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Dupilumab

Patient MRN: 5498123

Patient DOB: 8-27-2016 (8yo)

Patient Sex: F

OUTPATIENT CLINIC NOTE

HPI:

Emily Jones is an 8 year old F with PMH mild intermittent asthma and persistent atopic dermatitis who presents with worsening symptoms of atopic dermatitis. The patient has been using topical triamcinolone and pimecrolimus up to twice daily as well as regular use of skin emollients such as aquaphor, without significant relief. Per parents, patient continues to have pruritic dry patches that affect patient's ability to sleep and occasionally bleed when scratched.

Review of Systems:

General: Negative for fatigue, fever, pallor.

Skin: Rash present

Head, Eyes, Ears, Nose, Throat (HEENT): Negative for headache, vision changes, nasal congestion, rhinorrhea, sore throat.

Cardiovascular: Negative for chest pain, palpitations

Respiratory: negative for cough, shortness of breath, wheezing.

Gastrointestinal: Negative for abdominal pain, nausea, vomiting.

Genitourinary: Negative for dysuria, frequency, urgency, hematuria.

Musculoskeletal: Negative for joint pain, stiffness, muscle weakness.

Neurological: Negative for seizures, weakness, numbness.

Endocrine: Negative for heat/cold intolerance, excessive thirst or urination, changes in appetite.

Hematologic: Negative for bruises, petechiae or purpura

Vitals:

HR 95 bpm

BP 110/70 mmHg

RR: 20 bpm

Temp: 98.7°F (37°C)

Physical Exam

General Appearance: No acute distress

Skin: Skin appears dry and flaky with areas of excoriation, erythematous, pruritic plaques are present on flexural areas (elbows, knees) and face

Head: Normocephalic, atraumatic.

Eyes: Pupils equal, round, reactive to light; conjunctivae clear.

Ears: External ears normal; tympanic membranes intact

Nose: Nasal passages clear; no discharge.

Throat: Oral mucosa moist; tonsils non-enlarged, no erythema.

Cardiovascular: Normal rate, regular rhythm; no murmurs, gallops, or rubs.

Respiratory: Clear bilaterally, no wheezing or crackles. No use of accessory muscles, unlabored breathing.

Gastrointestinal: Abdomen soft, non-tender, no distension; bowel sounds present. No hepatosplenomegaly.

MSK: No joint pain, normal range of motion.

Neurological: Alert, oriented. At baseline.

Severity Assessment

Scoring Atopic Dermatitis (SCORAD): **35** (moderate to severe) with **>10% BSA affected**

Assessment:

8yo F with PMH mild intermittent asthma and moderate to severe atopic dermatitis presents with persistent symptoms despite 5 weeks of topical therapy with triamcinolone cream, pimecrolimus and aquaphor.

Plan:

Start a systemic medication given severity of symptoms and poor response to topical medication. The provider recommends dupilumab (Dupixent) injections for better symptom control.

- Initial dose 300mg (divided as two 150g doses)
- Maintenance dosing 300mg injection every 2 weeks
- Continue topical triamcinolone and aquaphor