Eczema Tracker





Introduction

- 1 in 5 children in the UK have eczema
- In a recent study, 60% of parents saw their child's eczema improve if they tracked triggers and resulting skin condition over time
- The majority (89%) of parents reported that they felt more confident in managing their child's eczema as a result of the tracker

This tracker has been developed by Epaderm to help you track your child's eczema.

Every child is different, with unique triggers that worsen eczema, and their own treatment preferences. Advice from healthcare professionals is essential, but you can build on this by keeping track of what works best for you and your child.

We'd recommend using the following pages to keep daily notes, it's easier than trying to remember what happened! To make it quicker consider using abbreviations like 'Epa' for Epaderm, it should only take a couple of minutes to complete.

Parents in the survey also said that involving their child in the process helped them feel more in control of the situation, so the purple box at the end of each month can be completed by both of you together. You can also take your tracker to your next GP or dermatology appointment.

To start things off, please fill in the questions below:

How long has your child been suffering with eczema?

At present, how would you rate your child's eczema? mild / moderate / severe

What products and routine do you currently use?

How satisfied are you with your child's treatment routine?

This study shows that parents who track their child's skin are becoming more informed on what treatment regime works best.

> Karen Pett, Clinical Nurse Specialist in Paediatric Dermatology at West Hertfordshire NHS Trust.



Wii	nter:	Jan	uarv
	iter.	Juli	uury

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	12th	13th	14th	15th	16th
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Spring: May

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Summer: June

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Summer: July

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Trigg	ers i.e.	<mark>S</mark> tress,	Allergy	, Food,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	ergent	or soap	, Illnes	s, <mark>D</mark> ust,	Pet or	animal	
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17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st
Skin (Conditio	on i.e. <mark>R</mark>	red, l it	chy, Fi	ilaky, ! f	flare up	, + bett	er than	average	e, - wor	se than	averaç	ge	
Trigg	ers i.e.	<mark>S</mark> tress,	Allergy	, Food,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	ergent	or soap	, Illnes	s, <mark>D</mark> ust,	Pet or	animal	
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Trigg	ers i.e.	<mark>S</mark> tress,	Allergy	, <mark>F</mark> ood,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	tergent	or soap	o, <mark>I</mark> llnes	s, <mark>D</mark> ust,	Pet or	animal	
Treat	ment i.e	e. Epado	erm, <mark>O</mark> i	ntment	or <mark>C</mark> rea	am, amo	ount, 1-	<mark>5</mark> score	for eas	se or co	mfort o	f use		
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17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st
Skin (Conditic	on i.e. <mark>R</mark>	red, l i	tchy, <mark>F</mark> f	flaky, ! f	flare up	, + bett	er than	averag	e, - wor	se than	averag	je	
Trigg	ers i.e.	Stress,	Allergy	, <mark>F</mark> ood,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	ergent	or soap	o, <mark>I</mark> llnes	s, <mark>D</mark> ust,	Pet or	animal	
Treat	ment i.e	e. Epado	erm, <mark>O</mark> i	ntment	or Crea	am, amo	ount, 1-	<mark>5</mark> score	for eas	se or co	mfort o	fuse		
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other	other	other	other	other	other	other	other	other	other	other	other	other	other	other
	v do w 1 2 1 2 1 2 did we t	Ho 2 3 How we 2 3 How 2 3	w does 4 ell is the 4 much d 4	5 treatm 5 lo we lik 5	in look a 6 ? ent rout 6 ? te the tr 6 ? doing?	78 tine wor 78	9 ·king? 9	10 10 10		When? Who wi	th? mendation		tes:	
What	did we t	ry that v	we shou	ldn't ke	ep doin	g?					N	↓ 1ölr	nlycl	ĸe®

Autun	nn: Se	epteml	ber													
1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	12th	13th	14th	15th	16th		
Skin (Conditio	n i.e. <mark>R</mark> i	red, l ito	chy, <mark>F</mark> fl	laky, <mark>!</mark> f	lare up	, + bett	er than	averag	je, - wo	orse tha	n avera	ge			
Trigge	ers i.e. S	Stress, /	Allergy,	Food,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	ergent	or soa	p, <mark>I</mark> llne	ess, Dus	t, <mark>P</mark> et or	animal			
Treat	ment i.e	. Epade	rm, <mark>O</mark> in	tment	or <mark>C</mark> rea	ım, amo	ount, 1-	5 score	e for ea	se or c	omfort	of use				
am	am	am	am	am	am	am	am	am	am	am	am	am	am	am		
pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm		
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash		
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other		
17th	18th	19th	20th	21st						26th	27th	28th	29th	30th		
Skin (kin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than av									je, - wo	orse tha	n avera	ge			
Trigge	ers i.e. S	Stress, /	Allergy,	Food, \	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	ergent	or soa	p, <mark>I</mark> llne	ess, <mark>D</mark> us	t, <mark>P</mark> et or	animal			
Treat	ment i.e	. Epade	rm, <mark>O</mark> in	tment	or <mark>C</mark> rea	ım, amo	ount, 1-	<mark>5</mark> score	e for ea	se or c	omfort	of use				
am	am	am	am	am	an	n ar	m a	m	am	am	am	am	am	am		
pm	pm	pm	pm	pm	pn	n pr	n p	m	pm	pm	pm	pm	pm	pm		
wash	wash	wash	wash	wash	n was	sh wa	sh wa	ash v	vash	wash	wash	wash	wash	wash		
other	other	other	other	other	r oth	er oth	ier ot	her o	ther	other	other	other	other	other		
How do we feel? How does your skin look and feel? 1 2 3 4 5 6 7 8 9 10 How well is the treatment routine working? 1 2 3 4 5 6 7 8 9 10											nsultat ? with? mmendatio		tes:			



What did we try that we shouldn't keep doing?

•• 1 2 3 4 5 6 7 8

Autumn: October

Skin Condition i.e. R red, I itchy, F flaky, I flare up, + better than average, - worse than average Triggers i.e. Stress, Allergy, Food, Weather, Clothes, Detergent or soap, Illness, Dust, Pet or animal an am <	16th
Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	
Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	
am <th></th>	
am <td></td>	
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wash wash wash wash wash wash wash wash	am
other	pm
17th 18th 19th 20th 21st 22nd 23rd 24th 25th 26th 27th 28th 29th 30th Skin Condition i.e. R red, 1 itchy, F flaky, ! flare up, + better than average, - worse than average - worse than average Triggers i.e. Stress, Allergy, Food, Weather, Clothes, Detergent or soap, Illness, Dust, Pet or animal am am </td <td>wash</td>	wash
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average Triggers i.e. Stress, Allergy, Food, Weather, Clothes, Detergent or soap, Illness, Dust, Pet or anima Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	other
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average Triggers i.e. Stress, Allergy, Food, Weather, Clothes, Detergent or soap, Illness, Dust, Pet or anima Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	31st
Triggers i.e. Stress, Allergy, Food, Weather, Clothes, Detergent or soap, Illness, Dust, Pet or anima Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	0150
Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	
Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use am am a	
am a	
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m n	200
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How do we feel? How does your skin look and feel? How well is the treatment routine working? How much do we like the treatments? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments?	wash
How does your skin look and feel? 1 2 3 4 5 6 7 8 9 10 How well is the treatment routine working? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments?	other
How does your skin look and feel? 1 2 3 4 5 6 7 8 9 10 How well is the treatment routine working? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments?	
1 2 3 4 5 6 7 8 9 10 How well is the treatment routine working? 1 2 3 4 5 6 7 8 9 10 How much do we like the treatments? 1 2 3 4 5 6 7 8 9 10	
1 2 3 4 5 6 7 8 9 10 How much do we like the treatments? 1 2 3 4 5 6 7 8 9 10	
What did we try that we should keep doing?	

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Autumn:	November
/ lacarritin	

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	12th	13th	14th	15th	16th
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average														
Trigg	ers i.e.	Stress,	Allergy	, <mark>F</mark> ood,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	tergent	or soa	ap, Illne	ss, <mark>D</mark> ust	, <mark>P</mark> et or	animal	
Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use														
am	am	am	am	am	am	am	am	am	am	am	am	am	am	am
pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other
17th	18th	19th	20th	21st	22n	nd 23r	⁻ d 24	th 2	25th	26th	27th	28th	29th	30th
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average														
Trigg	ers i.e.	Stress,	A llergy	, <mark>F</mark> ood,	Weathe	er, <mark>C</mark> loth	nes, <mark>D</mark> et	ergent	or soa	ap, Illne	ss, <mark>D</mark> ust	, Pet or	animal	
Treat	ment i.e	e. Epade	erm, <mark>O</mark> ir	ntment	or <mark>C</mark> rea	ım, amo	ount, 1-	5 score	e for ea	ase or c	omfort a	ofuse		
am	am	am	am	am	an	n ar	n a	m	am	am	am	am	am	am
pm	pm	pm	pm	pm	pm	n pr	n p	im	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wasl	n was	sh wa	sh wa	ash v	wash	wash	wash	wash	wash	wash
other	other	other	other	othe	r othe	er oth	ier ot	her d	other	other	other	other	other	other
How do we feel? How does your skin look and feel? How well is the treatment routine working? How much do we like the treatments? How much do we like the treatments? What did we try that we should keep doing?														
What did we try that we shouldn't keep doing?												Mölı	nlyc	ke®

Winter: December

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	12th	13th	14th	15th	16th	
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average															
Triggers i.e. Stress, Allergy, Food, Weather, Clothes, Detergent or soap, Illness, Dust, Pet or animal															
Treatment i.e. Epaderm, Ointment or Cream, amount, 1-5 score for ease or comfort of use															
am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	
pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other	
17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st	
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wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other	
Ном	r do w	e feel'	?							Cons	sultatio	n noi	-eς·		
How do we feel?										Consultation notes: When? Who with?					
1 2 3 4 5 6 7 8 9 10										Recomi	mendatior	is?			
How well is the treatment routine working?															
How much do we like the treatments?									••)						
What	did we t	ry that v	we shou	ld keep	doing?										
What did we try that we shouldn't keep doing?															

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Conclusion

- In a recent study, 60% of parents saw their child's eczema improve if they tracked triggers and resulting skin condition over time
- Over 50% of parents reported it took up to 6 months to find the right treatment routine

We hope this tracker has helped you and your child as it did with the surveyed parents above. Managing your child's eczema is a journey, and most parents said it takes a long time to find the right routine for them. You can take your tracker to your next GP or dermatology appointment to help them guide you to different options as well.

To end the year, please fill in the questions below:

At present, how would you rate your child's eczema? mild / moderate / severe

What products and routine do you currently use?

How satisfied are you with your child's treatment routine?

If the tracker helped you, why not let us know @epaderm on Twitter, or via www.epaderm.com? you could also share it with friends or relatives who have children with eczema.







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