

253 **Physician- and Patient-reported Outcomes Following Use of a Compounded Scar/Burn Gel: Results from a Prospective Observational Survey Study**

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Introduction: In addition to aesthetic implications, scar/burn tissue can cause symptoms including pain, itching, tenderness, physical deformities, and psychological effects, and interferes with daily activities. Collection of physician- and patient-reported outcomes is important in the study of scar/burn treatments. This prospective observational survey study (IRB-approved, informed consent) evaluated physician- and patient-reported outcomes for patients treated with compounded scar/burn gel over 4 and 8 months.

Methods: Adult patients with scar/burn tissue ≥ 1 -month old, healed/closed, uninfected, using one of two formulations of compounded scar tissue treatment (collagenase 200U/gm, naltrexone 1% 10mg/gm, aloe vera freeze-dried 1:200 3mg/gm, in anhydrous silicone base with pracaxi plant seed oil; OR naltrexone 1% 10mg/gm, EGCG 1%, dimethyl sulfone 5%, caffeine 1%, in anhydrous silicone base with carapa guaianensis plant seed oil) enrolled. Results (2014–2017) report paired analyses from physician/patient surveys at baseline to visit 3 (120 days, n=522, 435F/87M) and to visit 6 (240 days, n=68, 60F/8M).

Results: From baseline to visit 3: 52% (272/522) reported reduced scar size; in those with itching rating >0 , ratings $\downarrow 73\%$ (3.79 to 1.02/10, $P < .001$, n=130); scar interference with mood/daily activities $\downarrow 52\%$ (0.90 to 0.43/10, $P < .001$, n=522); patients taking medication for pain $\downarrow 75\%$ (43.1% to 10.9%, $P < .001$, n=522); adverse events reported by 4% (21/522)—none serious; 91% (473/522) indicated the creams helped/improved scar appearance. From baseline to visit 6: 74% (50/68) reported reduced scar size; in those with itching rating >0 , ratings $\downarrow 88\%$ (3.85 to 0.45/10; $P < .001$, n=20); scar interference with mood/daily activities $\downarrow 75\%$ (1.22 to 0.30/10, $P < .001$, n=68).

Conclusions: The compounded gel treatments used in this study may reduce: scar size, itching ratings, mood/daily living interference scores, and pain medication use, at 4 months, and more so at 8 months. The compounded gels were safe/well-tolerated.

Applicability of Research to Practice: Compounded gels may provide a safe and well-tolerated treatment for reduction of: scar size, mood/daily living interference scores, and pain medication use, in adult patients with burn scars.

254 **Implementation of Patient Reported Outcomes in a Burn Outpatient Clinic**

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Introduction: Patient Reported Outcomes (PRO) quantify symptoms, function and quality of life from a patient's perspective. Burn patients have unique needs related to pain, itching, physical function, depression, post-traumatic stress disorder, and social activity. The goal of our group was to implement an outpatient PRO assessment that provides meaningful burn-related information for real-time intervention without disrupting clinic workflow.

Methods: Instruments with capacity to measure key outcomes were identified within Patient Reported Outcomes Measurement Information System (PROMIS). We collaborated with our interdisciplinary team to determine appropriate frequency of each assessment. Burn patients >16 years of age are offered a personal health assessment prior to their clinic visit via email or in person via a tablet during the clinic check in process. Results are available in real-time in the patient's electronic medical record. The provider can then use the results to generate an interdisciplinary plan of care, such as a PTSD score of ≥ 30 and a depression score of ≥ 65 , triggering a social work referral.

Results: The comprehensive assessment includes PROMIS Bank instruments for pain (v1.1), physical function (v2.0), depression (v1.0), and satisfaction with social roles (v2.0); 5D itch scale and PTSD-CL are also included. The administration intervals range from every clinic visit for pain and itching to every nine months for depression. Since implementation in October 2016, our monthly completion rates range from 11% to 52.5%, with a total of 521 assessments completed. Since implementation, the mean depression scores are 51.5 (S.D. + 9.77) and the mean PTSD scores are 28.7 (S.D. \pm 12.9). Mean scores for physical function are 41.87 (S.D. \pm 10.27) and social activity scores are 46.85 (S.D. \pm 10.30). Mean scores for 5D itch are 15.0 (S.D. \pm 5.69) and median pain scores are 44.82. Social work referrals were made as a result of reporting scores for depression and PTSD in 25 and 150 instances respectively.

Conclusions: PRO are an effective way to assess and treat the individual needs of burn patients and to provide interdisciplinary care.

Applicability of Research to Practice: PRO can be used to identify and manage individual patient needs in the outpatient setting.