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

Eczema Outreach Support

THE VTCT FOUNDATION

UWE Bristol University of the West of England

Centre for Appearance Research