

Eczema education plan

Developing a phased education plan for people with eczema will help you to give them useful information about their condition in bite-sized pieces. Use this plan to keep a record of the education you have provided.

Name

Age

Topic	Complete <small>Tick and Date</small>	Notes on understanding
Understanding eczema		
How the skin works and what happens in eczema	<input type="checkbox"/> -- / -- / --	
Causes of eczema: - Clearing up misconceptions - Common triggers - Avoidance/minimisation strategies	<input type="checkbox"/> -- / -- / --	
Course of the disease: - Fluctuating nature - Likely future course - Treatment goals	<input type="checkbox"/> -- / -- / --	
Understanding treatments		
Emollient therapy: - Treatment goal – reducing flares - How emollients work - How to apply them - Frequency and quantity	<input type="checkbox"/> -- / -- / --	

Produced by



ECZEMAANDDERMATITIS.CO.UK

Date of preparation: March 2011
Code: 03/13 DIP.11.GB.16081.C
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Topic	Complete Tick and Date	Notes on understanding
Understanding treatments continued...		
Topical steroids: - Treatment goal – managing flares - How steroids work - How to apply them - Frequency and quantity	<input data-bbox="502 264 572 338" type="checkbox"/> -- / -- / --	
Antibiotics: - Treatment goal – clearing infections - Signs and symptoms of infection - How antibiotics work - How to apply them - Frequency and quantity	<input data-bbox="502 604 572 678" type="checkbox"/> -- / -- / --	
Other treatment options: - Bandaging and wet wraps - Immunomodulator therapy - Phototherapy - Systemic therapy	<input data-bbox="502 1003 572 1077" type="checkbox"/> -- / -- / --	
Emotional impact of eczema		
Emotional distress: - Body image and self-esteem - Stress and anxiety - Sleep disruption - Social isolation	<input data-bbox="502 1400 572 1473" type="checkbox"/> -- / -- / --	
Challenging situations: - Bullying - Discrimination - Family stress - Relationship difficulties	<input data-bbox="502 1738 572 1812" type="checkbox"/> -- / -- / --	