



St John's Institute of Dermatology

The eczema education programme

This leaflet provides information about the Guy's and St Thomas' eczema education programme and an insight into what is covered in the two session programme. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

What is the eczema education programme?

The eczema education programme is provided for any parent or carer of a child who has been diagnosed with atopic dermatitis (eczema) and who is under the care of a department at Guy's and St Thomas' Hospital.

Why has the eczema education programme (EEP) been put together?

The EEP is a component of your care at Guy's and St Thomas' Hospital, with the purpose of providing education, guidance and improving confidence in treating eczema. The EEP is delivered by specialist nurse trainers. The nurse trainer will not review your child's eczema or prescribe treatment, but will give guidance on how to use the treatments safely and effectively.

How is the programme taught?

There will be one nurse trainer facilitating the programme to a group of 6-10 families. The size of the group can fluctuate depending on the demand at that time. Each session begins in the morning and lasts for approximately 2.5 hours. We encourage participants to arrive promptly as there is a lot to cover in each session.

Parents/carers are encouraged to ask questions throughout the sessions. Group discussions and sharing experiences may arise during the sessions and many parents find this beneficial. You should only reveal what you are happy to share with other people as we cannot guarantee confidentiality. All the sessions take place at Guy's Hospital.

Who can attend the programme?

Parents and carers are referred to the programme by a hospital doctor or nurse. Other family members can attend the programme if parents are unavailable. We find parents get more from the course if they are not looking after children simultaneously but if childcare cannot be arranged, you are welcome to bring your children. We suggest you bring resources to accommodate their needs and snacks for your child as this is not provided.

What is covered on the programme?

Session one:

- The structure of skin and how it works
- Why children get eczema
- Triggers which cause eczema to flare up
- Allergies in relation to eczema.

Session two:

- Treatments – emollients, topical corticosteroids, wet wraps, other treatments for eczema
- When and how to apply treatments
- Coping strategies for itching, sleep disturbances, starting nursery/school and other people's reactions.

There is an opportunity for one to one discussion of your child's treatment plan during this session.

What if I can only attend one session of the programme?

We can arrange for you to attend the missed session on a different programme if necessary. Each programme session is identical regardless of who is providing the training. If you need to adjust your booking please contact the eczema education programme office.

Can I have copies of the presentations?

We are unable to provide copies as the information covered needs to be given by a qualified member of staff. We do however provide an eczema education programme workbook which you can write notes and take home with you. You will also be given National Eczema Society information leaflets.

Is there anything for teenagers?

We run a teen programme four times a year for all children aged 11-18 years. It is one session and is usually held on a Saturday or during school holidays (10am-3pm). Parents drop their child off with the trainer at 10am and then return to join their child for lunch. They then attend a separate but parallel session in the afternoon, prior to joining with their child for the final part of the day.

What is covered on the teen programme?

- Why teenagers have eczema
- Triggers which cause eczema to flare up
- Treatments – emollients, topical corticosteroids, wet wraps, other treatments for severe eczema
- When and how to apply treatments
- Coping strategies for itching, sleep disturbances, school life
- Speaking confidently to healthcare staff
- Body image and bullying.

What have other parents said about attending the EEP course?

We always like to receive feedback from people attending the eczema education programme so we can ensure we are achieving our goals and meeting the needs of parents and carers of children with eczema. We will therefore invite you to complete an evaluation form after the course.

Previous positive feedback comments:

'Great course. Very useful. Should be recommended for every parent who deals with eczema!'

'Excellent course - thank you. Learned so much. Feel more confident about managing the eczema now.'

'Great materials, my child was very interested in them, as well as me.'

A special thank you to our sponsor 'Action Against Allergy' for making this programme possible 2016-17.

Useful sources of information

National Eczema Society

w: www.eczema.org

British Association of Dermatologists (BAD)

w: www.bad.org.uk

NHS Choices (Atopic Eczema)

w: [www.nhs.uk/conditions/Eczema-\(atopic\)](http://www.nhs.uk/conditions/Eczema-(atopic))

Contact details

If you have any questions or concerns about your child's eczema treatment or the eczema education programme, please contact **020 7188 6434** (Monday to Friday, 9am to 5pm).

Out of hours, please leave a message with your contact number, child's name and date of birth. You should receive a call back within five working days.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).

To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership

Leaflet number: 4325/VER2

Date published: February 2017

Review date: December 2019

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