

ACTION PLAN FOR Eczema

Patient Name: _____ Date of birth: _____

Plan prepared by Doctor: _____ or Nurse Practitioner: _____

Signed: _____ Date: _____

In order to manage your eczema or your child's eczema you should follow all of the selected recommendations below:

ACTION: MAINTAIN AND PROTECT SKIN

- Apply _____ moisturiser at least _____ times/day
- Bath/shower with _____ (non-soap based body wash or oil)
- Immediately apply _____ moisturiser after bath/shower
- Additional bath instructions: _____
- Wet dressings: _____ times/day; _____ times/night

ACTION: TREAT FLARE

FACE TREATMENT

- Mild to moderate flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Severe flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Night time application: _____ ointment or cream

BODY TREATMENT

- Mild to moderate flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Severe flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Night time application: _____ ointment or cream

NOTE: Continue to use recommended treatment until skin looks and feels normal, or for _____ days

ACTION: CONTROL ITCH

- Cold Compress Specifically designed garments: _____
- Antihistamine: _____ Dose: 1, 2 _____ mg tablet or _____ ml; 1 or 2 times/day
- Other: _____

ACTION: CONTROL AND PREVENT INFECTION

- Bleach baths 1, 2 or 3 times/week:
 - _____ mls unscented domestic bleach (~4 - 4.5%)/ _____ ml water OR
 - _____ mls unscented domestic bleach in full, or 1/2 bath
 - Additional instructions: _____
 - Rinse and immediately apply moisturiser after bleach bath
- Nasal ointments: _____ 1, 2 times/day
- Treatment oral antibiotic: _____ Dose: 1, 2 _____ mg tablet or _____ ml; _____ times/day for a total of _____ days
- Oral antibiotic prophylaxis: _____ Dose: _____ mg tablet or _____ ml; _____ times/day
- Varicella vaccination Additional instructions: _____

ACTION: AVOID TRIGGERS AND IRRITANTS

- House dust mite
- Other confirmed allergens: _____
- Soap products including bubble bath
- Wool and nylon
- Perfumed products
- Sand and sand pits
- Chlorinated pools
- Other irritants: _____