Annexure- V*

**ANNEXURE-1**

**ATOPIC DERMATITIS – AN OVERVIEW**



scratching.

- Use broad-spectrum ultraviolet (UV) protective sunscreen (UV-A and UV-B with an SPF of 15 or higher).
- Bathe immediately after swimming to reduce and remove exposure to various chemicals found in swimming pools and beaches.

*Inhaled Allergens:* House dust mites are small, microscopic (you cannot see them with the naked eye) organisms. They are typically found indoors (mattresses, pillows, carpet), typically in areas of high humidity. These have been associated with atopic dermatitis.

*Foods:* Common allergic foods have been associated with atopic dermatitis in very young children, but this association is rare in adults. If you consistently notice worsening of your rash after ingesting certain foods, notify your allergist / immunologist for further evaluation. Of particular note, eliminating a variety of foods from the diet that you are not allergic to is rarely helpful in patients with atopic dermatitis, so any evaluation of a possible food allergy should first be done with careful consultation with an allergist / immunologist.

*Stress:* Stress, including anger and frustration, can cause additional itching, thus potentially worsening the “itch-scratch cycle.”

## **Treatments**

The following treatments may be used for both adults and children.

### **Basic Definitions**

*Topical Therapies:* Topical means applying directly to your skin. There are many topical therapies:

*Ointments:* Tends to have more oil than water, usually is more thick and greasy. These are the most common types of moisturizers used to treat atopic dermatitis.

*Creams:* A mix of oil and water, it usually looks white and smooth.

*Solutions:* This is a more liquid form, feels like water.

*Lotions:* This is thicker than a solution.

### **Topical Moisturizers**

Dry skin tends to worsen the itching and rash. Various environmental issues, such as exposure to low humidity and wind can further dry the skin. Therefore, moisturizing (hydrating, or adding water) your skin is an important component to atopic dermatitis care. After soaking your skin in a bath or shower, pat dry the skin gently (pat the excess droplets of water). Then, immediately apply a moisturizer on the slightly wet skin to “lock” in the water and thus, improve dryness.

It is important to know that moisturizers are NOT steroids. It is also important to tell the difference between steroids or other anti-inflammatory medications and moisturizers. Your allergist / immunologist can help you differentiate between them.

### **Topical Steroids**

Topical steroids are anti-inflammatory medications that are used on the rash areas (the red and inflamed areas of the skin, not just dry areas) of the skin. The steroids used for atopic dermatitis are different from other types of steroids, such as testosterone and estrogen. When used properly as advised by your physician, topical steroids are safe. One topical steroid may be stronger (more potent) than another, and thus, may improve the rash more effectively than a weaker topical steroid. However, the stronger steroid also has potentially more severe side effects including thinning of the skin, and thus potent steroids should not be used on certain areas, such as the underarms, groin area, and face. Usually, topical steroids found over-the-counter are less strong than prescription ones. Bring all topical medications (they come in various forms, including creams, lotions, and ointments) to your allergist / immunologist, so the physician can

differentiate between the various steroids and other topical medications. Steroid pills or steroid injections (shots) are much stronger than topical steroids and can therefore cause more side-effects (including weight gain and bone problems). In general, they should be avoided, particularly in children.

### **Other Topical Anti-Inflammatory Medications**

If topical steroids are not effective, other topical anti-inflammatory medications called topical immunomodulators might be tried. They are usually second-line agents used if steroids are unsuccessful. As they are not steroids, these medicines can be used on eyelid and other facial areas, as they do not normally thin the skin. As with any other medications, they have other potential side effects, so one must discuss them with an allergist / immunologist prior to use.

### **Wet-Wrap Therapy**

Wet wrap therapy is usually used for people with severe and difficult to manage atopic dermatitis. In this therapy, the skin is soaked in warm water for about 15-20 minutes and then, is patted dry. Topical medications (typically, steroids or other anti-inflammatory medications, as described above) are then placed on the “rash” areas of the skin. Then, a wet (not dripping) dressing (either gauze or clothing) is applied on top of the rash areas. This is followed by a dry wrap material, such as elastic bandage, pajamas, or sock, placed over the wet dressing. For patient comfort, a warm blanket may also be used. Wraps are used typically for 2-6 hours. The use of wet wrap therapy is individualized and should be performed under the close guidance of your allergist / immunologist.



### **Antihistamines**

Oral, or pill, antihistamines do not reduce the itch associated with atopic dermatitis, as it is not triggered by histamine. Sedative antihistamines are sometimes used to help encourage much needed sleep at night. However, there are potential side effects, including increased sleepiness, or sedation during the day, increased dryness, and difficulty urinating. Topical antihistamines should be avoided, as they may worsen your rash.

### **Bathing Strategies Including Dilute Bleach Baths**

Very dilute bleach baths (typically, one quarter to one half cup of bleach mixed with 40 gallons of water bath) once to twice weekly may help improve the rash and may decrease the need for antibiotics.

### **Stress-Relieving Therapies**

Stress reduction techniques, such as biofeedback and other techniques may be used to improve mood and decrease anxiety associated with atopic dermatitis.

### **Vitamins**

There has been a recent increase in studies associating vitamin D deficiency with atopic dermatitis. If you have been diagnosed with vitamin D deficiency (low Vitamin D level) by your physician, Vitamin D supplements may be prescribed.

### **Biologic Medicines**

Biologic medications are newer anti-inflammatory medications that have been approved for other allergic diseases, such as asthma, as well as for other skin conditions, such as psoriasis.

They have been studied in difficult to treat atopic dermatitis patients, and one biologic agent has recently been approved for the treatment of very severe atopic dermatitis.

Your allergist / immunologist can discuss biological medications with you.

### **Probiotics**

Despite a lot of media attention on probiotics, at present, there is no conclusive evidence showing that probiotic use improves or prevents atopic dermatitis, and it is not currently recommended in routine atopic dermatitis care.

### **Allergy Shots (Allergy Injections)**

Allergy shots (giving injections of small doses of what you are allergic to, such as dust mites, under the skin in the arms) are currently approved for the treatment of asthma and allergic rhinitis (hay fever). Allergy shots can help some patients with atopic dermatitis. Allergy shots are not the same as steroid shots, or steroid injections. Your allergist / immunologist can discuss whether allergy shots are appropriate for your atopic dermatitis.

In summary, atopic dermatitis is usually manageable, regardless of your age. There are many treatments currently available and future therapies are on the way. With careful evaluation and follow up with your allergist / immunologist, you can have a very high quality of life and enjoy all your activities.

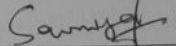
ANNEXURE-2

Bharath Institute of Higher Education and Research

Sri Lakshmi Narayana Institute of Medical Sciences

Participant list of Value-added course: ATOPIC DERMATITIS -DR02

(July 2021 – Oct 2021)

2 <sup>nd</sup> Year MBBS Student			
Sl. No	Name of the Student	Reg No	Signature
1	SIVAKUMAR. S	UI5MB 370	
2	SIVANAMBI .S	U15MB371	
3	SOPHIYA .L	U15MB 372	
4	SOUNDARIYA.M	U15MB373	
5	SOWMYA LAKSHMI .I	U15MB 374	
6	SREERAM.M	U15MB375	
7	SRINIVASAN.R	U15MB376	
8	SRUTHI.S	U15MB377	
9	SUBULAKSHMI.C	U15MB378	
10	SUBASHINI.G	U15MB379	
11	SUMATI B	U15MB381	
12	SURESH KRISHNAN R	U18MB382	
13	SURIYA S	U18MB383	
14	SUSHMITHA K	U18MB384	
15	SUWATHI R	U15MB385	

Dr. A. BUVANARATCHAGAN, MD.,  
Dr. Buvanaratchagan

Asso. Professor, Dermatology  
Sri Lakshmi Narayana Institute of Medical Sciences  
RESOURCE PERSON

PROFESSOR & HEAD  
DEPT. OF DERMATOLOGY  
Dr. K. Ravindra Nath Reddy  
SRI LAKSHMI NARAYANA INSTITUTE OF  
MEDICAL SCIENCES  
OSHOORU PUDUCHERRY.  
COORDINATOR

ANNEXURE-3



SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL  
SCIENCES

Annexure - III

ATOPIC DERMATITIS

MULTIPLE CHOICE QUESTIONS

Course code: DR02

ANSWER ALL THE QUESTIONS

**1. People who have atopic dermatitis may also be more likely to have:**

- A. Asthma  B. Allergies  C. Acne  D. A and B

**2. Which group of people is more likely to develop atopic dermatitis?**

- A. Infants and young children  B. Teenagers  C. Adults 20 to 49  D. Older adults

**3. One detail about atopic dermatitis is:**

- A. It affects the face more than the rest of the body  B. It can leave pockmarks on the skin  C. It cycles through periods of flares and remissions  D. It is worse in autumn

**4. Atopic dermatitis is also often called:**

- A. Acne  B. Eczema  C. Psoriasis  D. Pimples

**5. Triggers that may make this condition worse include which of these?**

- A. Stress  B. Hot or cold temperature  C. Dry conditions  D. All of the above

**6. Which is a symptom of atopic dermatitis?**

- A. Blisters on the palms of hands and soles of feet  B. Itchy, inflamed skin  C. Scaly patches of skin on the scalp  D. Coin-shaped patches of irritated skin on the arms and lower legs

**7. Some people with atopic dermatitis develop:**

- A. Thick, leathery skin  B. Red, scaling skin  C. Small raised bumps on the skin  D. All of the above

**8. The skin of a person with atopic dermatitis is more susceptible to:**

- A. Skin infections  B. Warts (Molluscum contagiosum)  C. Herpes simplex  D. All of the above



ANNEXURE-3

SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL  
SCIENCES

Annexure - III

ATOPIC DERMATITIS

Sruithi S.

9/10

*Deena*

MULTIPLE CHOICE QUESTIONS

Course code: DR02

ANSWER ALL THE QUESTIONS

1. People who have atopic dermatitis may also be more likely to have:

- A. Asthma  B. Allergies  C. Acne  D. A and B

X

2. Which group of people is more likely to develop atopic dermatitis?

- A. Infants and young children  B. Teenagers  C. Adults 20 to 49  D. Older adults

✓

3. One detail about atopic dermatitis is:

✓

- A. It affects the face more than the rest of the body
- B. It can leave pockmarks on the skin
- C. It cycles through periods of flares and remissions
- D. It is worse in autumn

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- B. Warts (Molluscum contagiosum)
- C. Herpes simplex
- D. All of the above



ANNEXURE-3

SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL  
SCIENCES

Annexure - III

ATOPIC DERMATITIS

*Sreeram M.*

MULTIPLE CHOICE QUESTIONS

$\frac{9}{10}$

*Sreeram M.*

Course code: DR02

ANSWER ALL THE QUESTIONS

1. People who have atopic dermatitis may also be more likely to have:

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**4. Atopic dermatitis is also often called:**

- A. Acne  B. Eczema  C. Psoriasis  D. Pimples ✓

**5. Triggers that may make this condition worse include which of these?**

- A. Stress  B. Hot or cold temperature  C. Dry conditions  D. All of the above X ✓

**6. Which is a symptom of atopic dermatitis?**

- A. Blisters on the palms of hands and soles of feet  B. Itchy, inflamed skin  C. Scaly patches of skin on the scalp  D. Coin-shaped patches of irritated skin on the arms and lower legs

**7. Some people with atopic dermatitis develop:**

- A. Thick, leathery skin  B. Red, scaling skin  C. Small raised bumps on the skin  D. All of the above ✓

**8. The skin of a person with atopic dermatitis is more susceptible to:**

- A. Skin infections  B. Warts (Molluscum contagiosum)  C. Herpes simplex  D. All of the above ✓

## ANNEXURE-4

### Student Feedback Form

Course Name: ATOPIC DERMATITIS

Subject Code: **DR02**

Name of Student: \_\_\_\_\_ Roll No.: \_\_\_\_\_

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

SI. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear					
2	Course contents met with your expectations					
3	Lecturer sequence was well planned					
4	Lectures were clear and easy to understand					
5	Teaching aids were effective					
6	Instructors encourage interaction and were helpful					
7	The level of the course					
8	Overall rating of the course	1	2	3	4	5

*\* Rating: 5 – Outstanding; 4 - Excellent; 3 – Good; 2– Satisfactory; 1 - Not-Satisfactory*

Suggestions if any:

## ANNEXURE-4

### Student Feedback Form

Course Name: ATOPIC DERMATITIS

Subject Code: DR02

Name of Student: SREERAM M Roll No.: U16MB375

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

SI. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear			✓		
2	Course contents met with your expectations			✓		
3	Lecturer sequence was well planned				✓	
4	Lectures were clear and easy to understand			✓		
5	Teaching aids were effective				✓	
6	Instructors encourage interaction and were helpful				✓	
7	The level of the course				✓	
8	Overall rating of the course	1	2	3	4	5

\* Rating: 5 - Outstanding; 4 - Excellent; 3 - Good; 2 - Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

Date: 16-09-2021

Signature

*Sreeram M.*



# Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research  
(Deemed to be University under section 3 of the UGC Act 1956)



## CERTIFICATE OF MERIT

This is to certify that SRUTHI S has actively participated In the value added course on **Atopic Dermatitis** held during July 2021- Oct 2021 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. A. BUVANARATCHAGAN, MD.,  
Reg. No: 37160  
Asst. Professor, Dermatology  
Sri Lakshmi Narayana Institute of Medical Sciences  
Pondicherry-605 502

Dr. Buvanaratchagan

RESOURCE PERSON

Dr. K. Ravindranath Reddy  
HEAD  
DEPT. OF DERMATOLOGY  
SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES  
PONDICHERRY-605 502

COORDINATOR



# Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research  
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## CERTIFICATE OF MERIT

This is to certify that SREERAM.M has actively participated In the value added course on **Atopic Dermatitis** held during July 2021- Oct 2021 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. A. BUVANARATCHAGAN, MD.,  
Reg. No: 37150  
Asso. Professor, Dermatology  
Sri Lakshmi Narayana Institute of Medical Sciences  
Pondicherry-605 502

Dr. Buvanaratchagan  
RESOURCE PERSON

Dr. K. Ravindranath Reddy  
COORDINATOR

DEPT. OF DERMATOLOGY  
SRI LAKSHMI NARAYANA INSTITUTE OF  
MEDICAL SCIENCES  
PONDICHERRY.

Course completion letter

Date: 20-09-21

From  
Dr. K. Ravindranath Reddy  
Department of Dermatology  
Sri Lakshmi Narayana Institute of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

Through Proper Channel

To  
The Dean  
Sri Lakshmi Narayana Institute of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Completion of value-added course: atopic dermatitis**

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **atopic dermatitis** on 20-7-21. We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards

Dr. K. Ravindranath Reddy

<HOD Sign and Seal>

Encl: Certificates

Photographs

