

Video Platform

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Course contents

Atopic Dermatitis: Patient education

This course by Pedro Mendes-Bastos focuses on the importance of Therapeutic Patient Education (TPE) in managing atopic dermatitis (AD). Dr. Pedro Mendes-Bastos emphasizes the role of TPE, as endorsed by recent European guidelines, as a therapeutic approach alongside conventional treatments. Evidence from studies indicates that TPE can improve patient outcomes by reducing disease severity, enhancing quality of life, and addressing psychological effects such as anxiety and depression. Importantly, TPE is most effective when tailored to individual patient needs, taking into account cultural contexts and specific age groups. While traditional face-to-face workshops are valuable, digital platforms and resources offer promising alternatives for patient education, particularly for those with limited access to healthcare.

The overarching message is that education empowers patients, enhances their engagement in their own personalized care, and complements medical treatment in improving long-term outcomes.

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