

# Atopic Eczema in children

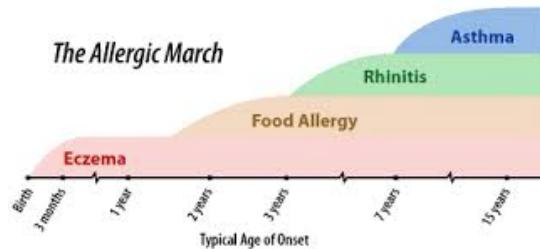


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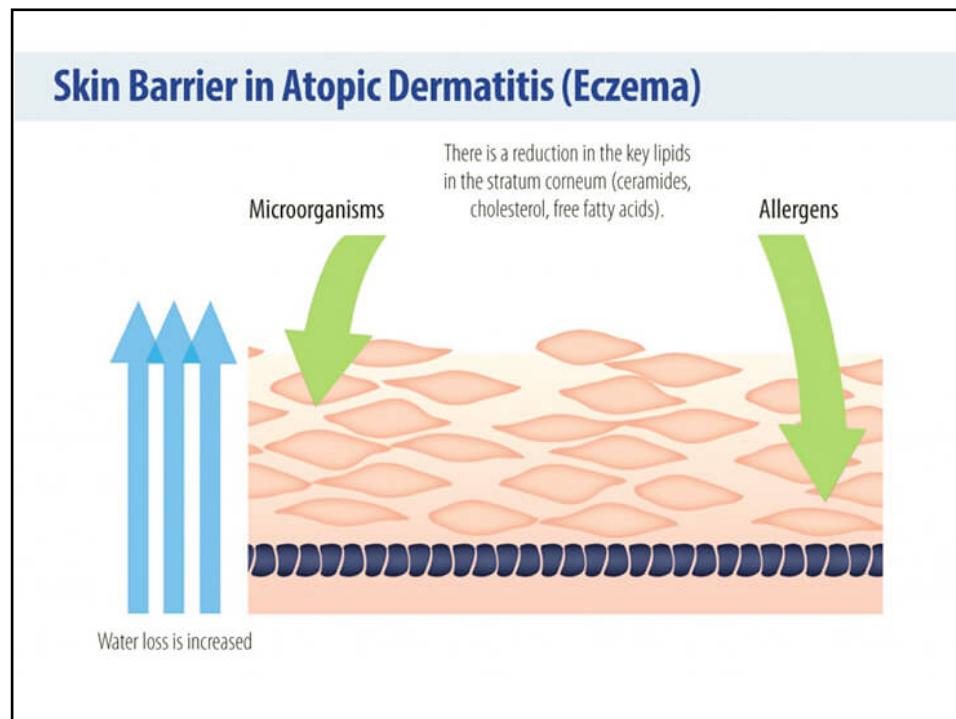
— BELMATT —  
HEALTHCARE TRAINING

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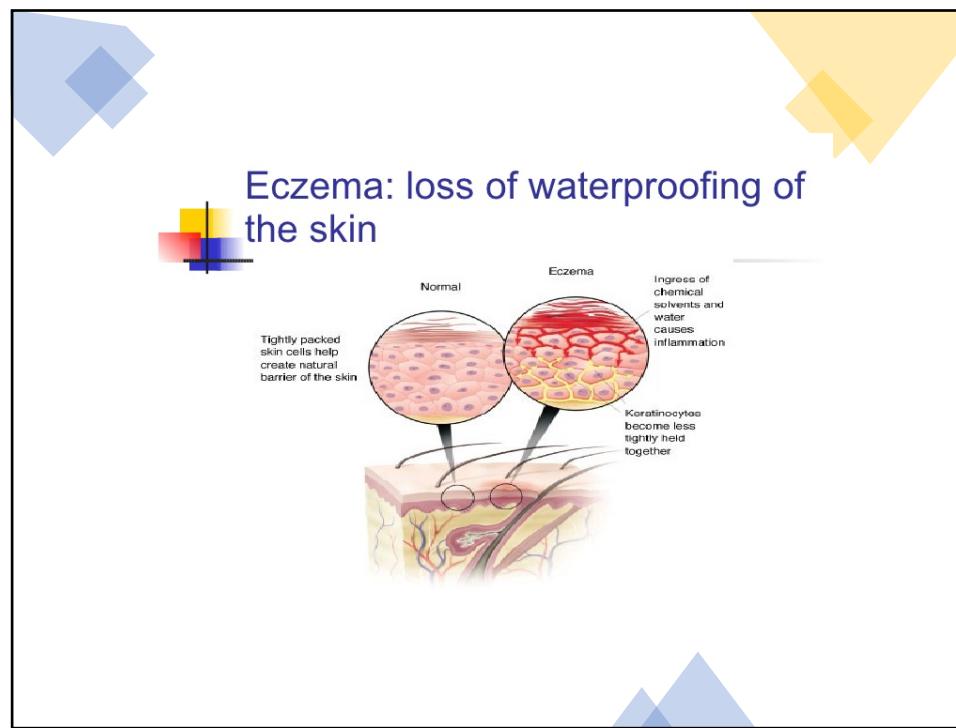
- Chronic inflammatory itchy skin condition
- Episodic (have flares)
- Can affect any age
- Will resolve in some children but others may develop other atopic conditions i.e. the 'Atopic march'



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## Why is it important?

Affects many children in different severities

Can have significant impact on a CYP/family

Success of management relies on the relationship with HCP and the CYP family

Education is key for management

Can have coexisting allergies

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## Management

- Is hard!

- Assess the severity & impact on life
- Varying distribution depending on age



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3 categories  
for the impact  
on quality of  
life and  
psychosocial  
wellbeing:

**Mild** : little impact on everyday activities

**Moderate** : impact everyday activities & psychosocial wellbeing & disturbed sleep

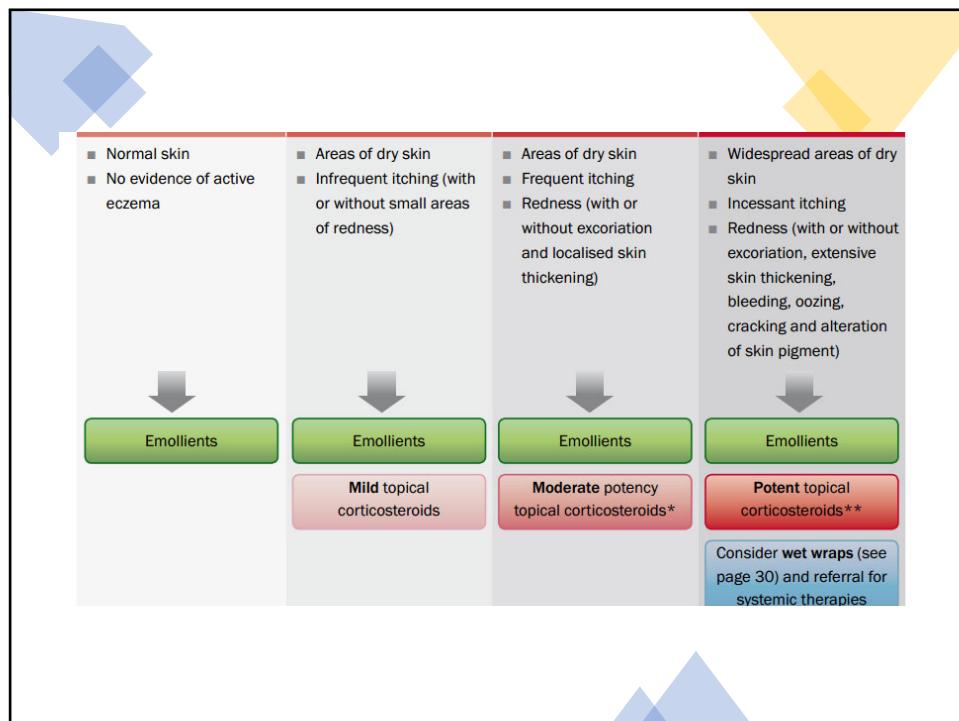
**Severe** indicates that there is severe limitation of everyday activities and psychosocial functioning, with loss of sleep every night

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### Treatment – A Stepped approach

- Emollients are the mainstay of treatment
- Treatment should be tailored to severity
- Can be stepped up or down depending on response
- Families should be educated in spotting flares and how to step up or down therapy

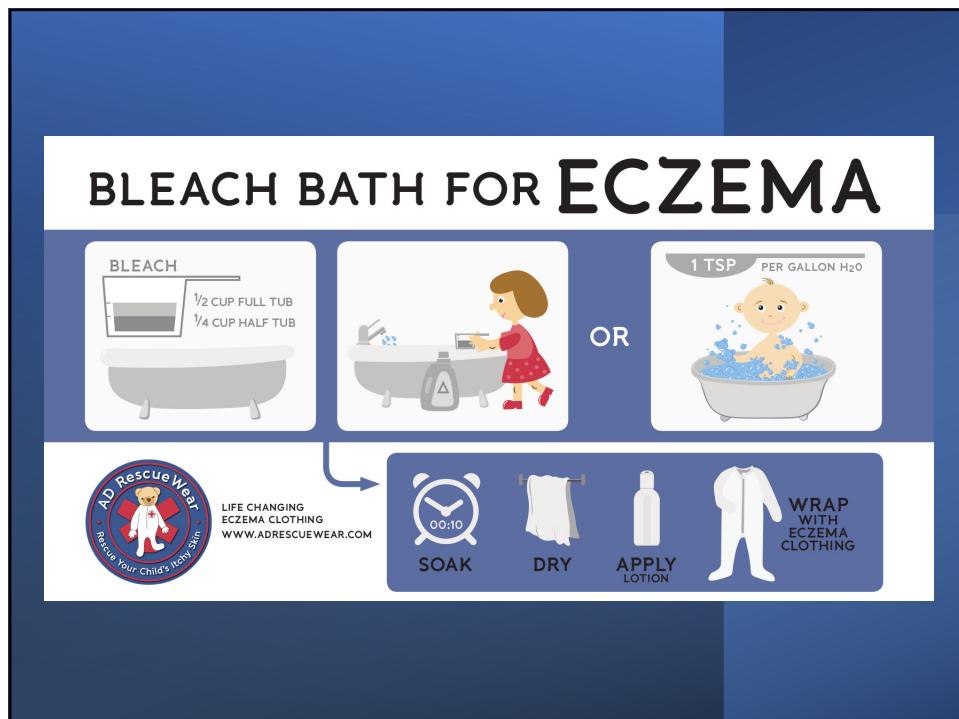
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Are there  
any  
triggers?

- Identify potential trigger factors including:
  - irritants
  - skin infections
  - contact allergens
  - food allergens
  - inhalant allergens.

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## Treatment - Emollients

- Should be used multiple times a day
- Should be continued even when the skin is clear
- Should be using 250-500g/week

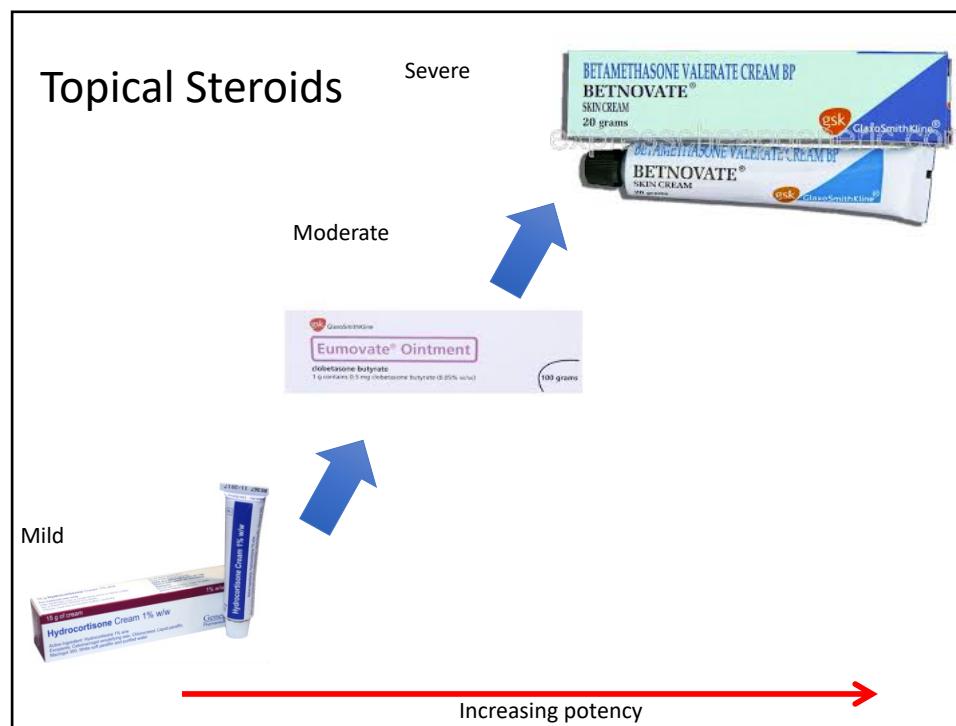
Type	Description
Emollient creams and ointments	These products are designed to be left on the skin. Creams soak into the skin faster than ointments.
Emollient soap substitutes	These products contain emollient ingredients with very mild emulsifiers. They are used instead of soap and other detergents.
Emollient semidispersing bath oils	These contain oils and emulsifiers that disperse the oil in the water. This combination has a cleansing effect if gently rubbed over the skin.
Non-dispersing emollient bath oils	These products contain oils with no emulsifying agent. The oil forms a layer on the surface of the water which is deposited on the skin on getting out of the bath.
Adjuvant emollient products	Some emollient products contain additional ingredients such as antipruritics and antiseptics.

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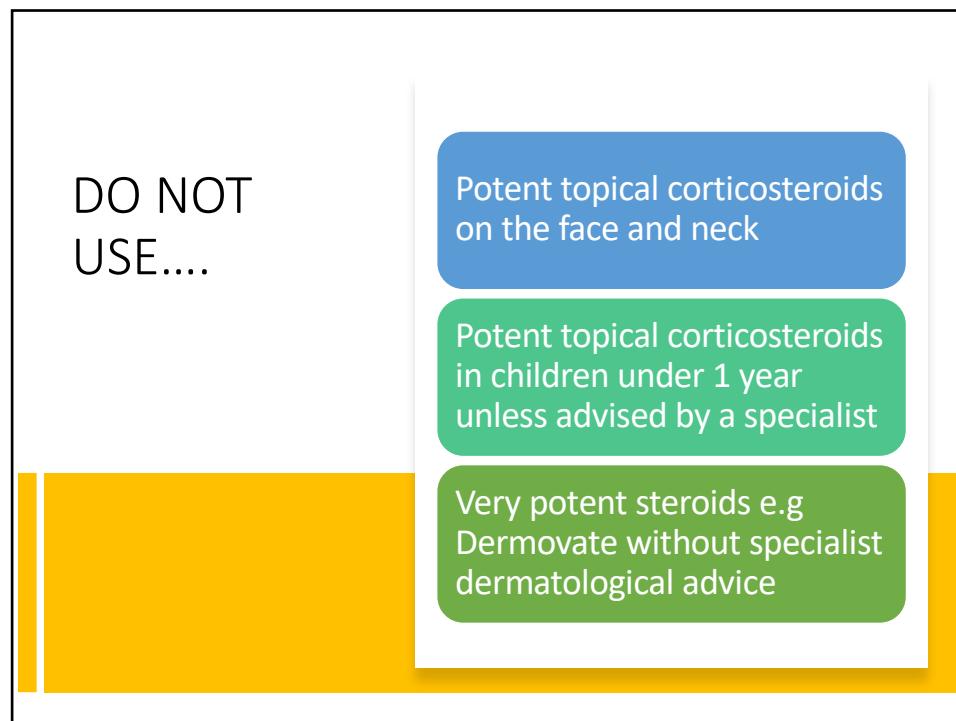
## Treatment – Steroid creams

- For the face and neck
  - use mild potency steroids except for short-term (3–5 days) use of moderate potency for severe flares
- For flares in vulnerable sites --
  - use mild potency steroids except for short-term (7–14 days) use of such as axilla and groin moderate or potent preparations for short periods only

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## Secondary infections

### Consider secondary infection:

- Particularly if not improving, rapidly worsening or if there is weeping, crusting, fever or malaise
- Treat with topical or oral antibiotics
- If frequent infections consider antimicrobial emollient E.g. Dermol 500

**Beware eczema herpeticum -- Requires immediate referral to paediatrics.  
Important to alert parents on how to recognise infection**

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Excema  
herpeticum



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Excema  
herpeticum



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Impetigo



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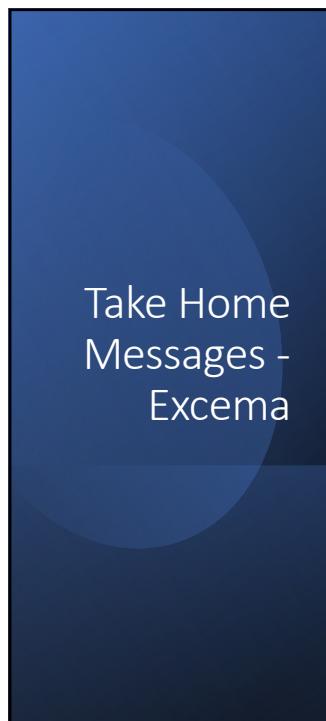
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## Top tips

- Don't use aqueous cream as emollient
- Encourage daily bathing with bath oils & soap substitute
- Don't be afraid to start topical steroids
- Step up steroid strengths – use weakest to gain
  - Ointments are oil based and more hydrating
- 1 fingertip unit of steroids used for an area of 2 palms



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## Take Home Messages - Excema

- Common presentation
- Largely managed in primary care
- Can have significant impact on life & esteem
- Its all about emollients
- Important to educate the family
  - Using emollient
  - Stepping up/down therapy
  - Recognising secondary infection

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## Resources

- <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/eczema-in-children>.
- <https://nationaleczema.org/eczema/child-eczema/>
- <https://www.allergyuk.org/atopic-dermatitis-and-eczema-in-children/atopic-dermatitis-eczema-in-children>

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