



Small patients, big impact: Complications and comorbidities of Atopic Dermatitis in Children under-5 attending the Regional Dermatology Training Centre in Tanzania.

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Declaration

- I, and my fellow co-authors have no conflicts of interest to declare

Introduction

- Severe forms of Atopic Dermatitis (AD) are more prevalent in younger patients and are linked to complications and comorbidities such as infections, allergic diseases and psychosocial distress.
- Such comorbidities, however, are often underreported and underdiagnosed with the focus being on the primary disease.

Objectives

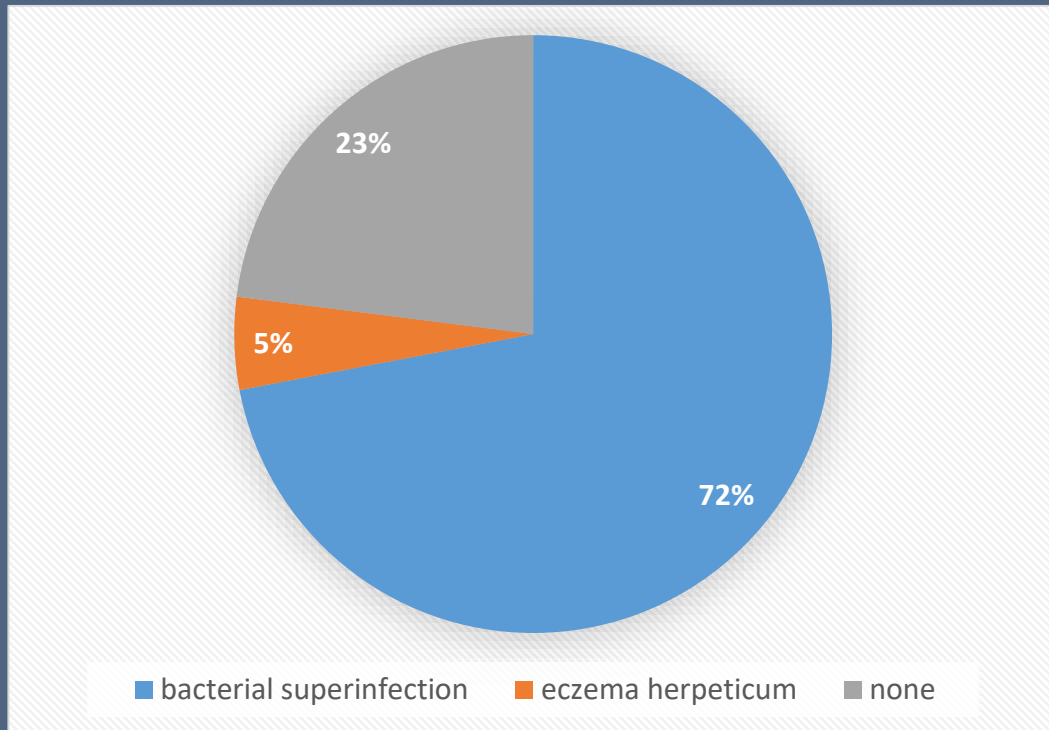
1. To describe the clinical spectrum of comorbidities among under-five children with moderate and severe Atopic Dermatitis attended at the Regional Dermatology Training Centre (RDTC).
2. To describe the clinical spectrum of complications among under-five children with moderate and severe Atopic Dermatitis attended at the Regional Dermatology Training Centre (RDTC).

Methodology

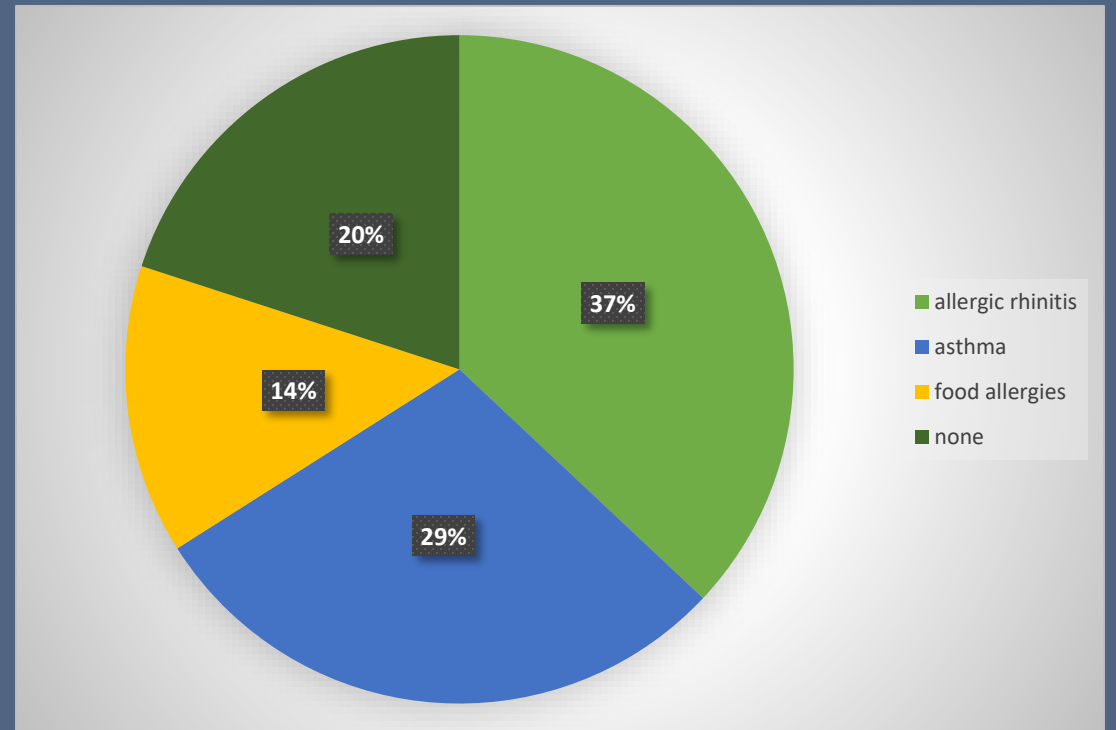
- A retrospective study was conducted using the Electronic Health Monitoring System (EHMS)
- Data was pooled from January 2020 to December 2024
- Patients with a clinical diagnosis of moderate to severe AD (SCORAD) were included.
- Demographic and clinical data and presence of comorbidities and complications (infectious, allergic, nutritional, psychosocial) were obtained from the medical records.
- Data was analyzed using SPSS version 25

Results

Infectious complications



Atopic comorbidities



Psychosocial comorbidities

- 79% of the primary caregivers reported **sleep disturbance** due to the child's itch
- 24% of primary caregivers reported child had **social withdrawal**, including not wanting to be touched or cuddled by parent or family member

Nutritional complications

- Failure to thrive was reported in 21% of the children, with most caregivers reporting **poor weight gain and growth faltering** and developmental delays

Conclusion

- Despite the clear burden of complications and comorbidities, only 34% had documented referrals for multidisciplinary treatment
- This 5-year retrospective study highlights the burden of comorbidities and complications in children below five years with moderate to severe AD in Northern Tanzania.
- Allergic and infectious complications were more prevalent; however, psychosocial and nutritional impacts were also significant.
- These findings highlight the need for multidisciplinary and integrated approaches in managing pediatric atopic dermatitis for better patient outcome.
- This study also stresses the importance of proper documentation of patient data to capture the true magnitude of the problem and to avoid underreporting.



Thank you
Asanteni

