

## Eczema News - Te Rōpū Kiripai Hapori

**Autumn Edition 2024**

### Kia ora

Welcome to the Paediatric Society of NZ (PSNZ) Te Rōpū Kiripai Hapori (the Eczema Clinical Network) "Eczema News" Autumn edition. The Clinical Reference Group (CRG) of Te Rōpū Kiripai Hapori shares this newsletter with our extended clinical network bi-annually, bringing together current news, clinical updates, patient stories and any other requested content.

**We are keen to connect with the paediatric eczema workforce across the country and invite anyone interested to join our extended clinical network - just email [eczemacn@paediatrics.org.nz](mailto:eczemacn@paediatrics.org.nz).**

In this Autumn edition we share some important information pertaining to a Medsafe Alert: "NaturaCoco and Dok Apo creams found to contain very strong steroid".

### Medication Focus

#### **Medsafe Alert: NaturaCoco and Dok Apo creams found to contain very strong steroid**



**Images of NaturaCoCo Moisturising Cream (left) and Dok Apo Moisturiser Soothing Cream (right)**

This month Medsafe have reported that these creams made in the Philippines have been found to contain the steroid flucinonide:

[https://www.medsafe.govt.nz/safety/Alerts/NaturaCoco\\_Moisturising\\_Cream\\_and\\_%20Dok\\_Apo\\_Moisturiser\\_Soothing\\_Cream.asp](https://www.medsafe.govt.nz/safety/Alerts/NaturaCoco_Moisturising_Cream_and_%20Dok_Apo_Moisturiser_Soothing_Cream.asp)

Many of our eczema families have had this cream suggested through friends, family or social media. The creams were advertised as "your daily skin moisturiser". They were reported to contain no steroid and "FDA" approved. This advertising is obviously reassuring, so many whānau have been using this as a moisturiser on their children continuously for months on end.

Ingredients listed on the pot included coconut milk, collagen, vitamin E, goats milk, papaya extract, shea butter and olive oil. These are all fairly standard moisturiser ingredients. Unfortunately, the added steroid was not mentioned.

Many Health Professionals working in eczema care have been surprised by the seeming miraculous results from "just a moisturiser". This led to the question of whether it contained something in addition to the ingredients listed, ie a steroid. My understanding is that a number of our nursing colleagues raised this question repeatedly leading to the testing which showed the steroid.

Flucinonide is not available in New Zealand and comes in differing strengths overseas. The commercial products overseas vary between a strong steroid up to ultra-potent. This would be comparable to our Beta cream or mometasone and up to Dermol. Obviously, steroids of these potency's should never be used on faces and not for more than 2 weeks continuously on the body. (Dermol should never be used unless under close dermatology review).

We know that very excessive use of topical steroids for long periods can lead to adrenal suppression. Our knowledge of adrenal suppression from oral steroids would suggest that the adrenals do bounce back to normal fairly quickly after stopping the medication. However, if children have been using this cream a lot and then get sick and have drowsiness, vomiting or abdominal pain then they should definitely seek immediate medical attention and a blood sugar and blood pressure done as part of the initial assessment.

If patients have been using either cream daily for weeks/months there maybe rebound eczema symptoms when this cream is stopped, and these patients would need to work with their healthcare professionals to review and monitor. Tapering with other topical steroids alongside other eczema management may be required.

### Who are the Clinical Reference Group (CRG) of Te Rōpū Kiripai Hapori?


The CRG is a small group of health professionals - general practitioners, paediatricians and paediatric specialist physicians, nurses, and allied health professionals from across Aotearoa who are passionate about paediatric eczema and are working collaboratively with the support of PSNZ to improve knowledge and resources. [Click here](#) to meet our current CRG members.

The most up to date clinical information on management of eczema in Aotearoa can be found at [Starship - Child and Youth Eczema Clinical Network](#). Please do promote this website widely within your local networks.

The CRG welcome any [feedback or ideas](#) about how to make this publication an effective communication and education tool for health professionals across Aotearoa.

**FIND OUT MORE**

If you have any suggestions for future content please contact us on [eczemacn@paediatrics.org.nz](mailto:eczemacn@paediatrics.org.nz).

 Please share this newsletter widely within your local professional networks.

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