

Case report- Treatment of refractory prurigonodularis with Goeckerman therapy in a pediatric patient

Rishu Gupta
University of California, USA

Background: Generalized PrurigoNodularis is a chronic skin condition that is extremely difficult to treat and is distressing for the patient. Prurigonodularis is characterized by intense scratching and rubbing, often secondary to pruritus, leading to the formation of skin nodules. Goeckerman therapy involves the use of UVB phototherapy followed by the application of topical tar. We present a case of a 13 year old male with generalized prurigonodularis refractory to multiple treatment modalities, who was treated in our facilities at the University of California, San Francisco (UCSF) with the Goeckerman therapy.

Objective: We aim to ascertain if Goeckerman therapy can be an effective method to reduce the behavior and cutaneous symptoms of a patient with severe generalized prurigonodularis.

Methods: We performed Goeckerman therapy for 5 days/week for 2 months, consecutively. We assessed the patient daily, monitored for adverse effects from the therapy (including pruritus and burning), and adjusted the treatment based on the patient's response.

Results: The 13 year old male experienced improvement of his itch that resulted in the reduction of his self-destructive behavior. As the phototherapy dose was increased as tolerated along with the strength of topical tar preparation utilized, the patient also experienced significant flattening of his lesions and improvement of his skin condition.

Conclusion: Goeckerman therapy can be an effective treatment for generalized prurigonodularis, and can significantly improve the patient's quality of life. The treatment is especially beneficial for pediatric patients as the therapy has an excellent side effect profile.

Biography

Rishu Gupta is a medical student from the University of Southern California in Los Angeles, California who is taking a clinical research year to investigate dermatological diseases such as psoriasis and eczema. Dr. John Koo is the Vice Chairman of Dermatology at UCSF and is the Director of the Psoriasis Treatment center. Dr. Koo is board certified in both dermatology and psychiatry and specializes in quality of life as it relates to dermatological disorders.

rishugup@usc.edu