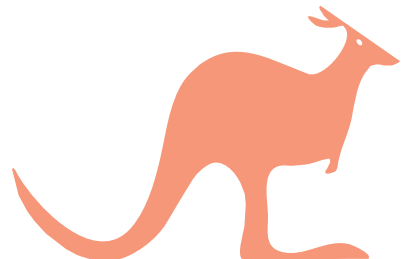


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The Eczema Education Programme (EEP)



Information for patients, carers and family

This leaflet gives information about Brighton and Sussex University Hospital's Eczema Education Programme (EEP). It tells you what is covered in the programme, which lasts for two sessions. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

What is the EEP?

The EEP is provided for any parent or carer of a child who has been diagnosed with atopic dermatitis (eczema), and who is under the care of a department at Brighton and Sussex University Hospitals Trust (BSUH). All the sessions take place at the Seminar Room, Level 4, Royal Alex Hospital.

What is the EEP for?

The EEP is part of your care at BSUH. It is to give you education, guidance and improve your confidence in treating eczema. It is delivered by a specialist nurse trainer. The nurse trainer will not review your child's eczema or prescribe treatment, but will give guidance on how to use the treatments safely and effectively.

How is the programme taught?

There will be one nurse trainer for a group of 6 to 10 families. The size of the group can change depending on demand at that time. The two sessions last for one and a half hours each. We encourage you to arrive on time as there is a lot to cover.

The programme consists of a presentation followed by a 30 minute question and answer session, where you will be encouraged to ask any questions you have. You should only reveal what you are happy to share with other people as we cannot guarantee confidentiality.

Who can attend the programme?

Parents and carers are referred to the programme by a hospital doctor or nurse. Other family members can attend the programme if parents are unavailable. We find that parents get more from the course if they are not looking after children at the same time, so we ask that childcare arrangements are put in place before attending.

What is covered in the programme?

- The structure of skin and how it works
- Why children get eczema
- Triggers which cause eczema to flare up
- Treatments: emollients, topical corticosteroids, wet wraps, other treatments for eczema
- When and how to apply treatments
- Coping strategies for itching, sleep disturbances, starting nursery/school and other people's reactions.

Can I have copies of the presentations?

We are unable to provide copies as the information covered needs to be given by a qualified member of staff. We do however provide an EEP workbook which you can provide notes in and take home with you. You will also be given National Eczema Society leaflets.

Useful sources of information

National Eczema Society

www.eczema.org

British Association of Dermatologists (BAD)

www.bad.org.uk

NHS (Atopic Eczema)

www.nhs.uk/conditions/atopic-eczema

Contact details

Brighton and Sussex Dermatology Service

Telephone: 01273 665140

Paediatric booking centre

Telephone: 0300 303 83 60

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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