

ECZEMA AT PRIMROSE HILL

Atopic eczema (atopic dermatitis) is the most common form of eczema, a condition that causes the skin to become itchy, dry and cracked. Atopic eczema is more common in children, often developing before their first birthday. But it may also develop for the first time in adults. It's usually a long-term (chronic) condition, although it can improve significantly, or even clear completely, in some children as they get older.

Known symptoms are:-

- Itchy skin
- Dry skin
- Cracked and sore skin
- Inflamed skin

Although atopic eczema can affect any part of the body, it most often affects the hands, insides of the elbows, backs of the knees and the face and scalp in children.

The management of Eczema

Treatment for atopic eczema can help to relieve the symptoms and many cases improve over time. However, there's currently no cure and severe eczema often has a significant impact on daily life, which may be difficult to cope with physically and mentally. There's also an increased risk of skin infections.

Many different treatments can be used to control symptoms and manage eczema, including:

- self-care techniques, such as reducing scratching and avoiding triggers
- [emollients](#) (moisturising treatments) – used on a daily basis for dry skin
- [topical corticosteroids](#) – used to reduce swelling, redness and itching during flare-ups

Primrose Hill Primary School:-

- Encourages and helps children with eczema to participate fully in all aspects of school life.
- Recognises that eczema is a condition affecting many school children.
- Ensures that the school environment is favourable to children with eczema, eg. no animals in the classroom.
- Ensures that other children understand eczema so that no stigma is attached to the condition.
- Works in partnership with parents, school governors, health professionals, school staff and children to ensure that children with eczema can integrate in the everyday workings of our school.

We ask our parents:

- To update us if their child needs medication at home/in school for their condition.
- Ask parents to inform the school office if their child develops the condition.

Current School Practice

Parents are asked if their child has any medical problems on admission. Eczema is noted on the child's information sheet and registered on SIMS. This information is passed up through the school. Each member of staff has a copy or has access to a copy of this documentation.

COVID UPDATE 2020

The below is the advice of: <https://eczema.org/blog/advice-on-coronavirus-covid-19-for-people-with-eczema/>

'We recommend that people with eczema follow the government guidance to wash hands with soap and water, rather than an emollient soap substitute, as much as practically possible. Soap is considered to be more effective than emollient at breaking the lipid envelope surrounding coronavirus particles, and removing the virus from the skin. Frequent washing of hands with soap can, however, cause problems for people with eczema, including dry skin and hand eczema. It is very important people find ways of managing dry skin and hand eczema that may be caused or worsened by frequent washing with soap.

Strategies for this include:

- After washing hands with soap and water, re-wash using emollient to help protect the skin.
- Use emollients to moisturise the hands after washing and at other times during the day when the skin feels dry and sore.
- Dry hands well after washing by gently patting them dry, not rubbing. When drying your hands, take special care between the fingers where the skin is more prone to dryness and cracking, and build-up of soap residue.
- Rehydrate sore dry hands overnight, using an ointment and wearing clean cotton gloves.
- Wear nitrile gloves if you need to handle detergents or other cleaning products that can irritate the skin. These provide a physical barrier for the skin and can be purchased from chemists or from online shops.
- If you develop more severe hand eczema or suspect your skin is infected, you should contact your GP and may need prescription medicine to reduce the inflammation.

If you feel you need to use sanitising gel (which may irritate your eczema), apply your usual emollient afterwards to minimise any irritant effect.

In public places where you can't avoid touching surfaces, try not to touch your nose, eyes or mouth (or your child's) because the virus gets in through mucous membranes.'

At Primrose Hill, all children who have eczema are known to us. If a child can be seen visibly suffering the symptoms of eczema, a discussion will be had with parents at the end of the day. If certain soap/ creams are needed for a specific child, these will be kept in that child's classroom for them always to have access to. In addition all staff have undertaken an online hand washing course. All children have been taught how to wash their hands properly in school. Please see our school Covid risk assessment for full details.