

# NICE guidance on atopic eczema<sup>1</sup>

Conduct a holistic assessment at each consultation

## Physical Assessment

- Step 1** Assess the severity of eczema (clear, mild, moderate or severe)
- Step 2** Treat areas of differing severity independently
- Step 3** Step up or down according to severity and clinical response

### Other Treatments

Phototherapy  
Systemic therapy

**Face:** Topical calcineurin inhibitors  
Bandages

Tacrolimus

**Body:** Tacrolimus  
Bandages

Bandages

### Steroids

Mild potency  
topical steroids  
for flare-ups

**Body:** Moderate potency  
(for 7-14 days maximum for  
axillary and groin flare-ups)

**Body:** Potent topical steroids  
(for 7-14 days maximum for  
axillary and groin flare-ups)

**Face:** Mild potency (for severe  
flare-ups moderate potency  
topical steroids for  
3-5 days maximum)

### Emollients

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- Normal skin
- No evidence of active eczema

**Clear**

- Areas of dry skin
- Infrequent itching (with or without small areas of redness)

**Mild**

- Areas of dry skin
- Frequent itching
- Redness (with or without excoriation and localised skin thickening)

**Moderate**

- Widespread areas of dry skin
- Incessant itching
- Redness (with or without excoriation, extensive skin thickening, bleeding, oozing, cracking and changes in pigmentation)

**Severe**

## Emotional Assessment

Assess the impact on quality of life and psychosocial wellbeing:

- None – no impact
- Mild – little impact on everyday activities, sleep and psychosocial wellbeing
- Moderate – moderate impact on everyday activities, sleep and psychosocial wellbeing
- Severe – severe limitation of everyday activities and psychosocial functioning, nightly loss of sleep

All atopic eczema severities can have an impact on wellbeing and quality of life (even mild). Take this into account when deciding on treatment strategies.

Produced by



[ECZEMAANDDERMATITIS.CO.UK](http://ECZEMAANDDERMATITIS.CO.UK)

Reference: 1. NICE. Atopic eczema in children. NICE clinical guideline 57, December 2007. Quick reference guide.

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