

Introduction of a vulval history taking proforma following an audit of the B.A.D Management of Lichen Sclerosus Guidelines 2018

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Introduction:

Lichen sclerosus (LS) is an inflammatory scarring dermatosis, characterised by a lymphocytic response that has a predilection for the genital skin in both sexes. (1) The British Association of Dermatologists introduced new guidelines in 2018 for the management of LS. Our department's current practice for management of vulval LS has been assessed against the national guidelines.

Methods:

Retrospectively, 20 patients seen in clinics in August 2019 were identified. Their case notes and clinic letters were reviewed and compared against the 3 standards described in the 2018 guidelines.

The standards assessed:

- 1) There should be documentation of history including urinary symptoms and psychosexual symptoms.
- 2) A biopsy should be performed in patients with clinically active LS that has not responded to treatments in female patients.
- 3) Patients discharged from clinic have been given advice on when to seek advice if further symptoms occur.

Results:

Standard 1: 15% of patients had documentation of psychosexual and urinary symptoms in their history.

Standard 2: 100% of patients with clinically active LS not responding to treatment were appropriately biopsied. All biopsy results confirmed LS except one that showed non-specific inflammation only.

Standard 3: 100% of patients were given discharge advice via a discharge information leaflet (Fig 2). This leaflet had been produced as a result of a previous audit on LS.

Conclusion:

Our department has adhered to the guidelines with regard to standard 2 and 3. However, documentation of the psychosexual and urinary history could be improved. In response, we produced a vulval clinic history proforma (Fig 1) to prompt doctors to ask the relevant questions in the history to improve on standard 1. This will subsequently be re-audited in August 2021.

Figure 1: Vulval history taking proforma

Figure 2: Discharge information leaflet

References:

1. Lewis F, Tatnall F, Velangi S, Bunker C, Kumar A, Brackenbury F et al. British Association of Dermatologists guidelines for the management of lichen sclerosus, 2018. Br J of Dermatol. 2018;178(4):839-853.
2. Neill SM, Lewis FM, Tatnall FM, Cox NH; British Association of Dermatologists. British Association of Dermatologists' guidelines for the management of lichen sclerosus 2010. Br J Dermatol. 2010 Oct;163(4):672-82.