

INTRODUCTION

- Atopic dermatitis has a major impact on the quality of life (QOL).
- Very few studies propose specific interventions to address QOL.
- Objective: Evaluate the impact on QOL by providing a toolkit with items focusing on four specific problem areas for children with atopic dermatitis.

METHOD

Itchy Kit focus:

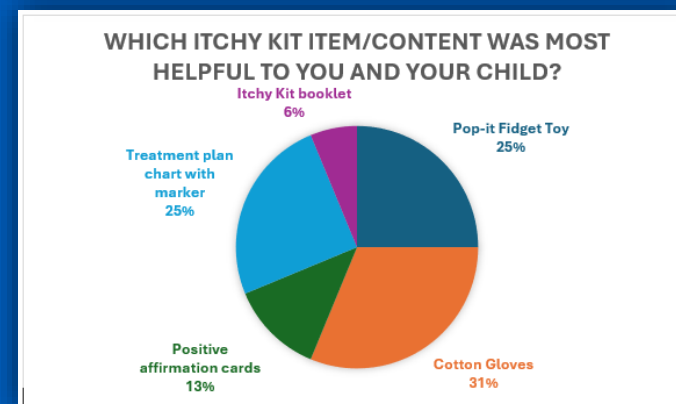
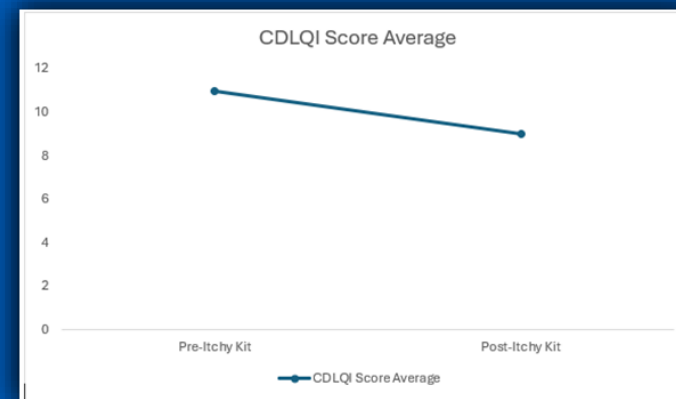
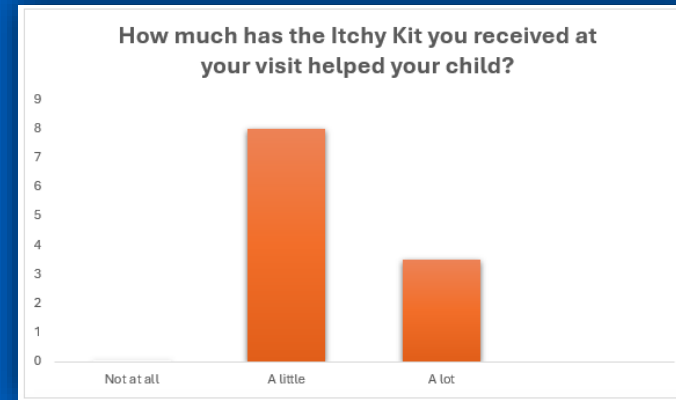
1. Itching
2. Sleep Disturbance
3. Emotional impact
4. Adherence to treatment plan

Itchy Kit includes:

1. Fidget toy
 2. Cotton gloves
 3. Affirmation cards
 4. Sticker chart
 5. Family-friendly educational booklet.
- 40 Kits provided to patients 3-10 years old in a pediatric dermatology outpatient clinic from 5/2024 – 4/2025.
 - Obtained Children's Dermatology Life Quality Index (CDLQI) score before using the Itchy Kit and 8 weeks later.

Itchy Kits to Support Psychosocial Health of Children with Atopic Dermatitis

A Quality Improvement Project



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RESULTS

- All 40 families completed the initial CDLQI survey.
- 25% response rate for follow-up questionnaire.
- 80% reported that the Itchy Kit helped "A little."
- 20% reported that it helped "Quite a lot".
- Post-intervention scores improved in 60% of participants.
- The most helpful Itchy Kit toolkit item was cotton gloves.

DISCUSSION

- 78% of participants' scores indicated a moderate to large impact on QOL.
- Providing tangible items to children with atopic dermatitis improved QOL, evidenced by a lower post-intervention CDLQI score.
- The Itchy Kit helped all the participants who completed the post-intervention survey.
- PNPs can support psychosocial health by using tangible toolkits as an extension of pharmacologic treatment.