

The Effectiveness of Designated Skin Service in a GOPC Run by Family Physician with Special Interest in Dermatology and Dermoscopy

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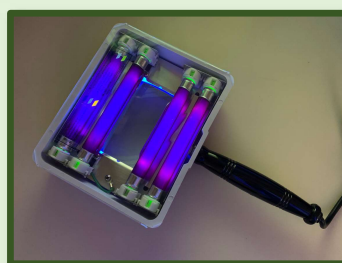


Introduction

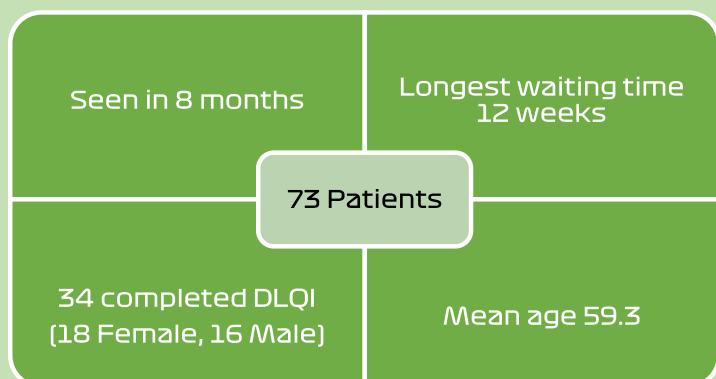
- Only 115 registered dermatologists in Hong Kong
- Routine waiting time for DH dermatology clinic in KWC is 2-3 years
- Previous study¹ revealed that general practitioners with special interest in dermatology can provide skin consultations that are more accessible than dermatologists while achieving similar clinical outcomes
- Designated skin service was set up in Lady Trench (LT) GOPC in 7/2020 to meet the dermatology service demand

Methodology

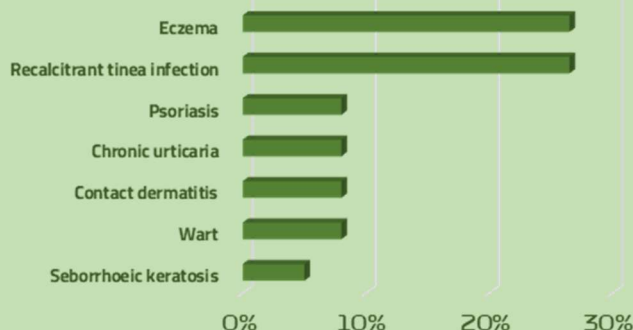
- All doctors of LT GOPC could refer patients to the service
- Consultations were provided by a FM specialist with post-graduate diploma in dermatology
- Wood's Lamp and Dermoscopy were employed to enhance the diagnostic accuracy
- Clinical photos were taken for progress using iPad by HA
- Cryotherapy was provided for suitable patients
- Dermatology Life Quality Index (DLQI) was performed on 1st and 4th / last visit upon discharge, whichever was earlier



Results



Commonest Discharged Diseases



DLQI Questionnaire Items	1 st Evaluation	2 nd Evaluation	P value
How itchy, sore, painful or stinging has your skin been?	1.35	0.65	0.001
How embarrassed or self conscious have you been because of your skin?	1.06	0.38	0.005
How much has your skin interfered with you going shopping or looking after your home or garden?	0.35	0.15	0.109
How much has your skin influenced the clothes you wear?	0.68	0.35	0.142
How much has your skin affected any social or leisure activities?	0.38	0.12	0.061
How much has your skin made it difficult for you to do any sport?	0.47	0.18	0.055
How much has your skin prevented you from working or studying?	0.35	0.09	0.078
How much has your skin created problems with your partner or any of your close friends or relatives?	0.38	0.18	0.220
How much has your skin caused any sexual difficulties?	0.12	0.09	0.733
How much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?	0.71	0.47	0.276
DLQI	5.85	2.65	0.004

NB. A score of 3 represents "A lot", and a score of 0 represents "Not at all".

Conclusion

Designated skin service in GOPC can **improve patients' skin condition, reduce waiting time and referral to DH Dermatology Clinic.**