New Eczema Drugs & Guidelines

Atopic dermatitis (AD), the most common type of chronic eczema, is typically considered a pediatric condition. Although it most often affects children, the red, itchy rash also occurs frequently in adults. A newly published Atopic Dermatitis Yardstick outlines treatment guidelines and incorporates two recently approved drugs aimed to reduce symptoms and improve quality of life for children and adults with AD.

“In the past few years, we’ve seen the development of targeted therapies, also known as precision medicine,” said Mark Boguniewicz, MD, the lead author of the Yardstick and a pediatric allergist and immunologist at National Jewish Health. Our Practice Parameter for managing patients with AD is updated approximately every 10 years, giving clinicians a resource for incorporating new therapies into their practice. The Yardstick offers practical recommendations for treatment of AD based on a patient’s profile.

Two new FDA-approved drugs hold promise for AD patients. Crisaborole, the first topical anti-inflammatory medication approved for treatment of mild to moderate AD in more than 15 years, is approved for patients age 2 and older. Dupilumab, an injectable biologic therapy, is for patients 18 or older with moderate to severe AD who haven’t responded to, or can’t use, topical medications. Studies with dupilumab in teens and children as young as age 6 with severe AD are ongoing at National Jewish Health.

The Pediatric and Adult Allergy Programs at National Jewish Health utilize the latest science and treatment options to treat a wide range of allergic and immunologic conditions, including eczema, allergies, asthma and immune deficiency disorders. At the forefront of groundbreaking research and innovative therapies, our physicians excel at treating complex cases.

The AD Yardstick is available on the Annals of Allergy, Asthma and Immunology website, annallergy.org, and at bit.ly/2J459Tj.
National Jewish Health is the leading respiratory hospital in the nation. Founded in 1899 as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care.
Ordering Oxygen

What Is Required from Providers?

**Face-to-Face Evaluation**

PROGRESS NOTE INDICATING:
- Diagnosis
- Symptoms
- Mobility within and outside the home
- Benefit of oxygen for quality of life
- Flow rates and delivery type (pulse vs continuous)
- Other treatments have been tried and failed
- Patient informed of need for oxygen

**Qualifying Testing**

Must have 1 of the following:

1. Resting sat on room air ≤ 88% (while awake)

2. Oxygen titration walk test (must have all 3 below)
   - Resting sat/ABG normal
   - Saturation ≤ 88% with exertion (or PO2 ≤ 55)
   - Exertion saturation/ABG improve with addition of O2

**Dispensing Order**

ORDER INDICATING THE FOLLOWING:
- Diagnosis
- Duration
- Flow Rates
- Portable Flow System
  - Compressed Gas
  - Liquid Oxygen
  - Portable Oxygen Concentrator
- Indication if oxygen will be used with PAP

**Certificate of Medical Necessity**
Approximately one in 18 people in the United States has an arrhythmia. Nearly 10 percent of people age 65 or older have the most common type of arrhythmia, atrial fibrillation (AFIB). If left untreated, AFIB can lead to stroke, blood clots, heart failure and death. Although risk increases with age, patients who are young and healthy also can experience AFIB symptoms such as new or worsening fatigue, shortness of breath, heart palpitations and lightheadedness.

At National Jewish Health, our electrophysiologists diagnose and treat arrhythmias. Utilizing comprehensive diagnostics, we work with our patients and their physicians to determine the best treatment options, including cardiac ablation and cardiac device implantation. Implantation of pacemakers, implantable cardioverter-defibrillators (ICDs) and implantable loop recorders is performed by our electrophysiologists in the state-of-the-art electrophysiology lab at our clinical partner’s facility, Saint Joseph Hospital.

In many cases, we are able to cure patients’ arrhythmias so they do not need to be on medication long term, and can lead full and active lives.

**Electrophysiology Program Helps Patients Find Their Rhythm**

*By Raphael Sung, MD*

Raphael Sung, MD, FACC, FHRS, is an electrophysiologist at National Jewish Health who treats all heart rhythm disorders. Skilled at implantation of all current cardiac rhythm devices, Dr. Sung also performs the full spectrum of electrophysiology study and ablation procedures, including complex AFIB and ventricular tachycardia ablations.
A new Intensive Cardiac Rehabilitation Program developed by National Jewish Health and Saint Joseph Hospital is helping patients manage their heart disease, and, in many cases, actually reverse it by adopting a healthier lifestyle.

The comprehensive, scientifically proven program is based on Ornish Lifestyle Medicine™ and is one of only three programs of its kind in Colorado. The program is reimbursed by Medicare and private insurers for patients who qualify, and a self-pay option is available for those who are not covered by insurance.

Over a nine-week period, participants attend four-hour sessions twice a week that incorporate the four areas of lifestyle change: exercise, stress management, nutrition and group support. Certified and trained staff work with patients in a small group setting to ensure participants have the support they need to be successful.

The program is not a replacement, but a complement to standard therapies. When combined with a doctor’s treatment plan, this program can transform patients’ lives.

**Andrew Freeman, MD,** is a cardiologist and the director of cardiac and pulmonary rehabilitation services at National Jewish Health and Saint Joseph Hospital. Dr. Freeman is committed to helping patients achieve optimal health by combining Western medicine with a holistic approach on overall wellness and prevention.
Genetic Discoveries
Fuel Improved Testing & Treatment

Using rapidly advancing genetic techniques, researchers at National Jewish Health are studying genes involved in the immune response. They are finding mutations that profoundly affect immune function in conditions ranging from immunodeficiency to autoimmunity and allergies.

Pediatric allergist and immunologist Erwin Gelfand, MD, and his National Jewish Health colleagues recently reported a mutation in the gene IFIH1 that predisposes a carrier to recurrent rhinovirus infections. They discovered a mutation in the CARD11 gene that prevents glutamine from entering cells, predisposing patients to severe eczema. In their work with the Colorado Newborn Screening Program, they also have discovered novel mutations that cause immunodeficiency.

Identifying the causes of recurrent infections and other immune abnormalities provides answers to patients and their families who want to understand what is causing their health problems.

“As we look more closely at potential genetic roots of immune dysfunction, we are finding many disorders caused by mutations in single genes,” said Dr. Gelfand. These discoveries lead to improved diagnostic testing and, in many cases, more effective treatment for patients.

Pediatric Sleep Evaluation, Testing & Management

Signs of sleep apnea in children can differ slightly from those of adults.

- Difficulty waking and/or irritability in the morning
- Hyperactivity or inattention in the classroom
- Snoring, especially if it is loud and occurs every night
- Restless sleep and/or frequent night awakenings

- Arching the neck to open airway while sleeping
- Breathing pauses during sleep or frequent choking or gasping during sleep
- Nasal congestion, nasal voice, or difficulty breathing through the nose

The Sleep Center at National Jewish Health provides diagnosis and treatment of pediatric obstructive sleep apnea (OSA) for ages 6 and older.
Welcome New Physicians

Isabelle Amigues, MD
Rheumatology

Divya Chhabra, MD
Pediatric Pulmonology

Jane Gross, MD, PhD
Pediatric Pulmonology

Deborah Hong, MD
Sleep

James Pellerin, MD
Pulmonology

Gloria Shan, MD
Hospitalist, Internal Medicine

Upcoming Professional Education Activities

Free ONLINE CME Courses

“Advances in Atopic Dermatitis: Applying Emerging Clinical Research and Treatments to Everyday Clinical Practice”
Registration and information: AdvancesinAD.njhealtheducation.org

“COPD Now: Practical Strategies in Medical Management of Stable Disease and Exacerbations”
Registration and information: COPDnow.njhealtheducation.org

“Personalized Medicine in Severe Asthma: Applying Emerging Data and Treatments to Everyday Clinical Practice”
Registration and information: SevereAsthmapm.njhealtheducation.org

See a complete list of events and educational opportunities: njhealth.org/CME
Learn more: 800.844.2305, proed@njhealth.org
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