

Kia ora

Welcome to the Paediatric Society of NZ (PSNZ) Te Rōpū Kiripai Hapori (the Eczema Clinical Network) "Eczema News" Summer edition. The Clinical Reference Group (CRG) of Te Rōpū Kiripai Hapori shares this newsletter with our extended clinical network bi-annually, bringing together current news, clinical updates, patient stories and any other requested content.

We are keen to connect with the paediatric eczema workforce across the country and invite anyone interested to join our extended clinical network - just email eczemacn@paediatrics.org.nz.

In this Summer edition we have articles on Scabies as it seems rampant out there now, and two new education resources that our Clinical Reference Group (CRG) members have produced in the last 6 months to enhance your eczema knowledge. Also an update of our bleach bath handout.

Education Focus: Scabies

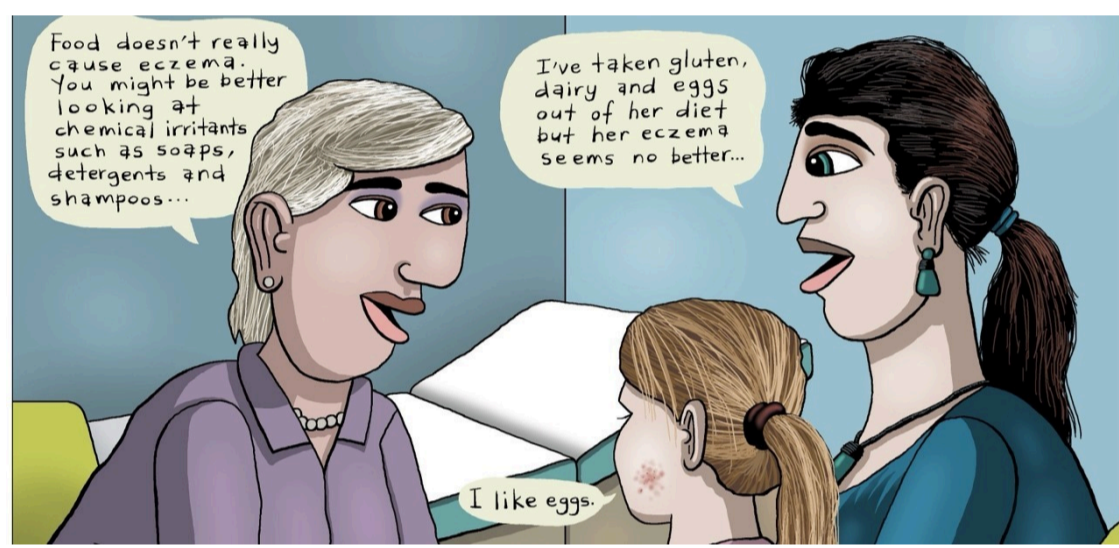
We all know how itchy the tamariki we care for are when they are having an eczema flare, but an even worse itch occurs when kids or adults have a scabies infestation. This parasite generally has typical features and presentation but often can be tricky to detect or treat especially if kids already have eczema. Helen August is a Nurse Practitioner working in Public Health in Hawkes Bay who sees this on a daily basis, and has produced [this summary article](#) all about this tricky mite.



Images show scabies infestation.

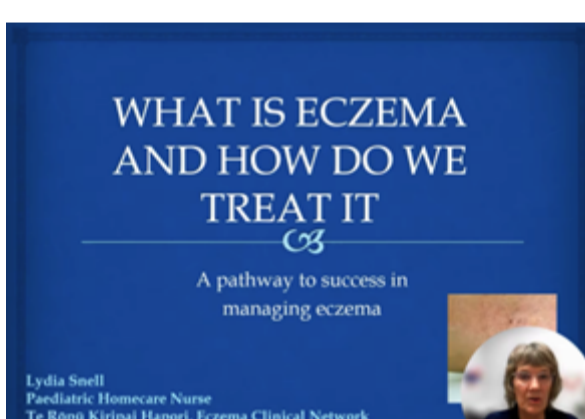
New Resources

NZ Doctor article – How to treat Paediatric eczema



Dr Nikki Vadgama is a member of our CRG and a GP with a special interest in Eczema and Allergy, based in Wanaka. She recently produced an article for NZ Doctor on how to treat Paediatric eczema with some great tips on how to make the consult easier. This is targeted at our GP colleagues but has great info for all clinicians managing this issue in primary care. [Click here to read the article.](#)

Eczema 101 PowerPoint presentation



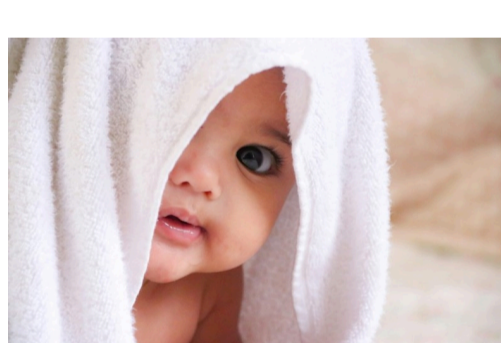
Lydia Snell is a Paediatric homecare nurse based in Whakatane and has been on our CRG since 2021. Lydia has been working in the eczema world for many years and has a wealth of knowledge, expertise, and experience to share. She often gives educational talks on managing eczema to local groups and kindly accepted the challenge to record one of her talks so that this information can reach a far wider audience.

You can find the presentation on the [Eczema network website](#) in the Resources for Health professionals section or [click on this link](#).

Bleach Baths

The Network have updated the Bleach Baths Handout. [Check it out here.](#)

Although there has been some recent debate about the efficacy of dilute bleach baths we still feel the evidence does support their use.



Why use a bleach bath? Bleach - sodium hypochlorite baths decrease bacteria (bugs) on the skin. This can help improve active eczema and prevent skin infection. Once diluted in bath water it is similar to a swimming pool with chlorine.

What sort of bleach? Bleach is sold as household cleaner. Choose one that is plain and has no added fragrance or detergent. They come in different strengths. Bleach gets weaker over time so you may need to replace with a fresh bottle.

When? When the skin is red and itchy or infected (active eczema). Some cracked eczema skin will sting when having a bath, adding bleach won't make this worse.

How often? Twice a week.

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.

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.

The CRG welcome any [feedback or ideas](#) about how to make this publication an effective communication and education tool for health professionals across Aotearoa.

[FIND OUT MORE](#)

If you have any suggestions for future content please contact us on eczemacn@paediatrics.org.nz.

 Please share this newsletter widely within your local professional networks.