

Eczema Principles of treatment

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1. Cleaning Skin



1. Cleaning Skin

- Bath or shower every day
- Moisturiser or non-soap product.
- Avoid soaps, bubble baths, all things perfumed.
- It is recommended that water is warm
- 10 -15 minutes
- Bleach baths twice weekly

Bleach bath instructions



Dilute bleach (sodium hypochlorite) baths can improve eczema and prevent skin infection.

Use **dilute** bleach baths twice a week for everyone when there is skin infection in a household.

1 Choose the right bleach

The bleach should be plain, without added fragrance or detergent. Budget Household Bleach Regular (2.2%) is recommended. Bleach gets weaker with time so you may need to get a fresh bottle. Make sure you store the bleach where children cannot reach it.

2 Fill your bath or tub with warm water

A full-sized bath filled 10cm deep holds about 80 litres of water. A baby's bath holds around 15 litres of water.

You can work out how much water is in your bath by filling it to a mark using a bucket or large bottle.

3 Add bleach and mix well

Add 2 ml of 2.2 % Budget Bleach for every 1 litre of water (this will make a 0.005% solution). Other brands of bleach may be a different strength – check the bottle.

A 10cm deep full-sized bath will need half a cup (150ml) of 2.2% Budget Bleach.

4 Soak in the bath for 10–15 minutes

5 Rinse off with tap water

Pat skin dry with a towel. Do not share towels.

Apply steroid and moisturiser creams.

6 Use dilute bleach baths 2 times a week

See your doctor or nurse if skin is irritated by the bath, or if infection occurs.

2. Restoring skin integrity



2. Restoring skin integrity

- Increased emollient → improved eczema, reduced corticosteroid use
- Reduce contamination of emollients
- Aim: 500gm every 2-3 weeks
- Correct application
- Reduce cost burden
- Continue even when no active eczema
- Personal and family preference

Starship Clinical Guidelines, 2014;

3. Treating active inflammation



3. Treating active inflammation

- Goal of steroid use:
 - Reduce inflammation during acute exacerbations
- Parental Concerns:
 - Safe and effective when used correctly
- Apply to all areas active infection
- Apply so shiny thin layer can be seen on skin
- Short duration more potent steroids, better and with less side effects than long term lower potency steroids.
- Creams – easy to apply
- Ointments- may be more effective on very dry lesions
- Lotions- easy to apply eg scalp

4. Managing Itch

Non-sedating antihistamines are not recommended for routine use

Sedating antihistamines may be used to aid sleep during acute flares in children over 2 years of age



5. Managing Triggers

Soaps, detergents, chemicals

Family Education:

- Mild liquid detergents
- Additional rinse cycles
- Chlorine pools
- Fragrance free/hypoallergenic
- Loose cotton clothing

6. Education

Theme throughout all principles

Reduce complexity

Use of eczema management plans

Information hand outs

Simplicity

ECZEMA CARE PLAN DATE

EVERYDAY SKIN CARE

BATH OR SHOWER EVERY DAY in warm water. Use a moisturiser or non-soap product.
Do not use soap, bubble bath or shower gel as these dry the skin.

Antiseptic baths twice a week can reduce infection on your skin. See Bleach Bath Instructions.
Apply moisturiser immediately after your shower or bath. Smooth in the same direction as hair grows.
MOISTURISE AS OFTEN AS YOU CAN EVERY DAY

Moisturiser keeps the skin soft and helps to improve the natural skin barrier.
Moisturise twice a day or more if possible. Use lots of moisturiser over all your body including your face.
Aim to finish a big 500gm tub of moisturiser every 2-3 weeks.
Use a spoon to take the moisturizer you need out of the tub onto a clean dish. Do not use your hands as they can put infection into the tub.

FOR ACTIVE ECZEMA

TOPICAL STEROIDS TO USE WHEN ECZEMA IS ACTIVE

Eczema needs topical steroids to improve. They are very safe and effective when used correctly.
Apply topical steroids 1-2 times a day to all red and itchy active eczema areas on your skin.
Spread a thin layer on the red and itchy active eczema areas so the skin looks shiny.

Face and neck

Body

When the skin is no longer red and itchy, STOP using the topical steroids.
After stopping topical steroids it is important to keep moisturizing as often as you can every day.
If the red, itchy active eczema areas on your skin come back, start using the topical steroids again.

Other
Information

WHEN TO GET HELP

WHEN TO SEE YOUR DOCTOR OR NURSE

If your skin is infected, bright red, painful, weeping, crusted or blistered. You may need antibiotics.

If you have put on topical steroids every day for 2 weeks and the eczema doesn't get better.

If you need to put on topical steroids most days of every week.

Your eczema may be out of control and you need to see your doctor or nurse if:

- you are having lots of skin infections
- you are waking at night because of eczema
- you are not going to school or work because of eczema
- your eczema is making you unhappy

8. Follow up/referral

Every 2-3 weeks until control is gained

“If not responding after four visits despite optimal treatment or there are worsening of symptoms consider referral to secondary care services”

- Gastroenterology
- ☆ Palliative Care
- ☆ Newborn Services
- ☆ Cystic Fibrosis
- National Guidelines - Paediatric Oncology and Haematology
- Radiology Procedural Techniques
- Paediatric Update
- Primary Care Referral Pathways
- Interested in working at Starship?
- Education At Starship
- ☆ ☆ ☆
- Directory Of Services
- Starship Clinical Guidelines
- Contact Us

Bleach bath instructions

Bleach bath instructions

Use Bleach (Sodium Hypochlorite) bath can improve symptoms and prevent skin infections. Use diluted bleach baths twice a week for everyone who lives in a household.

- Choose the right bleach**
Use household bleach with 5.25% sodium hypochlorite. Do not use bleach with other chemicals (e.g. toilet bowl cleaner). Do not use bleach with other chemicals (e.g. toilet bowl cleaner).
- Fill your bath or tub with warm water**
Fill your bath or tub with warm water. Add 1/2 cup of bleach to every 40 litres of water. Add 1/4 cup of bleach to every 20 litres of water. Add 1/8 cup of bleach to every 10 litres of water.
- Add bleach and mix well**
Add 1/2 cup of bleach to every 40 litres of water. Add 1/4 cup of bleach to every 20 litres of water. Add 1/8 cup of bleach to every 10 litres of water. Mix well.
- Soak in the bath for 10-15 minutes**
Soak in the bath for 10-15 minutes.
- Rinse off with tap water**
Rinse off with tap water.
- Use diluted bleach baths 2 times a week**
Use diluted bleach baths 2 times a week.

Children with eczema

CHILDREN WITH ECZEMA

ECZEMA INFORMATION

ECZEMA IS A CHRONIC SKIN CONDITION THAT CAUSES ITCHING AND RED, SWOLLEN SKIN. IT CAN BE VERY IRRITATING AND UNCOMFORTABLE FOR CHILDREN WITH ECZEMA. ECZEMA CAN BE TRIGGERED BY ALLERGENS AND IRRITANTS. THESE TRIGGER CAN BE AVOIDED TO HELP PREVENT ECZEMA FROM GETTING WORSE.

ECZEMA TREATMENT

ECZEMA TREATMENT IS TO RELIEVE THE ITCHING AND REDNESS OF THE SKIN. THIS IS DONE BY USING TOPICAL CORTICOSTEROIDS AND ANTI-ITCHING MEDICATIONS. THESE MEDICATIONS HELP TO CONTROL THE SYMPTOMS OF ECZEMA AND PREVENT IT FROM GETTING WORSE.

ECZEMA CARE

ECZEMA CARE IS TO KEEP THE SKIN MOIST AND HEALTHY. THIS IS DONE BY USING MOISTURIZERS AND AVOIDING IRRITANTS. ECZEMA CARE IS AN IMPORTANT PART OF ECZEMA TREATMENT AND CAN HELP TO PREVENT ECZEMA FROM GETTING WORSE.

ECZEMA PREVENTION

ECZEMA PREVENTION IS TO AVOID ALLERGENS AND IRRITANTS. THIS CAN BE DONE BY AVOIDING ALLERGENS AND IRRITANTS IN THE HOME AND OUTDOORS. ECZEMA PREVENTION IS AN IMPORTANT PART OF ECZEMA TREATMENT AND CAN HELP TO PREVENT ECZEMA FROM GETTING WORSE.

Paediatric Society of New Zealand

Health of our Children, Health of our Nation

Information about the Paediatric Society of New Zealand

☆ Find out more

Printable action plans for families/patients:

click on the image below to access a pdf version of the handout

Infected eczema guide for families

Infected eczema guide for families

Signs of infected eczema

Signs of infected eczema include:

- Redness, swelling, and pain
- Yellow or white pus
- Crusting or oozing
- Itching
- Swelling
- Redness
- Pain
- Swelling
- Redness
- Pain

Causes of infected eczema

Causes of infected eczema include:

- Scratching
- Use of antibiotics
- Use of corticosteroids
- Use of immunosuppressants
- Use of topical antibiotics
- Use of topical corticosteroids
- Use of immunosuppressants
- Use of topical antibiotics
- Use of topical corticosteroids
- Use of immunosuppressants

What to do if you notice signs of infected eczema

What to do if you notice signs of infected eczema:

- Stop using the product
- Wash the area with soap and water
- Apply an antibiotic ointment
- Apply a topical corticosteroid
- Apply an immunosuppressant
- Apply a topical antibiotic
- Apply a topical corticosteroid
- Apply an immunosuppressant
- Apply a topical antibiotic
- Apply a topical corticosteroid

Caring for your child's eczema

Caring for your child's eczema

How to care for your child's eczema

How to care for your child's eczema:

- Keep the skin moist
- Use moisturizers
- Use corticosteroids
- Use immunosuppressants
- Use topical antibiotics
- Use topical corticosteroids
- Use immunosuppressants
- Use topical antibiotics
- Use topical corticosteroids
- Use immunosuppressants

Information for patients / families

Visit kidshealth.org.nz for information about eczema care for New Zealand parents, caregivers, family and whānau

☆ Find out more



Filter by keyword...

- ▶ Adult (≥ 16) A-Z
- ▼ Paediatric A-Z
 - Constipation - Paediatric
 - ▼ Eczema
 - Paediatric Eczema
 - Infected Eczema - Paediatric
 - Febrile Illness Management - Paediatric
 - Gastroenteritis - Paediatric
 - ▶ Respiratory Illness in Children
 - ▶ Skin Infections - Paediatric
 - Sore Throat

NORTHERN REGIONAL CLINICAL PATHWAY FOR THE MANAGEMENT OF PAEDIATRIC ECZEMA

Feedback

Red Flags

- Failure to thrive
- Child < 6 weeks of age

Be aware of other diagnoses.
Discuss with on call paediatrician

Child presents with eczema

Assessment ⁱ2

GP Quick Links and Parent Info Sheets ⁱ1

Practice Point
When selecting treatment strategies be aware that all levels

Has infected

Go to infected eczema

References:

Starship Clinical Guidelines. (2014). *Guidelines for the outpatient/primary care management of childhood eczema*. Retrieved from <https://www.starship.org.nz/for-health-professionals/national-child-and-youth-clinical-networks/eczema/guidelines-for-the-outpatient-primary-care-managment-of-childhood-eczema/>

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GAIHN. (2013). *Northern Regional Clinical Pathway for the Management of Paediatric Eczema*. Retrieved from <http://www.healthpointpathways.co.nz/northern/paediatric-a-z/eczema/paediatric-eczema/>