



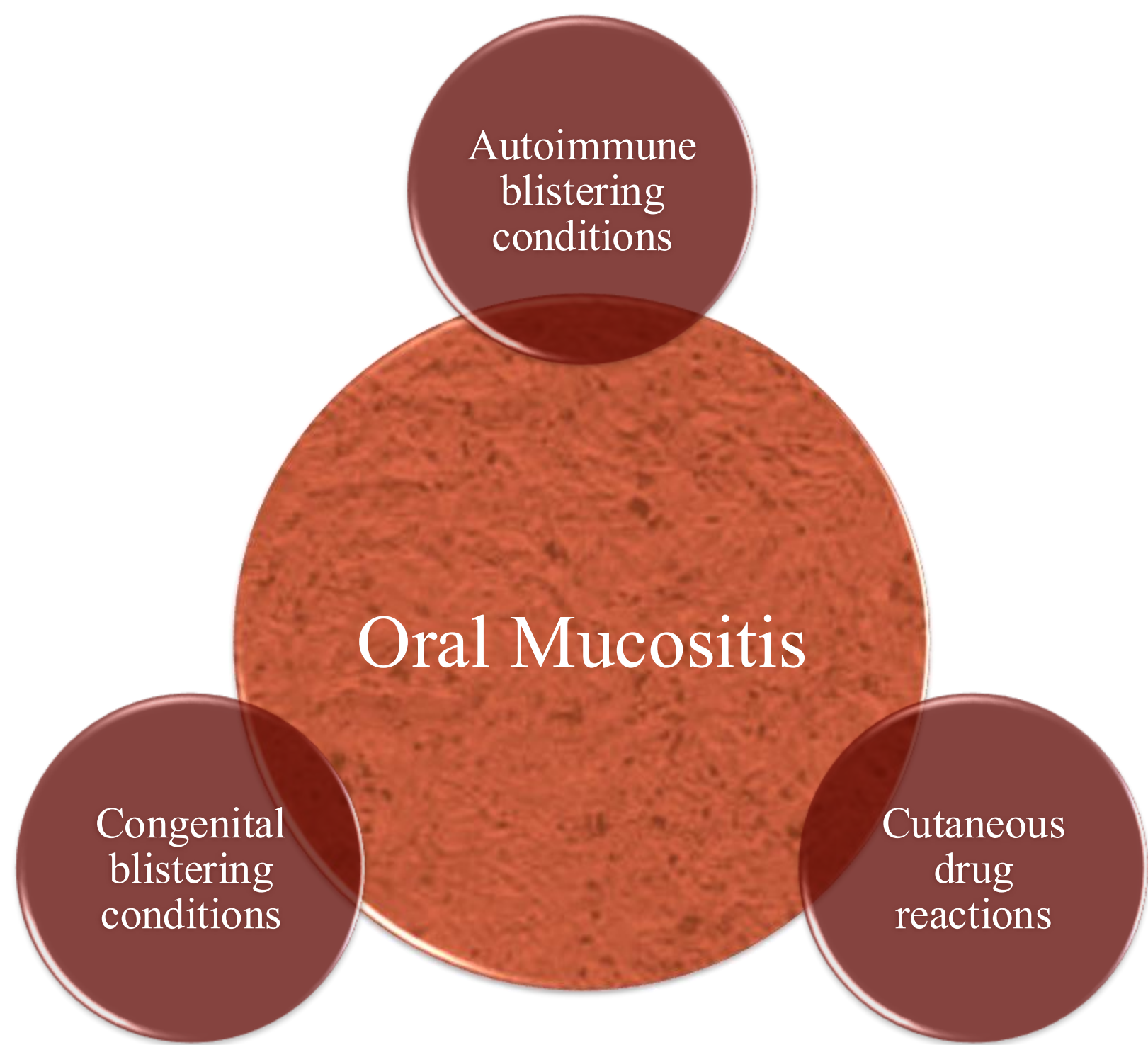
Improvement on Literature-Based Management and Counseling of Oral Mucositis across Dermatologic Entities

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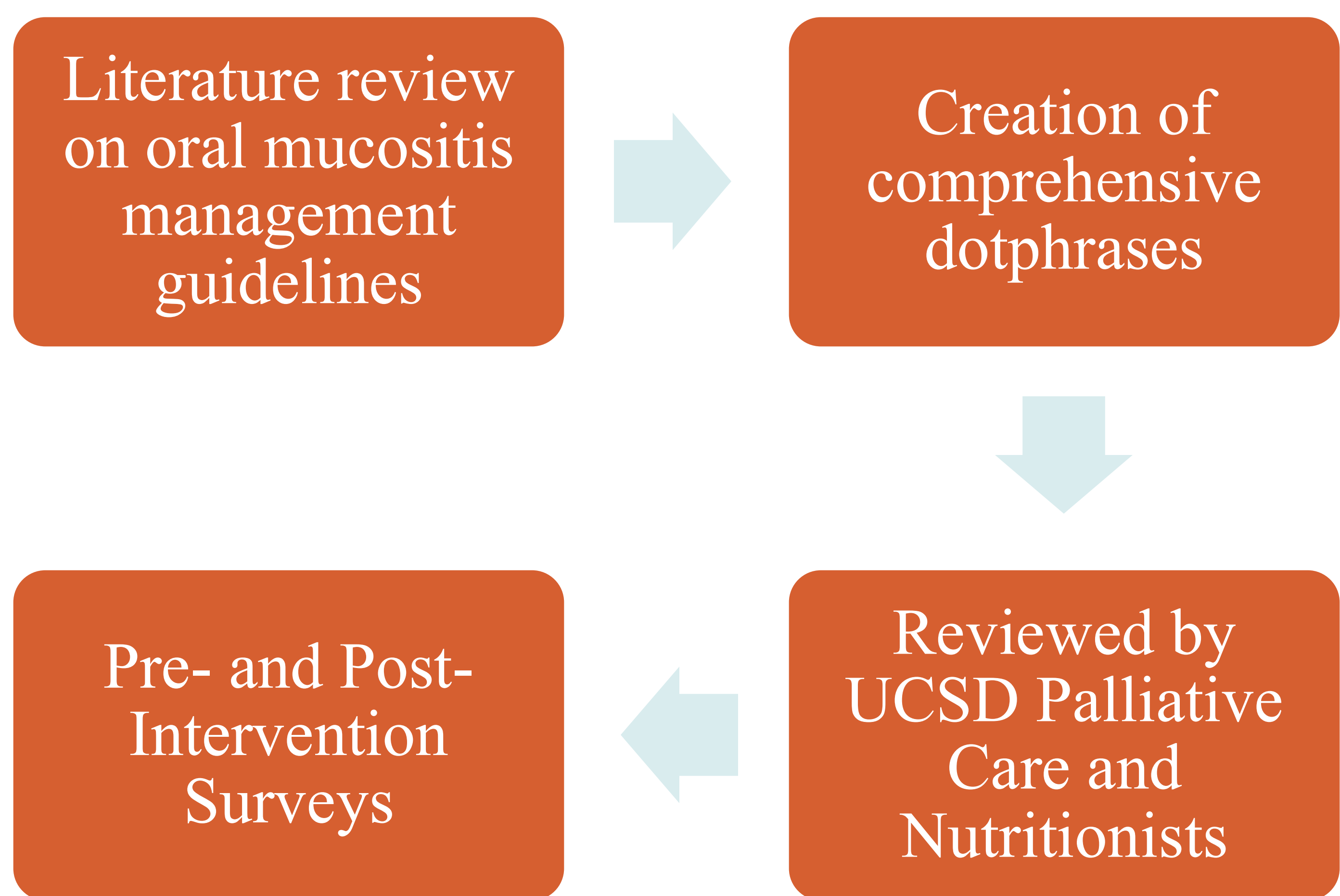
Background

- ❖ Dermatologists often have limited exposure to the management of oral mucositis, despite its frequent occurrence in a variety of dermatologic diseases.
- ❖ Oral mucositis can occur in patients with:
 - ❖ Autoimmune blistering conditions
 - ❖ Severe cutaneous drug reactions
 - ❖ Congenital blistering conditions

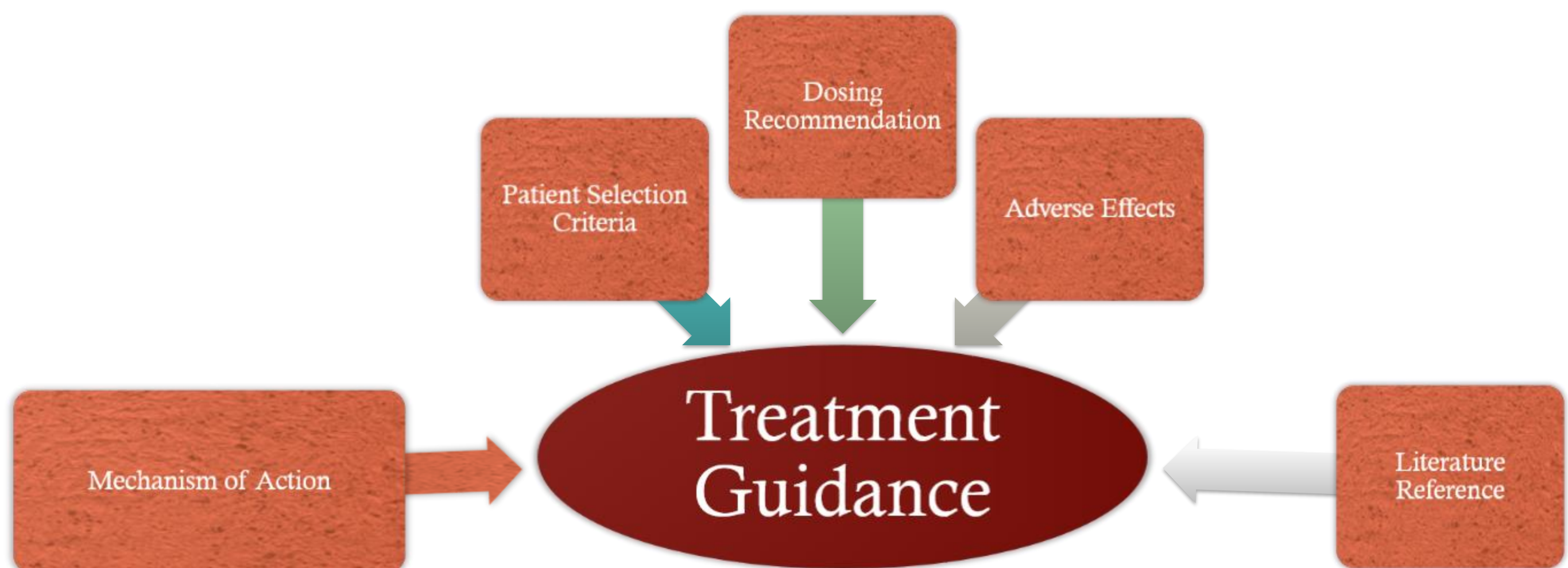


- ❖ This gap in familiarity presents a challenge in providing optimal care for affected patients.
- ❖ Furthermore, oral mucositis can significantly impact quality of life, nutrition, and overall health, necessitating a standardized and evidence-based approach to treatment.
- ❖ Given the overlap between dermatologic conditions and oral mucosal involvement, equipping dermatologists with structured management tools is essential.
- ❖ To address this, we conducted a comprehensive literature review and developed clinical decision-support tools in the form of smartphrases (dotphrases) to standardize treatment approaches.

Methods



- ❖ A literature review was performed on updated oral mucositis management guidelines, focusing on studies involving cancer patients undergoing chemoradiation therapy, as this population has the most robust evidence base.
- ❖ Using this information, we developed comprehensive dotphrases detailing treatment options based on their mechanism of action, patient selection criteria, dosing recommendations, adverse effects, and supporting literature references.
- ❖ These dotphrases underwent review by the UCSD Palliative Care Department and UCSD Nutritionists, with their feedback incorporated since January 2025 to enhance clinical applicability.
- ❖ We also distributed pre- and post-intervention survey to evaluate how the confidence of a single institution dermatology department was affected by implementation of these updated guidelines.



Results

- ❖ Finalized guidelines include structured treatment guidance for oral mucositis of any etiology, ensuring ease of use and integration into clinical workflows.
- ❖ We developed 5 additional dotphrases to support management:
 - ❖ Malnutrition Screening Tool: A standardized method to identify patients at risk of malnutrition.
 - ❖ Assessment and Plan for Oral Mucositis: WHO scoring and severity-based treatment algorithm.
 - ❖ After Visit Summary (AVS): Patient-friendly instructions with individualized treatment plans.
 - ❖ Treatment Guide: A reference tool for integrating treatment-specific dotphrases into workflows.
 - ❖ Nutritional Recommendations: General dietary guidance for patients at high risk of malnutrition while awaiting formal nutrition consultation.

Conclusions

- Our structured dotphrases provide a standardized, evidence-based approach to managing oral mucositis across various patient populations, including those under dermatologic care.
- By incorporating expert input from palliative care and nutrition specialists, ensured clinical relevance and usability.
- This project has already been implemented by the UCSD palliative care providers since its review and approval in February 2025.
- Confidence in management and counseling of oral mucositis has improved with implementation of these literature-based smartphrases.
- Implementation of smartphrases will facilitate improved patient outcomes through streamlined assessment, treatment, and follow-up care.
- Future directions include assessing clinician adoption and patient outcomes following the implementation of these tools in clinical practice.