

Eczema - planning checklist

If you've no or little previous experience of having a pupil with eczema in your class, it can be difficult at first to keep on top of their treatment regime and to remember all their individual triggers. That's why we've included this at-a-glance checklist for your planning folder so that when putting together a lesson plan you can easily identify possible issues for the child, which can then be highlighted to all the adults involved with the lesson.

Copies are available for download on our website at www.eczema.org/eczema-at-school-eczemainformation

Name of child

Class

Teacher's name

Date

 **Treatment...**

When does the child need to apply emollient during the school day?

When does the child need to be reminded to 'top up' their emollient (e.g. after wet play, etc)?

Leave a gap (ideally 30 minutes) between applying emollient and sunscreen.

Who will oversee help with each of these applications (assuming the staff members rotate)?

Is the child using their soap substitute if one has been supplied?

Are there any side effects from the child's current medication that the team needs to look out for?

Is the child allergic or sensitive to any of the materials in protective gloves (e.g. nitrile/PVC/latex)?

Potential triggers...

Tick any that apply

- Being too hot or too cold or sudden temperature changes
- External conditions (e.g. very sunny, bitterly cold, high pollen count, etc)
- Natural environment (e.g. contact with grass, plants, trees, etc)
- Animals and birds
- Soap
- Wet play
- Chemicals (e.g. glue, paint, clay)
- Clothing
- Sweat
- PE
- Swimming
- Dust
- Carpet
- Certain foods



Visual clues for the team to watch out for...

How does the child convey that they are itchy? By pinching their skin, squeezing a ball or using everyday items such as a ruler or pen to scratch themselves with?

What usually precedes a bout of itching (e.g. does the child become quiet and withdrawn or louder and more disruptive)? Do they suddenly go very still or do they continually fidget? Do they go red in the face, etc?

How sore are the child's hands? Can they hold a pencil comfortably? Can they take part in 'fine work' such as sewing?