



Prurigo Nodularis League (PNL)

Location:

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Dear supporters of the Prurigo Nodularis League (PNL),

We herewith extend a warm invitation to you to read the sixth newsletter of our initiative. A lot has happened since the last newsletter was released. Work has begun on an international treatment guideline for chronic prurigo and is stirring quite some interest in the pharmaceutical industry. As a result, several randomized clinical studies have been initiated or are about to start.

We wish you a pleasant read!

The PNL Management

Feel free to support us! Contact: EmilyRose.Burnett@ukmuenster.de

European Prurigo Project

A major international project was recently completed. Participating patients with chronic prurigo completed questionnaires on various aspects of the disease such as concomitant medications, comorbidities, symptoms, underlying causes, negative effects on quality of life, effective treatments, treatment goals and financial burden. Thanks to their participation, it was possible to gain important new insight into the different aspects of chronic prurigo. Publication of the results is pending. We would like to thank everyone involved for their terrific cooperation.

Validation of measuring instruments for chronic prurigo

Until recently, there were no objective measuring tools for recording chronic prurigo and its progression available. The “Prurigo Activity Score” was developed based on many different preliminary examinations and experiences and was successfully validated in a large study, simplifying the documentation of chronic prurigo.



Our doctoral students have made extensive contributions to the validation of the instruments

International Guideline for Chronic Prurigo

Throughout the year, work was underway to develop a guideline for chronic prurigo. Experts from around the world met on August 30th, 2019 to make recommendations towards the management and treatment of chronic prurigo via the Delphi method. After a lively exchange and interesting discussions, a consensus was made. The guideline will be published in early 2020.



The international guideline team

Congresses

50th DDG Congress in Berlin

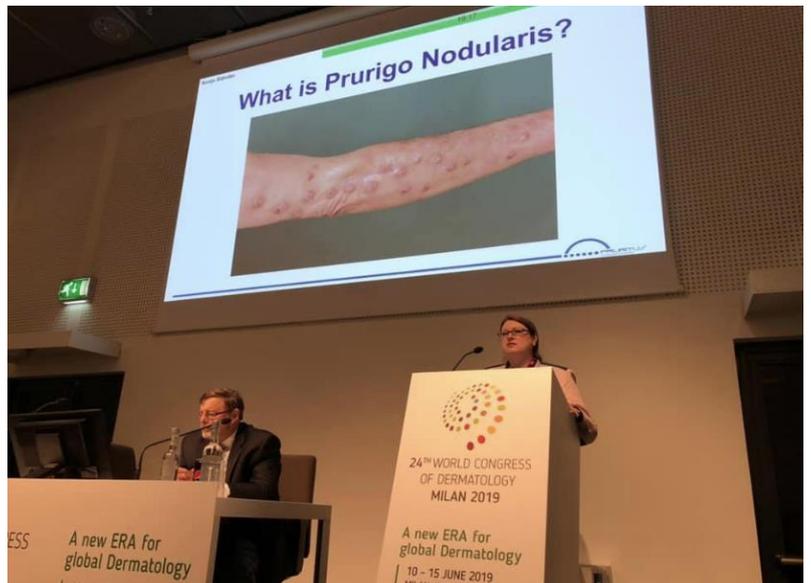


The 50th meeting of the German Dermatological Society (DDG) took place in Berlin this year. Many interesting lectures on the care of chronic prurigo and

its measurement were held.

24th World Congress of Dermatology in Milan

The World Congress of Dermatology takes place every 4 years and is where dermatologists from nations all over the world exchange their views. Their interest was particularly high in the



management and therapy of chronic prurigo. The lecture rooms were filled to the brim and there was an active exchange of perspectives

and opinions. This shows that the disease is a global problem and much remains to be learned and researched.

28th EADV Meeting in Madrid

During the 28th EADV meeting, many new findings on chronic pruritus and chronic prurigo were presented. To our delight, there was a complete session dedicated entirely to chronic prurigo with many interesting presentations.



Lecturers at the EADV meeting

EADV's Itch Fostering Course in Brussels

During an EADV course on pruritus, knowledge on prurigo nodularis was passed on to young European doctors. The course was a big success!



European junior doctors from the EADV course

Additional Information

- **To learn about the Task Force Pruritus, please visit:**

<http://www.pruritussymposium.de/taskforcepruritus.html>

- **To learn about the European Prurigo Project, please visit:**

<http://www.pruritussymposium.de/europeanprurigoproject.html>

- **To learn about the International Forum for the Study of Itch (IFSI), please visit:**

<https://www.itchforum.net/>