



St John's Institute of Dermatology

The eczema education programme (EEP)

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

What is the EEP?

The EEP is a group learning session designed to help people understand more about childhood eczema and how to treat it. It is available to any parent or carer of a child who has been diagnosed with eczema (atopic dermatitis) and who is under the care of any service at Guy's and St Thomas' Hospitals, including their community sites. All the sessions are currently taking place through live online delivery.

Why has the EEP been put together?

Learning more about eczema and how to manage it is often most helpful with other people and in a relaxed environment. The EEP is part of your child's care, and we aim to provide education, guidance and improved confidence in treating eczema. The session is delivered by specialist nurse trainers. They will not review your child's eczema or prescribe treatment, but will give guidance on how to use the treatments safely and effectively. You will have the chance to share your experiences and ask questions.

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 session if they are not looking after children at the same time, so it is best if you can find someone else to act as a childminder for the duration of the session.

How is the programme taught?

You will receive an appointment for the session with details of how to access it online. There will be nurse trainers running the online session to a group of 6-10 families. You will be able to see the trainer and other people attending the session. The nurse trainer will have some information slides which they will talk through. There will be a chance to ask questions and discuss the information in the session with the group.

The session will last about 90 minutes.

What is covered in the EEP session?

- What eczema is and how it can look.
- Why children get eczema.
- Triggers which cause eczema to flare up.
- How we treat eczema – when and how to apply treatments.
- Top tips to help itching, sleep disturbance, starting nursery/school.

Will there be any written materials to refer to?

Before the session we will send you an EEP workbook which you can write notes in and keep for reference. You will also be sent instructions on how to join the online group session using BlueJeans® software.

What have other parents said about attending the EEP course?

We always like to receive feedback from people who have been to 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 invite you to complete an online evaluation survey after the session.

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 website (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 the date of the programme offered to you, please contact us, **t:** 020 7188 7188 extension 52431, **e:** EczemaEducation@gstt.nhs.uk
Please leave a message with your contact number, child's name, date of birth and appointment date. You should receive a call back within 2-3 working days.

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



Leaflet number: 4325/VER4

Date published: August 2020

Review date: August 2023

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A list of sources is available on request