Eczema Principles of treatment

KAREN HOARE, NURSE PRACTITIONER IN CHILDREN AND YOUNG PEOPLE, SENIOR LECTURER- UNIVERSITY OF AUCKLAND
JESS TIPLADY- PRACTICE NURSE GREENSTONE FAMILY CLINIC, MANUREWA
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 does not improve.
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.

Starship Guidelines, 2014
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

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 moisturiser you need out of the tub onto a clean dish. Do not use your hands as they can put infection into the tub.

TOPOCAL 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 moisturising 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 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

See videos about eczema skin care on www.kidshealth.org.nz
8. Follow up/referal

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”

Northern Regional Clinical Pathways, 2014
Bleach bath instructions

Children with eczema

Printable action plans for families/patients:

Infected eczema guide for families

Caring for your child's eczema

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

Paediatric Society of New Zealand

Information about the Paediatric Society of New Zealand

Find out more

Information for patients / families

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

Find out more
NORTHERN REGIONAL CLINICAL PATHWAY FOR THE MANAGEMENT OF PAEDIATRIC ECZEMA

Child presents with eczema

Red Flags
- Failure to thrive
- Child < 6 weeks of age
- Be aware of other diagnoses. Discuss with on call paediatrician

Assessment

Practice Point
When selecting treatment strategies be aware that all levels

Has infected

Go to infected eczema

GP Quick Links and Parent Info Sheets

Filter by keyword...
References:


