



The University of
Nottingham

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Could you help prevent eczema in newborns?

The BEEP study



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NHS

National Institute for
Health Research

Can you help us prevent eczema?

This information leaflet tells you about a study aimed at trying to prevent eczema in children born to families with eczema, asthma or hayfever.

Important things you might like to know to know

We want to find out if using a moisturiser all over your child's skin, for the first year of their life can prevent eczema in later life.

You will be given advice to follow either:

- best practice skin care routine for your baby
- best practice skin care routine including applying moisturiser (provided free of charge by the team) to your baby, at least once a day for a year.

We will ask to you to complete some questionnaires until your child is 5 years old.

Why are we doing this study?

Moisturisers are one of the commonly used treatments for childhood eczema, but they have not been properly studied for the prevention of eczema.

This study will hopefully answer the question of whether using moisturisers for a year after birth can prevent or reduce the severity of eczema. This information will be of benefit to others in the future.

Who can take part?

We are asking pregnant women (or women who have recently given birth) with **eczema**, **asthma** or **hayfever** in the immediate family to take part.

What will I have to do if I take part?

If you are interested in taking part please get in touch with the study team and we will make an appointment for you to be seen by a researcher (either at your home or at the

hospital, whichever you prefer). The researcher will explain the study to you in detail, answer any questions you have and if you are happy to take part, ask you to sign a consent form.

We will ask you to let us know when your baby is born. At that point you will be allocated to receive one of the two different skin care advice packs. Which group you are in will be decided by chance, like tossing a coin and to be a fair test, you will not be able to choose which group you are in.

We will ask you to complete some questionnaires for us that should take no longer than 30 minutes. They will be sent to you when your child is approximately 3, 6, 12 and 18 (months) and at 2, 3, 4 and 5 years.

Around the time of your child's 2nd birthday a researcher will arrange to see you and your child, either at your home or hospital, wherever is most convenient for you.

Who has reviewed the study?

This project is funded by the National Institute for Health Research Health Technology Assessment Programme (project number 12/67/12) to inform NHS care. This study is being run in centres across the UK and is being coordinated by the Nottingham Clinical Trials Unit which is part of the University of Nottingham. It has also been approved by an Ethics Committee.

How can I find out more?

To find out more information visit:
www.bEEPstudy.org

Alternatively, contact the study team:

t: 0115 8844937

e: bEEP@nottingham.ac.uk

