

## Why we're doing this research

Quotes from those affected by eczema, including patients, parents/carers and healthcare professionals.

When it comes to self management, we expect a lot but give very little. If we want people to be more proactive about their health we need to give them support in a format they can engage with.

General Practitioner, Rotherham, Yorkshire

...for me, everything was self-taught, a case of trial and error. If I'd had more information at the beginning, that would have helped enormously.

Student with eczema, Barnet, London

You go to your GP and you know you've got ten minutes. You're sitting there thinking 'I'm bothering him with all these questions' but what else can you do? If you could just get the same support [without going to the surgery], it'd be far less stressful.

Parent of child with eczema, Ely, Norfolk

Providing support is the main thing in eczema... and most patients, everybody, young or old, they have a mobile. So it would be nice to have something [available for eczema management] on mobiles which has been reviewed to be accurate, so that we could recommend it.

Dermatology nurse, Leatherhead, Surrey

## Contact Information

We are a group of doctors, nurses, patients and researchers based at the Universities of Soton, Nottingham, Bristol, UEA, LSHTM. The research programme is being co-led by Dr Miriam Santer, University of Southampton and Professor Kim Thomas, University of Nottingham.



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## What we're planning to do for this research

This programme of research aims to promote effective **eczema self-care** by improving individuals' knowledge of eczema treatments as well as influencing both attitudes and skills related to treatment use. We'll do this through the following interconnected work packages, set to run from September 2017 to February 2023.



### Identifying support needs of people affected by eczema

Explore the support needs and barriers to self-care through reviewing the existing evidence and conducting interviews with people with eczema and people who care for someone with eczema.

Objectives: Gain an understanding of experiences of eczema, including self-care support needs and patient/carer views on, and experience of, using eczema treatments.



### Developing supportive technology

Develop two online interventions to help support self-care: one for parents/carers of children with eczema and one for teenagers and young adults with eczema.

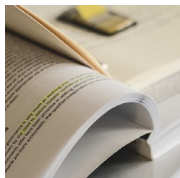
Objectives: Create two self-care support interventions designed to target and influence behaviour, with content tailored according to aspects such as age and eczema severity.



### Putting the results into practice

Investigate how the interventions can be integrated into clinical practice and facilitate their uptake should they prove clinically and cost-effective.

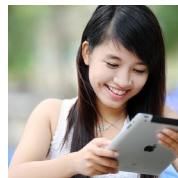
Objectives: Support the interpretation of the findings and facilitate uptake of the interventions and engage with clinical communities to promote sign-posting towards interventions.



### Collating evidence on treatment safety

Systematically review existing evidence on topical corticosteroid safety.

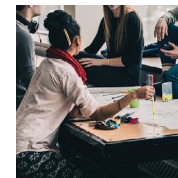
Objectives: Establish current best evidence on the safety of topical corticosteroids and use this to create tools to support shared decision making and shared understanding between health professionals and people with eczema.



### Testing the technology

Determine clinical and cost-effectiveness of the online interventions compared to standard care by performing two randomised controlled trials with health economic analyses.

Objectives: Feasibility randomised controlled trials will establish the trial recruitment and viability, and the full-scale trials will determine clinical and cost effectiveness



### Stakeholder Engagement

Work in partnership with patients/carers and healthcare professionals throughout the project to enable the tasks undertaken are developed and implemented in a way which takes into account the experience of patients and the needs of both communities.

Objectives: To ensure the research is relevant to patients and the healthcare professionals who treat them.