

## BACKGROUND

EczemaWise is a mobile health app and self-monitoring tool designed to support shared decision making (SDM) for eczema patients and caregivers. The app includes a 5-step structured “Appointment Prep” feature that helps users prepare for healthcare visits by defining objectives, ranking treatment priorities, completing a standardized eczema quality of life assessment, and integrating tracking data with photos. This process generates a summary that can be shared with healthcare providers before or during appointments.

## OBJECTIVE

To assess utilization of the Appointment Prep feature and characterize the information provided across its SDM preparatory domains.

## METHODS

Analysis reviewed data from app users who made appointments between March 19, 2019 and November 20, 2024. Demographics including patient gender, race, age, and eczema relationship of the app user (Patient or Caregiver), and current eczema treatments listed in user profiles were examined. SkinDex-Mini scores (transformed 0-100), appointment focus areas, and common treatment concerns were assessed.

## CONCLUSIONS

This research illustrates the potential of mobile health to enhance communication around eczema care and treatment decision making with healthcare providers by empowering users to actively engage in personalized care discussions, ultimately leading to better health outcomes.

## DISCLOSURES

WSB disclosures: Amgen, Pfizer, and Sanofi/Regeneron advisory board honoraria and Pfizer research grants.

## RESULTS

**Table 1. User Characteristics of Appointment Prep**

Characteristics	Appointments Entered (n=404)
Eczema Relation	
Patient	73.5% (297)
Caregiver of a child	24.4% (99)
Caregiver of other	2.1% (8)
Patient Gender	
Male	23.8% (96)
Female	72.2% (292)
Other	4.0% (16)
Patient Race	
White	57.2% (230)
Asian	19.8% (80)
Black	8.2% (33)
Multi-Racial	7.7% (31)
Native American/Alaskan Native	1.0% (4)
Hawaiian/Pacific Islander	1.0% (4)
Other	5.6% (22)
Patient Ethnicity	
Hispanic	14.6% (59)
Not Hispanic	85.4% (345)
Patient Age	
0-5	4.5% (18)
6-12	14.4% (58)
13-17	7.7% (31)
18-24	8.4% (34)
25-34	29.4% (119)
35-44	16.8% (68)
45-54	8.2% (33)
55-64	6.7% (27)
65+	4.0% (16)



A total of 404 appointments were created using the Provider Prep tool by 357 unique users.



Users reported an average SkinDex-Mini score of 37.8 (17.8), indicating a moderate impact of eczema on quality of life.



The most common appointment focus areas are discussing symptoms (30.5%), exploring new treatment options (27.3%), and getting or changing medication (16.8%) (See Figure 1).

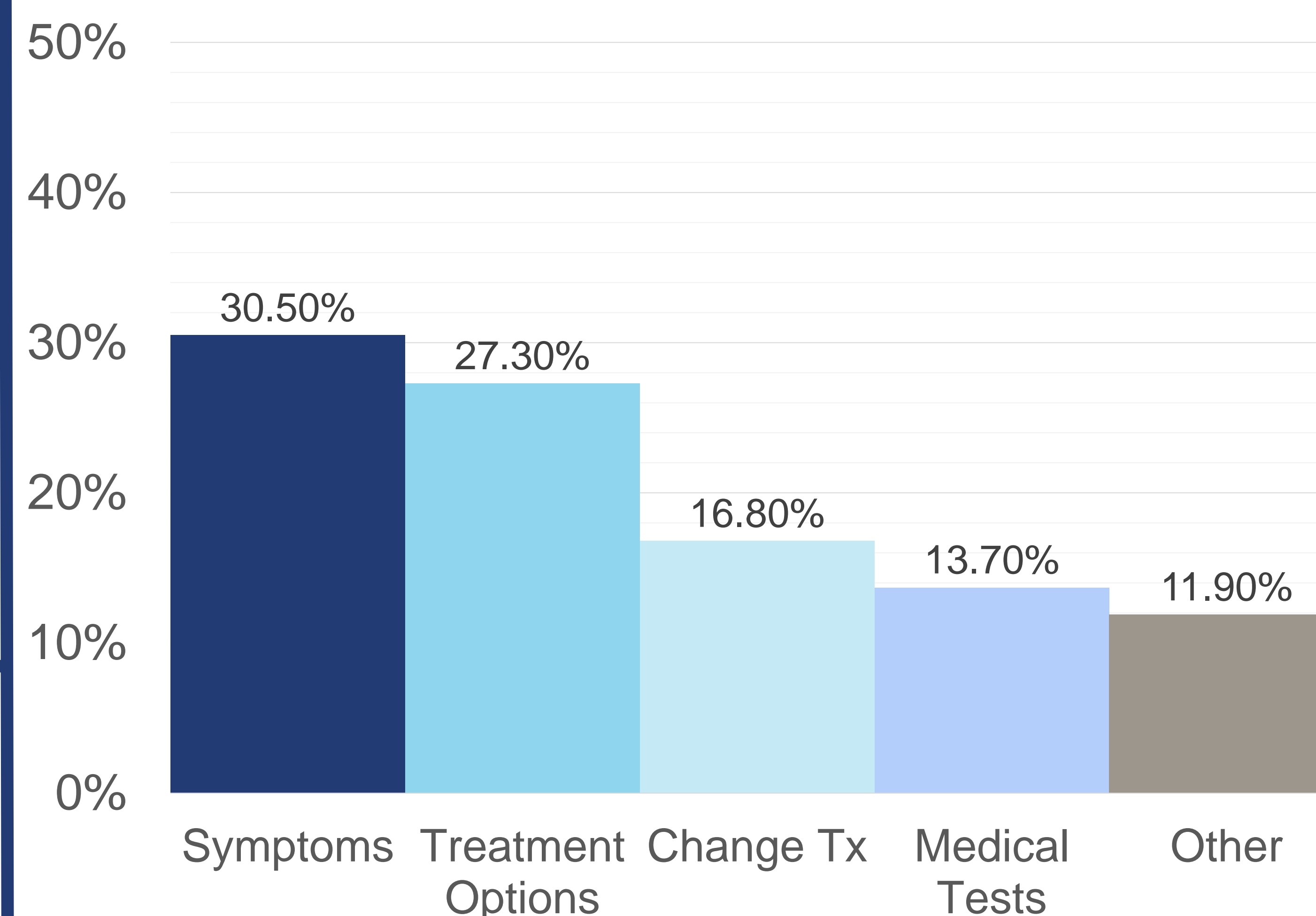


Ranked treatment priorities showed avoiding serious side effects (58.9%) as most important, followed by how well the treatment works (22.0%) (See Figure 2).



The top three treatment categories reported in user profiles were topicals (37.9%), biologics (9.2%), and systemics (6.7%) from 357 distinct users.

**Figure 1. Appointment Focus Area (n = 238)**



**Figure 2. Top Treatment Priority (n = 238)**

