

DIADERM: A Study of Diagnoses in Outpatient Dermatology Practice[☆]



Objetivo DIADERM: el diagnóstico en la consulta externa de dermatología

In light of the lack of data on the diagnoses reached at outpatient dermatology clinics throughout Spain, the authors of the article decided to design the DIADERM study, whose objective was to analyze the diagnoses reached in these settings.

A number of members of the Spanish Academy of Dermatology and Venereology (AEDV), representing each of Spain's autonomous communities, were randomly selected. Over the course of two 3-day periods, these dermatologists recorded the diagnoses reached in the course

of their clinical practice as well as additional patient data.

The authors estimated that more than 600 000 patients per month receive a diagnosis from a dermatologist in Spain and that an average of 28 patients are seen per day per clinic (a higher number than in other specialties). Most patients in public health care settings were referred by a primary care physician, whereas personal initiative was the most common patient origin in private settings. The most frequent diagnoses were actinic keratosis, basal cell carcinoma, and melanocytic nevi.

This was the first nationwide study in Spain to analyze the diagnoses reached in outpatient dermatology clinics. The information gathered in this study should be used to guide health care planning and to lay the groundwork for future studies.

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DOI of original article:

<https://doi.org/10.1016/j.adengl.2018.04.001>.

[☆] Please cite this article as: Díaz RD. Objetivo DIADERM: el diagnóstico en la consulta externa de dermatología. 2018;109:388.

Cross-Cultural Adaptation to Spanish of the Hair Specific Skindex-29 Scale: A Valuable Tool for Our Clinical Practice[☆]



Validación transcultural al español de la escala *Hair Specific Skindex-29*: una valiosa herramienta en nuestra consulta

In medical terms, alopecia has traditionally been considered a minor problem, with mainly cosmetic consequences. However, people with alopecia experience considerable psycho-emotional stress and impaired quality of life. The harmful effects of alopecia on psychosocial well-being are not surprising if we take into account the importance attributed to hair in society, especially in the case of women. Hair has been considered a symbol of beauty and health for centuries. Its loss is thought to diminish attractiveness and is considered a sign of aging, with a negative effect on self-esteem and social life.¹

As in other dermatologic conditions, the severity of alopecia is not a good predictor of its impact on quality of

life.² Therefore, it is particularly important to have tools to measure quality of life in patients with alopecia. In this field, findings of Guerra-Tapia et al.³ in this edition of *ACTAS DERMOSIFILIOGRÁFICAS*, are especially valuable. The authors present their cross-cultural validation of the *Hair Specific Skindex-29* scale in Spanish.

Questionnaires have proven to be very useful in the field of psychodermatology and play a key role in providing personalized medical care. In contrast with its complex design and validation,⁴ a good questionnaire should be easy and quick to complete by the patient. The methodological rigor with which Guerra-Tapia et al.³ have carried out the cross-cultural validation of *Hair Specific Skindex-29* enables us to guarantee this scale a place in our clinical practice.

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DOI of original article:

<https://doi.org/10.1016/j.adengl.2018.04.013>.

[☆] Please cite this article as: García EM. Validación transcultural al español de la escala *Hair Specific Skindex-29*: una valiosa herramienta en nuestra consulta. *Actas Dermosifiliogr.* 2018;109:388–389.