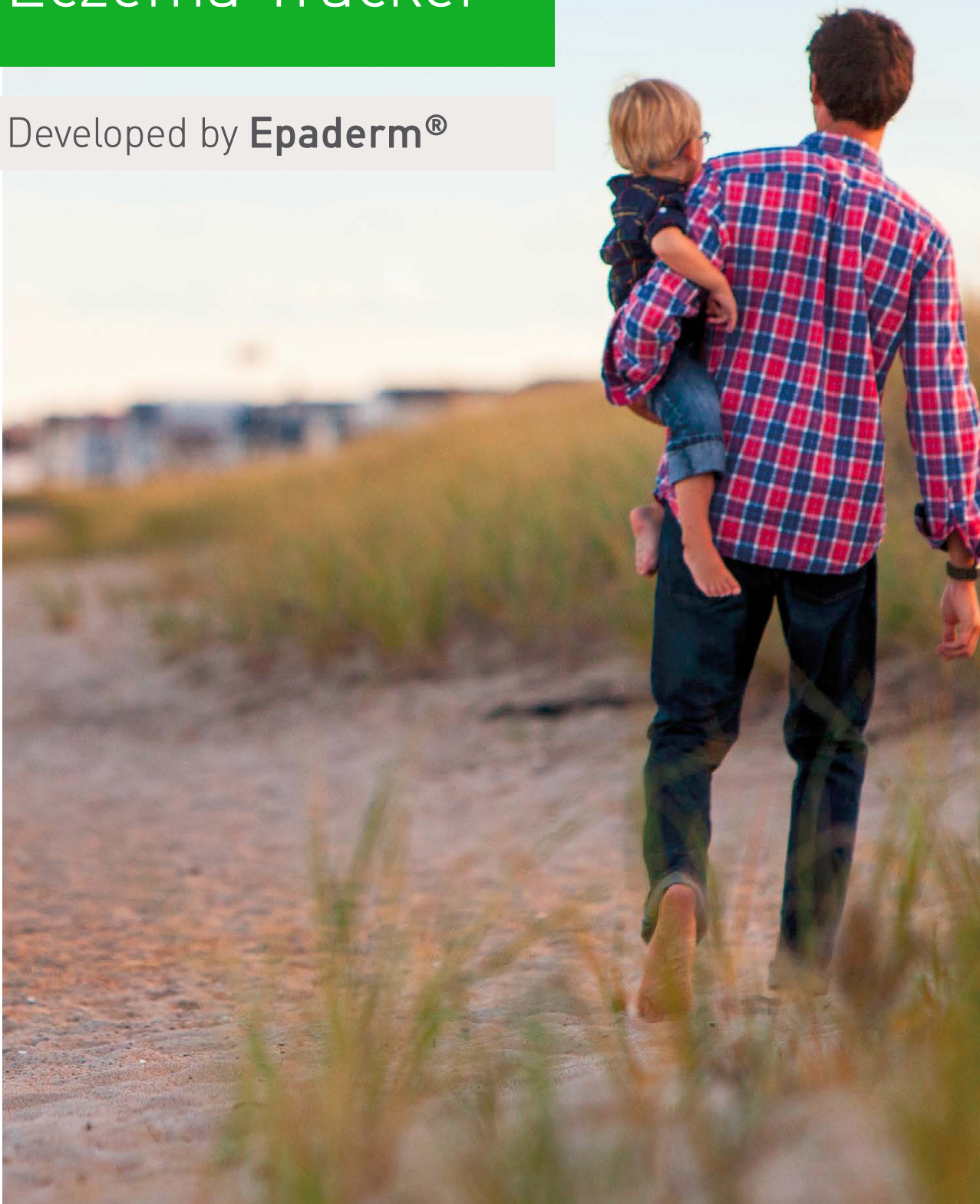


Eczema Tracker

Developed by **Epaderm**[®]



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.

Winter: January

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. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal														
Treatment i.e. E paderm, O intment or C ream, 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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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

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

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?

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

Consultation notes:

When?

Who with?

Recommendations?



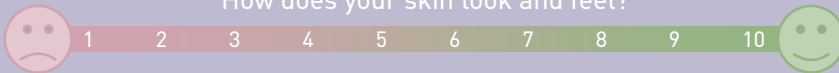
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1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	12th	13th	14th	15th	16th
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pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other

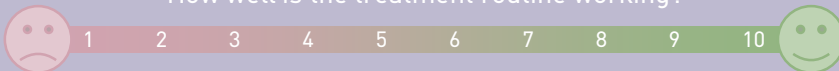
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pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other

How do we feel?

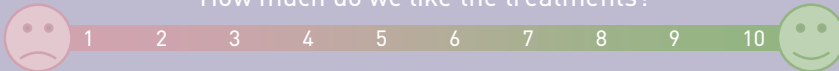
How does your skin look and feel?



How well is the treatment routine working?



How much do we like the treatments?



What did we try that we should keep doing?

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

Consultation notes:

When?
Who with?
Recommendations?

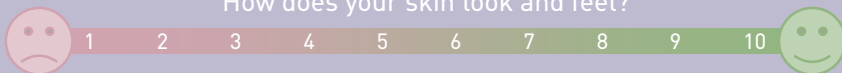
Spring: March

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

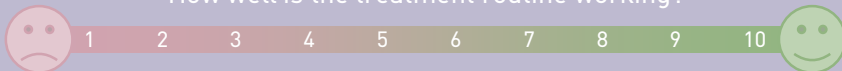
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wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other

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Consultation notes:

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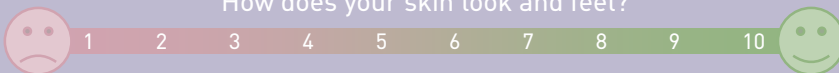
Spring: April

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	12th	13th	14th	15th	16th
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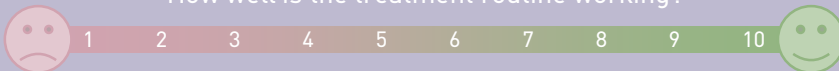
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wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other	other

How do we feel?

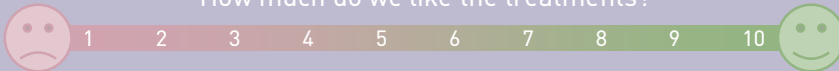
How does your skin look and feel?



How well is the treatment routine working?



How much do we like the treatments?



What did we try that we should keep doing?

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

Consultation notes:

When?
Who with?
Recommendations?

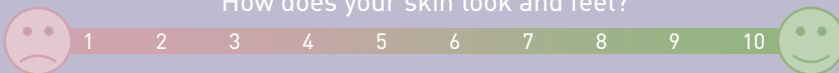
Spring: May

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

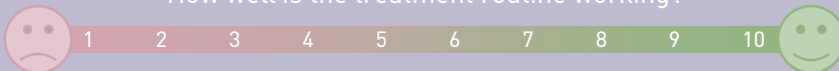
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pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other

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?



What did we try that we should keep doing?

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

Consultation notes:

When?
Who with?
Recommendations?

Summer: June

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														
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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

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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
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

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

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?

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

Consultation notes:

When?

Who with?

Recommendations?



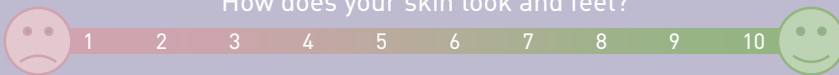
Summer: July

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

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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

How do we feel?

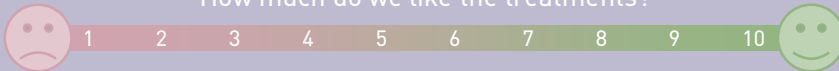
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How well is the treatment routine working?



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Consultation notes:

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Who with?
Recommendations?

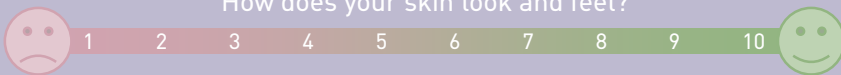
Summer: August

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

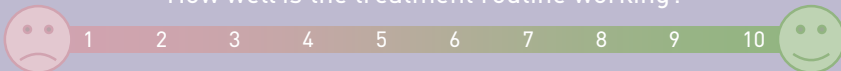
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am	am	am	am	am	am	am	am	am	am	am	am	am	am	am
pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
other	other	other	other	other	other	other	other	other	other	other	other	other	other	other

How do we feel?

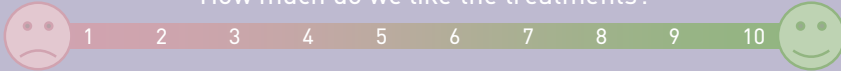
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How well is the treatment routine working?



How much do we like the treatments?



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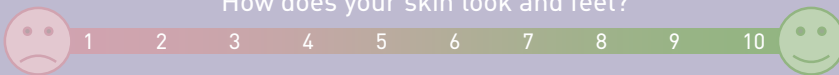
Autumn: September

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

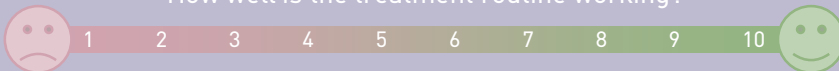
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am	am	am	am	am	am	am	am	am	am	am	am	am	am
pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash	wash
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How do we feel?

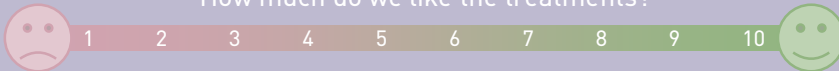
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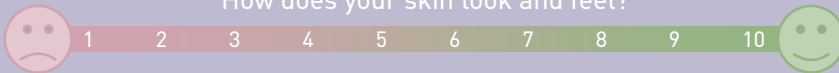
Autumn: October

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. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal														
Treatment i.e. E paderm, O intment or C ream, 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

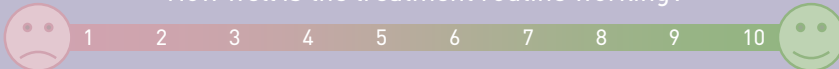
17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average														
Triggers i.e. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal														
Treatment i.e. E paderm, O intment or C ream, 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

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?



What did we try that we should keep doing?

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

Consultation notes:

When?
Who with?
Recommendations?

Autumn: November

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. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal														
Treatment i.e. E paderm, O intment or C ream, 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
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average													
Triggers i.e. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal													
Treatment i.e. E paderm, O intment or C ream, amount, 1-5 score for ease or comfort of use													
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
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

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

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?

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

Consultation notes:

When?

Who with?

Recommendations?



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. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal														
Treatment i.e. E paderm, O intment or C ream, 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
Skin Condition i.e. R red, I itchy, F flaky, ! flare up, + better than average, - worse than average														
Triggers i.e. S tress, A llergy, F ood, W eather, C lothes, D etergent or soap, I llness, D ust, P et or animal														
Treatment i.e. E paderm, O intment or C ream, 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

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

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?

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

Consultation notes:

When?

Who with?

Recommendations?



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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