

# My Eczema Support Needs

Eczema is often misunderstood as “just a little bit of itchy skin” but it is a complex inflammatory condition which can have a big impact on a child’s quality of life and ability to learn. There are often many triggers for eczema in the school/nursery environment and medication may be required during the day to support the child’s treatment plan.

Child’s name: Sam Smith

Parent/  
carer’s name: Jacqueline Smith

Date: 27/07/18

## About my child’s eczema...

### Symptoms of my child’s eczema:

Sam’s eczema is particularly bad on his hands, feet and back. The skin tends to be red, cracked, and very sore at times. He is very itchy and he doesn’t sleep well because he is so itchy.

### Signs of my child’s eczema getting worse/flaring:

Sam will start to be very itchy and his skin will start to become red and inflamed. This can happen quickly and it doesn’t take much time before his skin is sore and can bleed. He may become hot and agitated when his skin is starting to flare.

### My child’s eczema treatment at home:

- Creams three times a day to keep his skin from getting really dry (Zerobase cream and Epaderm Ointment)
- Steroid cream when his skin is flared (two different strengths)
- Soap substitute to wash his hands (Dermol 500)
- Bath emollient for in the bath
- Anti-histamines for when he takes a reaction
- He wears bandages and garments when his skin is bad and gloves at night to protect his hands

## My child’s day-to-day needs in school/nursery:

It would be very helpful if my child could have the following medication at school/nursery:

### Medication:

Emollin spray

Dermol 500

Anti-histamines

### How often:

Once a day normally but more if his skin is sore and itchy

Every time he washes his hands

As required if something triggers his allergies

### Help required (yes\*/no)

Yes – he can’t do his back and needs a prompt to remind him to apply the spray

No

Yes

\* To discuss with school/nursery: who can help and where will the help be given?



# Things that trigger my child's eczema at school/nursery and suggested solutions

Triggers are things that make eczema much worse. My child's triggers at school/nursery are:

## Triggers:

Sitting on the carpet

If the classroom is really hot Sam will start to flare

Soap

Sweat when doing PE

Scratching in class

## Solutions:

Could he sit on a cushion instead of directly on the carpet?

Sit away from the radiator and where there is ventilation if possible

Could he use his Dermal 500?

Could he use his water mist spray to help cool his skin?

Could he use his fidget toy to keep his hands busy and stop the damage to his skin?

## Specific advice for school/nursery:

Sam often has very broken sleep and can be tired at school. He might struggle to concentrate or his behaviour can be difficult if he is particularly itchy or agitated.

Sam is very self-conscious about his eczema and tries to keep covered up. We did have a problem in previous classes when children didn't want to hold his hand and said hurtful comments.

We find that the fidgety toy and a spray of the water mist helps calm Sam down when he starts to flare.

## Additional information:

Please can emollient spray, soap substitute and anti-histamine be taken on any class trips?

Please can he take a water mist spray into PE to use if he gets too hot?

**Eczema Outreach Support is a charity that helps families across the UK deal with childhood eczema and its impact on life.**

