

Eczema News - Te Rōpū Kiripai Hapori

Autumn Edition 2023

Kia ora

Welcome to the Paediatric Society of NZ (PSNZ) Te Rōpū Kiripai Hapori (the Eczema Clinical Network) "Eczema News" Autumn edition. The Clinical Reference Group (CRG) of Te Rōpū Kiripai Hapori shares this newsletter with our extended clinical network quarterly, bringing together current news, clinical updates, patient stories and any other requested content. The CRG welcome any [feedback or ideas](#) about how to make this publication an effective communication and education tool for health professionals across Aotearoa.

Who are the Clinical Reference Group (CRG) of Te Rōpū Kiripai Hapori?

The CRG is a small group of health professionals - general practitioners, paediatricians and paediatric specialist physicians, nurses, and allied health professionals from across Aotearoa who are passionate about paediatric eczema and are working collaboratively with the support of PSNZ to improve knowledge and resources. [Click here](#) to meet our current CRG members.

We are keen to connect with the paediatric eczema workforce across the country and invite anyone interested to join our extended clinical network. The most up to date clinical information on management of eczema in Aotearoa can be found at [Starship - Child and Youth Eczema Clinical Network](#). Please do promote this website widely within your local networks.

In this Autumn edition we discuss the use of tacrolimus and pimecrolimus in the management of eczema, share some short "pearls of wisdom" from the Canadian Medical Association regarding managing atopic dermatitis and share in our Stories section a piece about the benefits of bathing. We also provide some links to the brand new Starship Eczema Management plans that have recently been developed.

Education and Resources – Pearls of Wisdom



Recently there was a short article written in the Canadian medical association journal on [five things to know about "managing atopic Dermatitis"](#).

They are great little pearls to know as Health Professionals and to pass onto our whānau managing eczema with their tamariki.

Medication Focus - Prescribing Tacrolimus and Pimecrolimus

Do you know about the non-steroidal topical options in New Zealand for prescribers managing children with eczema?

Dr Anna Gilmour, GP, [summarises a recent Goodfellows article on these treatments](#).



What's Available for Whānau



Do you use know about the [Eczema In Children | KidsHealth NZ](#) website? The content for these pages is written specifically for children and/or young people and their whānau and is reviewed regularly by the Clinical Reference Group.

Please promote actively with whānau and colleagues in your place of work so we can work towards a consistent approach of eczema management across the motu.

Also, look out for this handy QR scan code which will soon be added to all of the Eczema Clinical Network resources to make it easier for whānau to find information relating to caring for their child's eczema.



Stories from Aotearoa: The Benefits of the Bath

Eczema management is not just about moisturisers and steroids. Encouraging the daily bath or shower brings additional benefits that cannot be overestimated.

[This article](#) written by Clinical Nurse Specialist, Lydia Snell explains how to make the most of the daily bathing routine.



What's New in Eczema Management for Professionals

NEW RESOURCE: Guidelines for management of acute eczema flares



Updated guidelines for patients presenting with an acute flare of eczema can be found on the Starship website: <https://starship.org.nz/guidelines/eczema/>

Includes links to illustrated Eczema Care Plans (action plans) with age/site specific topical steroid choices, a tapering plan for families to follow and images of commonly used products.

 Please feel free to forward this newsletter to anyone you think may be interested.