

Topical Steroid Withdrawal (TSW): A Perspective of Australian Dermatologists

Dr Frances Bell, MBBS¹, Dr Andrew Awad, MBBS¹, A/Prof Gayle Ross, FACD¹

¹Department of Dermatology, The Royal Melbourne Hospital

There are no conflicts of interest to declare

Learning objective: To find out dermatology trainee and consultant attitudes on topical steroid withdrawal and begin to build a consensus among clinicians

Key message:

- Most presentations of TSW are known skin conditions
- A clinical guideline/consensus on how to approach TSW would be beneficial for clinicians

Contact: frances.bell@hotmail.co.uk

Topical Steroid Withdrawal: Why do we need to study it?

Patient perspective:

TSW = used by patients to describe skin symptoms after stopping topical steroids. Experiences are being shared on social media.



402K #



1.77 billion



7.4K

Clinical perspective:

- Lack of clinical consensus and research on TSW
- No diagnostic criterion exists
- Rising steroid phobia among patients
- Tension in clinician-patient relationships

Topical Steroid Withdrawal: Study Aims

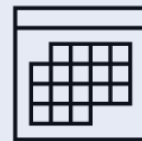
Hypothesis: Dermatology fellows and trainees will have differing perspectives on TSW

Aim 1: To understand dermatology doctors' perspectives on TSW

Aim 2: Begin building a consensus on TSW among clinicians

Study Design:

Mass email to members of the ACD

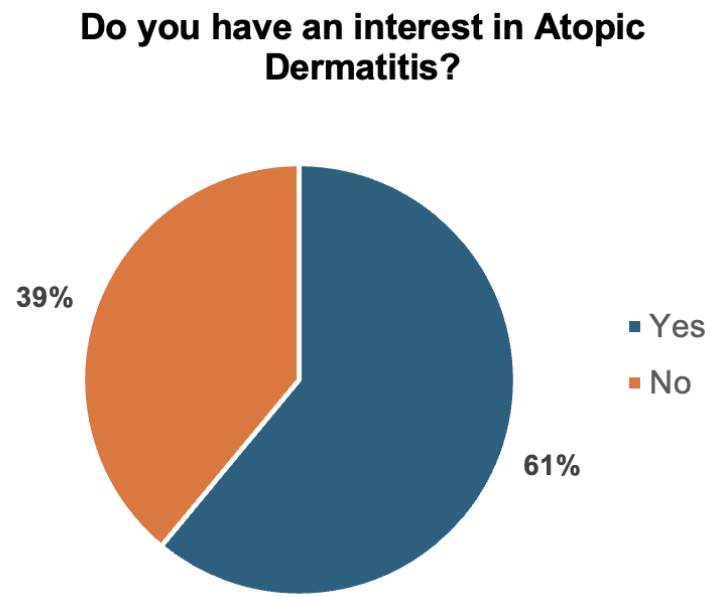
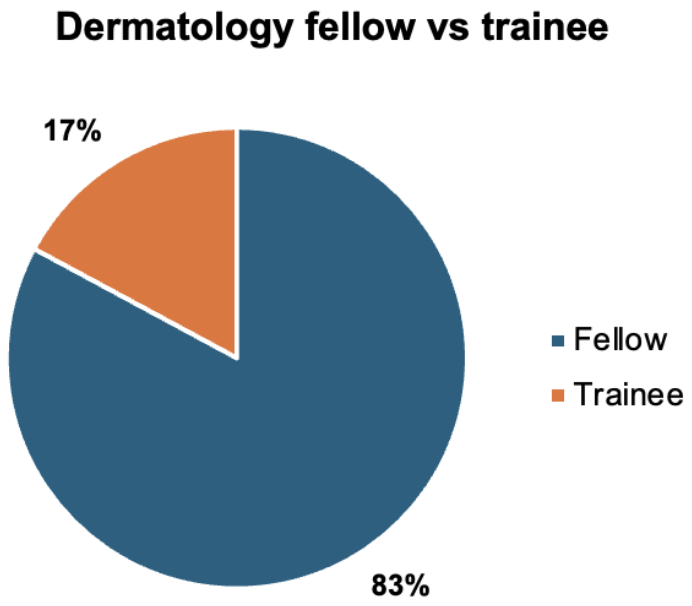
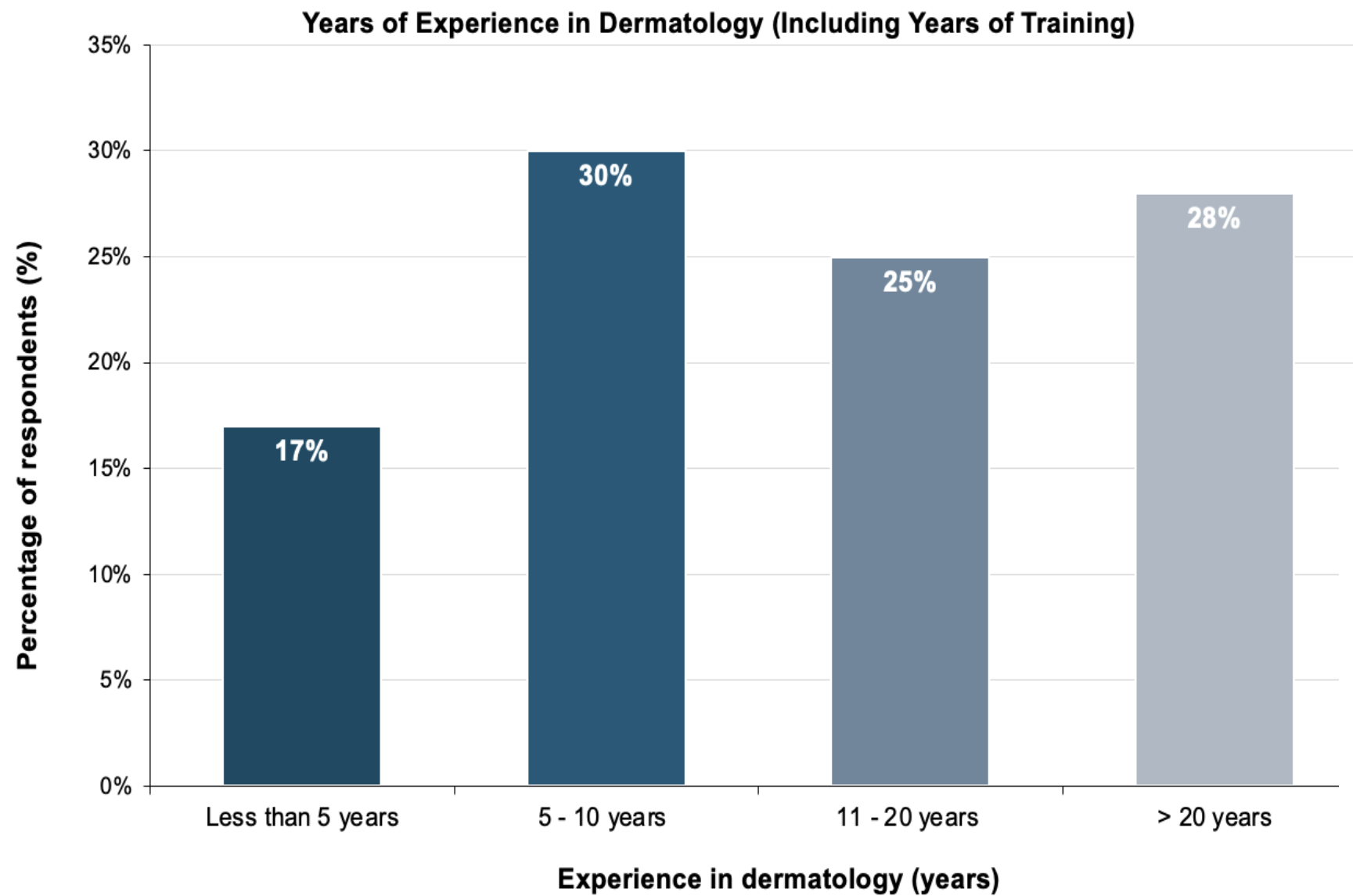


Survey opened: September 6th, 2024

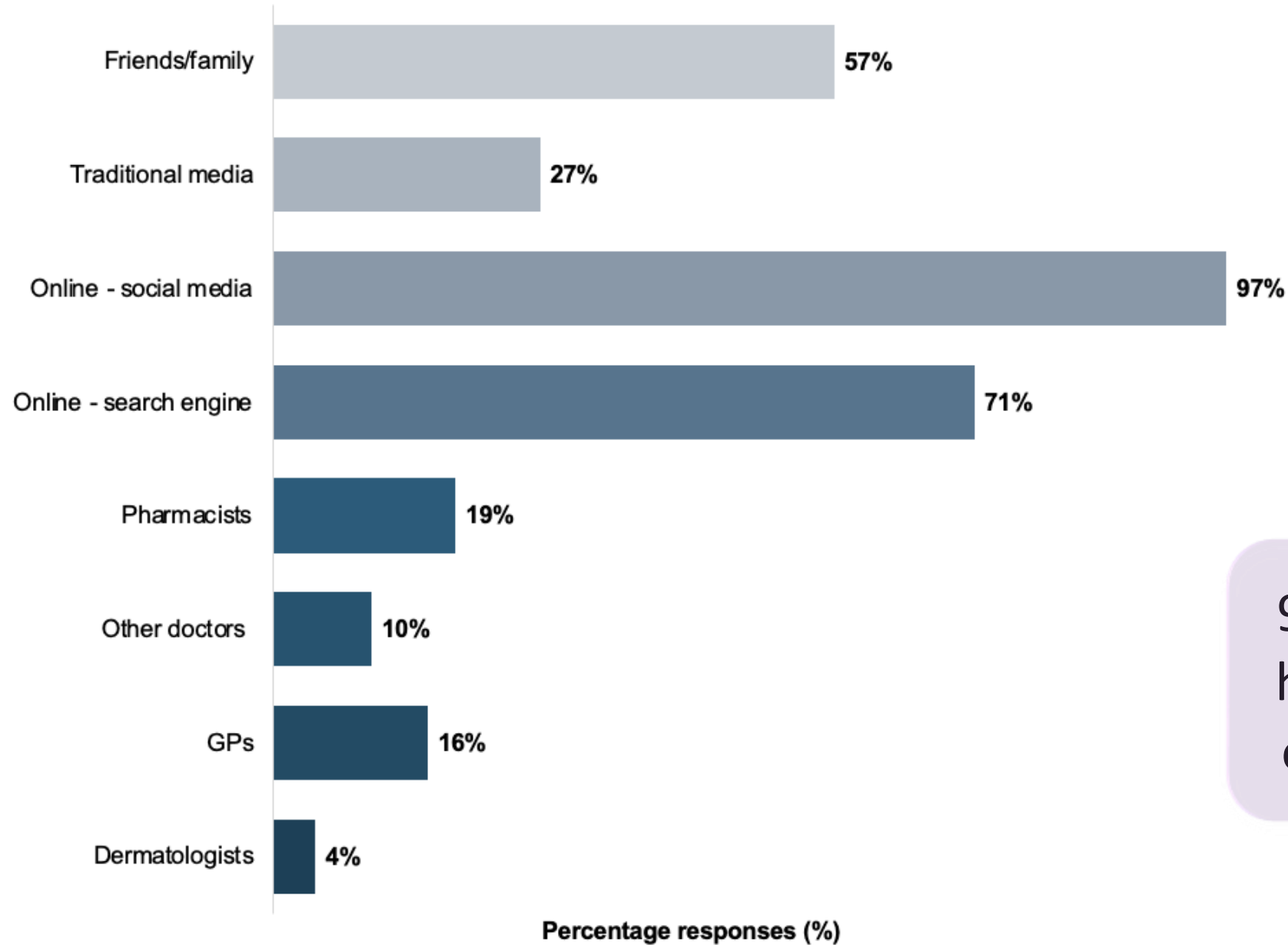
Survey closed: November 8th, 2024

Inclusion criteria: Trainees and fellows of the ACD

Respondent Profile (n=70)

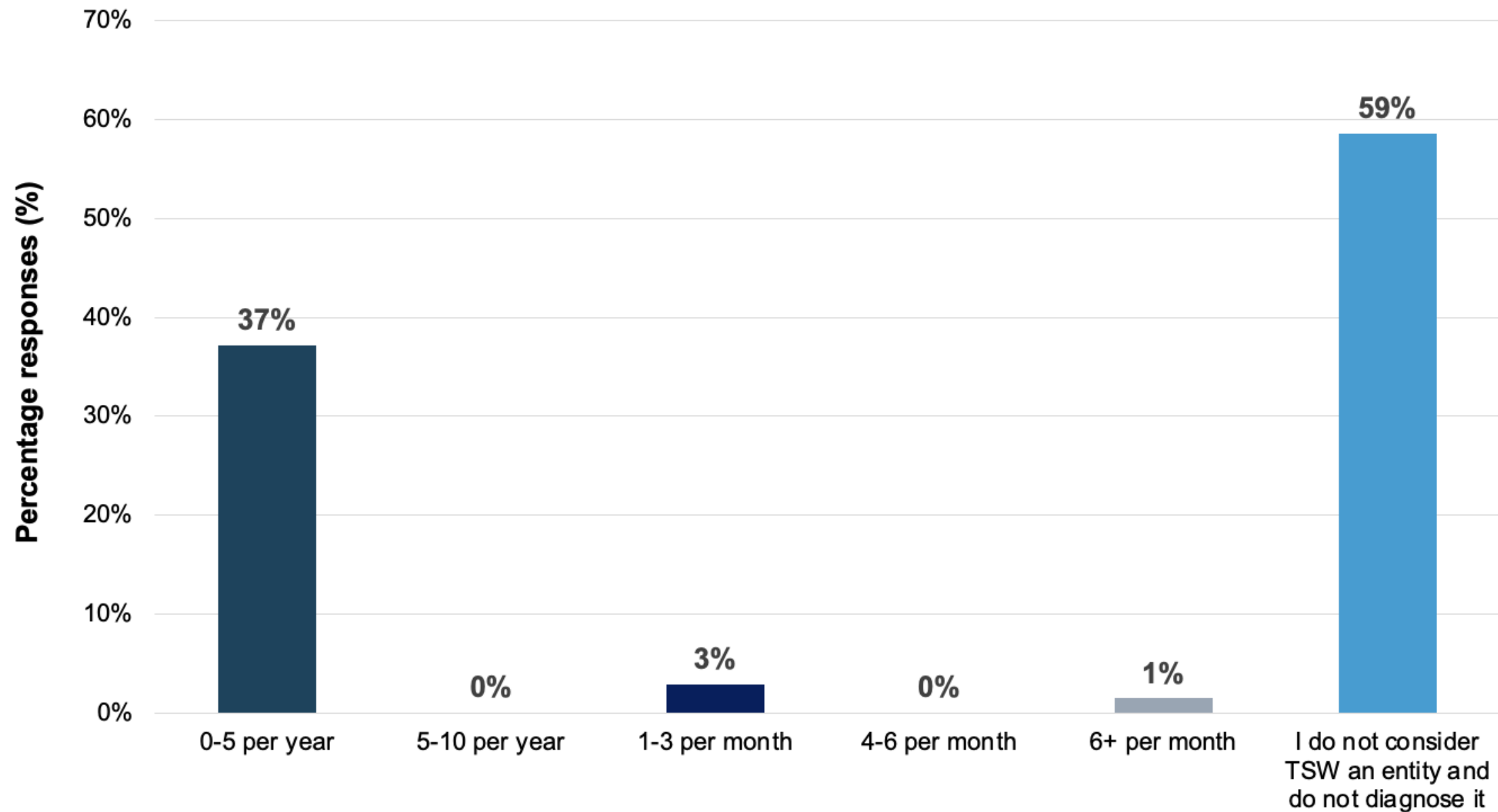


Where do patients hear about Topical Steroid Withdrawal?

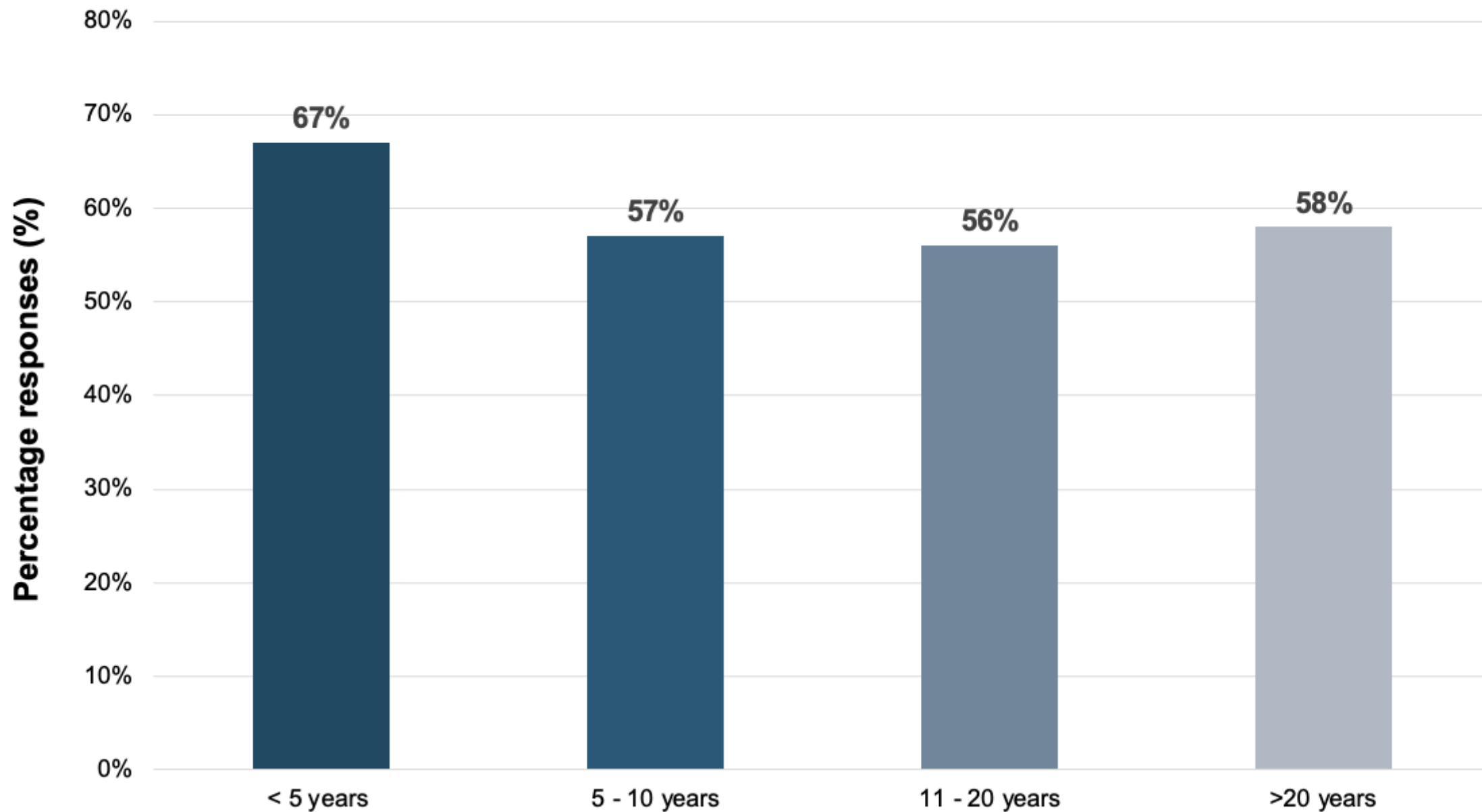


97% → patients hear about TSW on social media

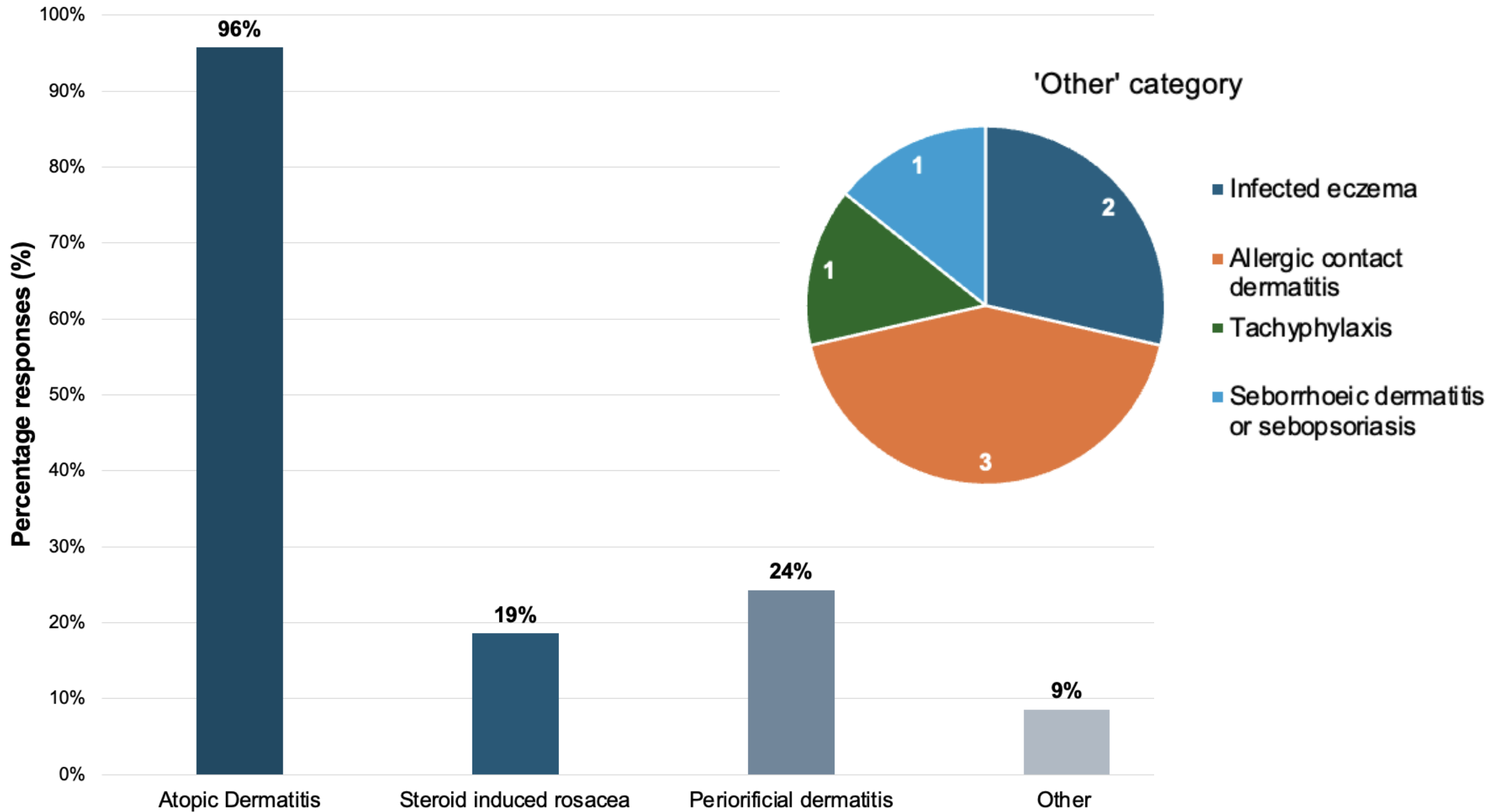
How many patients do you diagnose with TSW, per year/month?



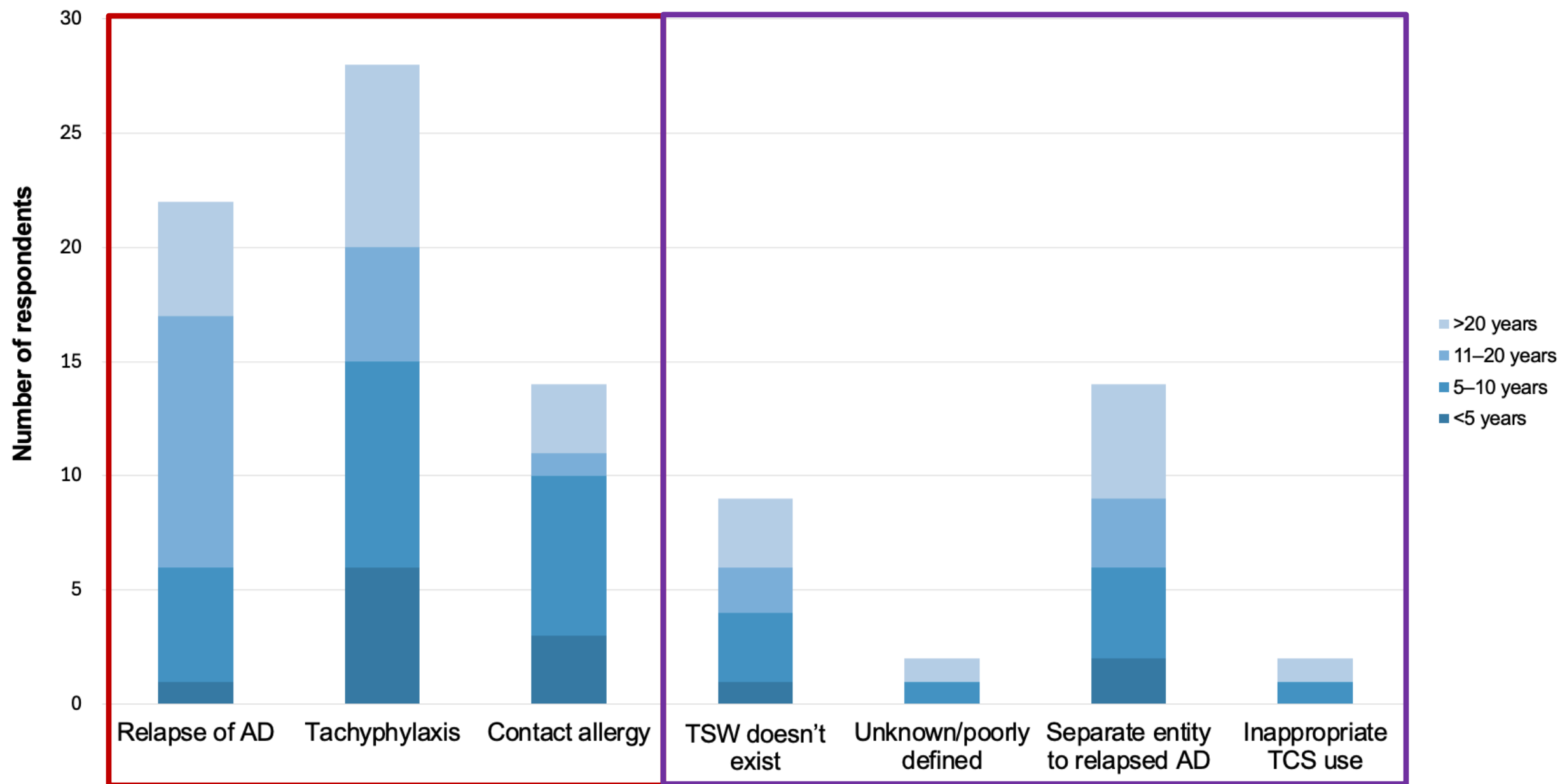
'TSW is not a clinical entity' by experience level (years)



Of those patients who are NOT diagnosed with TSW, what is the diagnosis?



What is Topical Steroid Withdrawal?



Findings and Implications

Most presentations of TSW are known entities

- 🇬🇧 Agrees with a UK study²
- 🩺 Independent of years of experience

Overuse of TSW on social media

- 📱 Social media leads to self-diagnosis
- ⚠️ Skin conditions are mis-managed

Our understanding of TSW is lacking

- 🔴 Lack of consensus regarding TSW
- 🤝 Lack of resources for patients

Clinical guidelines

- To **help clinicians** navigate **conversations** around TSW
- To support patients with **approved medical resources**

Longitudinal research

- Explore **outcomes** of patients who present with TSW
- Explore if **clinical patterns** emerge **beyond** relapsed atopic dermatitis

Acknowledgements

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- The Royal Melbourne Hospital Department of Dermatology
- Thank you to the ACD fellows and trainees who completed the survey

References

1. National Eczema Society and British Association of Dermatologists. Topical Steroid Topical Withdrawal Joint Statement. Published online February 2024. Accessed April 14, 2024. https://eczema.org/wp-content/uploads/Topical_Steroid_Topical_Withdrawal_Joint_Statement_Feb_2024.pdf
2. Barlow R, Proctor A, Moss C. Topical steroid withdrawal: a survey of UK dermatologists' attitudes. *Clin Exp Dermatol*. 2024;49(6):607-611. doi:10.1093/ced/llae045