

# My eczema care plan!

Fill this in before your appointment

Name: \_\_\_\_\_

Age: \_\_\_\_\_



Scan the QR code or visit <https://eos.org.uk/healthcare-plans/> for a new care plan

## About this eczema care plan

This eczema care plan has been developed by Eczema Outreach Support (EOS) and the Centre for Appearance Research in collaboration with children with eczema, their parents, GPs, dermatologists, dermatology nurses, and health psychologists to help you feel more confident about looking after your skin.



### How are you?



This section is to complete at home.



Has eczema made your skin itchy in the past week? 1 = not itchy, 5 = very itchy	1 2 3 4 5
Has eczema made your skin painful in the past week? 1 = not painful, 5 = very painful	1 2 3 4 5
Has eczema made it hard to sleep in the past week? 1 = not at all, 5 = very hard	1 2 3 4 5
Has eczema affected your life (e.g., going to school, playing with friends, doing hobbies)? 1 = not at all, 5 = a lot	1 2 3 4 5
Do you worry about how your eczema makes you skin look? 1 = not at all, 5 = a lot	1 2 3 4 5
What treatments do you like using?	
What treatments don't you like using (e.g., cream that is greasy or stings)?	
My eczema triggers are...	
I avoid them by...	

Complete this part with a health professional!

# My eczema treatment



Treatment (e.g., moisturiser/emollient, steroid)	Where on body (e.g., face, arms, legs)?	How often (e.g., twice a day)?	How long for (e.g., everyday)?	How much should I use (e.g., a handful)?	When will I use this treatment (e.g., when I brush my teeth)?	How easy will it be to use this treatment? 1= Not very easy 10= Very easy*
Steroid cream	Flare area (hands)	Once per day	While skin is flared. Usually 5-7 days	A thin layer, enough to cover the eczema	When I get dressed	8

**Daily maintenance plan**


**Treating a flare**

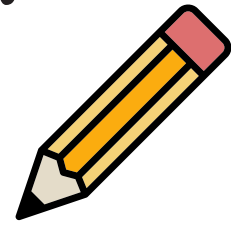

**Next steps if things don't improve**


\*Health professionals: if confidence is less than 7/10, adapt this treatment to make it easier for the family to use/fit around their lifestyle



# My eczema care plan!

Treatment notes



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Take photographs of your flare up to show a health professional



## Skin without flare

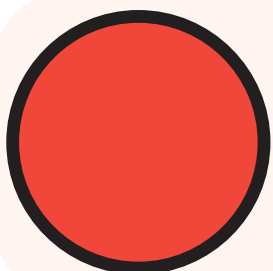
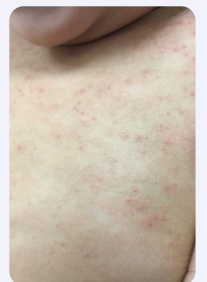
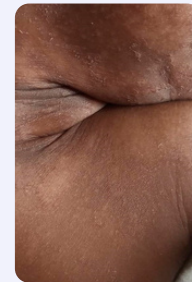
Moisturise and use soap substitute

Visit [DFTB Skin Deep](#) for more examples of eczema on different skin



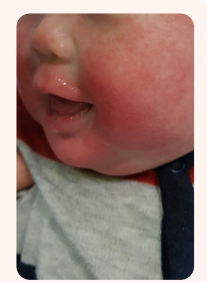
## Flare up

Skin becomes inflamed, itchy and painful



## Infected skin

Crusty, weeping skin. Speak to a health professional

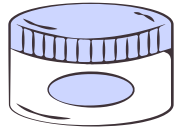


# Top tips for managing eczema

## Use emollients & moisturisers

They are used to keep control of eczema and are very important. Most people with eczema will have to use them at least once a day. There are different types: creams, lotions, gels and ointments. Recent research shows one isn't better than the other, the most important thing is to work with your GP/Dermatologist to find one you like.

Follow the Eczema Care Online (ECO) [Golden Rules](#) of using moisturisers.



## Use flare control creams

Steroid creams or Topical Calcineurin Inhibitors (TCIs) help get eczema under control and most people will need to use them at some point. A thin layer is usually applied once a day to the eczema flare area while the skin is flared, usually 5-7 days.

They are safe if used as prescribed, but if you are concerned talk to your GP/Dermatologist.

Follow the ECO [Golden Rules](#) of flare control creams.



## Recognising an eczema flare

A flare-up is where the skin is more sore or itchy than usual. In lighter skin, an eczema flare-up may make the skin look red. In darker skin, an eczema flare-up may make the skin look grey, purple, or brown. Look at the photographs on page 3 for examples of flares on different skin tones.



## Recognising infection

Sometimes you can see white or yellow blisters, or pus-spots under the skin. If you are concerned about a change in the skin, get in touch with your GP/Dermatologist and if possible, get a face-to-face appointment.



## Controlling the itch

Eczema can be very itchy, but there are things you can try to beat the itch. Tips like putting a cool gel pack on the itchy skin or using a fidget toy to keep hands busy instead of scratching can make a difference. For a list of tips to help beat the itch see the [ECO website](#).



Finding reliable information about eczema online can be difficult. These are a great place to start:

### For information

[eczema.org](http://eczema.org)

[eczemacareonline.org.uk](http://eczemacareonline.org.uk)

[skinhealthinfo.org.uk](http://skinhealthinfo.org.uk)

[NICE guidelines for eczema](#)



### For support

[eos.org.uk](http://eos.org.uk)