

Eczema Action Plan

Name:	_____
DOB:	_____
Hosp. Nr:	_____
Weight:	on _____ kg

1. Daily treatment

Use **Cetaben** for the whole body at least 3 to 4 times a day

Use Aqueous Cream as soap substitute

Use Oilatum as bath additive minimum two times per week

2. Treatment during worsening

If areas of eczema get: red, itchy, larger,

Use Hydrocortisone 1% cream on affected areas of body

Use **Hydrocortisone 0.5% cream** on affected areas of face

Use bath a minimum of 5 times a week

3. Treatment during severe episodes

If areas of eczema do not respond to treatment after 5 days or get: larger,

Use Eumovate on affected areas of body

Use Hydrocortisone 1% cream on affected areas of face

Use bath every day

If your child has large areas of wet and weeping eczema you need to see your doctor for antibiotics.

4. SUPPORTIVE TREATMENT

If your child has a lot of problems with itchiness

Use Chlorphenamine 1mg=2.5ml by mouth up to every 4h

Use Balneum Plus as bath additive once daily

Written by Dr Wolfgang Muller GMC 4076841 on _____ Review date: _____

5. GENERAL INSTRUCTIONS FOR THE TREATMENT OF ECZEMA

- Use moisturising cream/ointment every day as often as possible at least 3 to 4 times a day and ideally more than 4 times when very bad.
- Use the steroid cream only on the affected areas
- If you have two steroid cream use the weaker steroid cream for face and if you have a stronger cream use this for the body
- **If you use a steroid cream do not use a moisturising cream within 30 minutes of applying the steroid cream**
- **Do not apply steroid cream close to eyes for longer than 3-4 days at a time**
- Rinse bath and toys thoroughly after using creams as soap substitute to avoid moulding
- Make a bath before bedtime
- Do **not** rub your child dry after a bath but tep dry

6. WHEN TO SEEK HELP FROM THE DOCTOR / HOSPITAL

- If your child has sudden worsening of the eczema or you are worried
- If your child has large areas of wet and weeping eczema
- If you get little or no improvement from your treatment

7. Resources

Eczema society: www.eczema.org

ItchySneezyWheezy: www.itchysneezywheezy.co.uk

British Association of Dermatologists: www.bad.org.uk

Keep this plan readily available at all times. Please take this plan and all medications to all doctors' visits. Give copies to other relatives who are involved in the care of your child (e.g. grandparents).

Make sure you have enough supply at all times and before planning any trips or holidays.

Contact: Secretary: Sangeeta Bhayani tel: 020 8869 2587 email: sangeeta.bhayani@nhs.net