St John’s Institute of Dermatology

The eczema education programme (EEP)

This leaflet gives information about the Guy’s and St Thomas’ EEP, and an insight into what is covered in the one-session programme. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

What is the EEP?
The EEP 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’ Hospitals. All the sessions take place at Guy’s Hospital.

Why has the 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. It 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 change depending on the demand at that time. Programmes begin at 10am and last for approximately 3.5 hours. We encourage participants to arrive promptly as there is a lot to cover.

The first three hours consist of a presentation followed by a 30 minute question & answer session, during which parents and carers are encouraged to ask any questions they have. You should only reveal what you are happy to share with other people as we cannot guarantee confidentiality.

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 at the same time, so we ask that childcare arrangements are put in place before attending.
What is covered on the programme?
- The structure of skin and how it works
- Why children get eczema
- Triggers which cause eczema to flare up
- 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.

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 EEP workbook which you can write notes in 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 to 18 years. It is one session and is usually held on a Saturday or during school holidays (10am to 1.30pm). Parents bring their child in for registration at 10am and collect the child at 1.30pm. If you wish your child to go home unaccompanied, a consent form must be completed as we have a Duty of Care hospital procedure.

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 EEP, so we can make sure 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.”

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)
Contact details
If you have any questions or concerns about the date of the programme offered to you, please contact us, **t:** 020 7188 6434 or **e:** Eczemaeducation@gstt.nhs.uk, Tuesday to Thursday, 9am to 5pm. Out of hours, please leave a message with your contact number, child’s name, date of birth and appointment date. 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](http://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, Monday to Friday, 9am to 5pm

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, please get in touch.
**t:** 0800 731 0319 **e:** members@gstt.nhs.uk **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)