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The effectiveness of a Psychology and Dermatology multidisciplinary approach in KK Hospital in Singapore

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Introduction: Many patients with severe eczema attend KKH Pediatric Dermatology Service. Their quality of life is often affected, leading to psychosocial issues, poor compliance with treatment, decreased self-esteem, anger management issues and absenteeism from school. A multidisciplinary team with Dermatologists, Nurses, Allergist, Medical social worker, Dietitian and Psychologist will provide better patient care and prognosis.

Hypothesis: A multidisciplinary approach will be more effective in managing children and adolescents with severe eczema. The aim is to reduce the impact of social and psychological difficulties as stress exacerbates severe eczema. The aim is to provide holistic care and improve psychosocial and psychological issues faced by patients and their families.

Method: Severe dermatitis is considered from a biological and psychosocial perspective relating to the link mind-body. This dual approach called Psychodermatology addresses both dermatologic and psychological aspects: skin reacts to emotional and environmental stressors because psychological states influence physical states. Psychological therapies can't cure the underlying cause of eczema, but they can offer improvement in management of severe eczema by understanding and reducing psychological stressors.

Results: Psychodermatology is a discipline that brings great improvement in patients' life and skin condition. There is a complex interplay between skin, neuroendocrine systems and stress. Patients with severe eczema attending KKH Multi-disciplinary team all present with either decreased self-esteem, depression, separation anxiety and social phobias, bullying issues, interpersonal stress in link with adolescence issues, dysfunctional family dynamics, psychosocial issues or learning difficulties. Statistics will be collated to evaluate patients' main psychological difficulties.

Biography

Emmanuelle O'Grady is a Senior Clinical Psychologist for 13 years specialized in Child and Adolescent Psychology. She has worked in countries like France, USA, Ireland and is presently based in Singapore, where she works as Senior Clinical Psychologist in KK Women's and Children's Hospital. She works mainly with children and adolescents in the outpatient and inpatient pediatric services. As a Clinical Psychologist in Singapore, she has been developing or initiating programs in Psychodermatology and Psychosomatic medicine.

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