

NZ CHILD & YOUTH CLINICAL NETWORKS

Eczema News Te Rōpū Kiripai Hapori

The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa



Winter Edition - 2025

Kia ora

Welcome to the Paediatric Society of NZ (PSNZ) Te Rōpū Kiripai Hapori (the Eczema Clinical Network) "Eczema News" Winter 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.

In this edition we share some exciting updates in relation to education and resources for health professionals and whānau.

Education and Resources

Our newly revamped Acute Eczema Flare Plans and Bleach Bath Plans are now available from our [new webpage on the PSNZ website](#), and linked via the images below. Please note that the branding of the bleach product has changed, which is reflected in the new bleach plan. We hope everyone likes the new look.

BLEACH BATHS FOR ECZEMA

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Why use a bleach bath?
Bleach – sodium hypochlorite baths decrease bacteria (bug) on the skin. This can help improve active eczema and prevent skin infection. Once diluted in bath water it creates a swimming pool with chlorine.

When should I use it?
When the skin is red and itchy or infected (blisters, oozing). Some cracked eczema skin will sting when having a bath, adding bleach won't make this worse.

How often?
Twice a week. See your doctor or nurse if skin is itchy by the bath, or if infection occurs. Wash the whole body and hair.

What sort of bleach should I use?
Bleach used as household cleaner. Choose one that is plain and has no added fragrance or detergent. They come in different strengths – see below. Bleach gets weaker over time so you may need to replace with a fresh bottle.

Perma Extra Strength Bleach

Buy at:
New World
PAC-SAVE
Four Square

4.2% Bleach

Short Bleach

Buy at:
The Warehouse

2.1% Bleach

FOR MORE INFO:

MAKE SURE YOU STORE BLEACH WHERE CHILDREN CANNOT REACH IT

BATHING PROCESS:

- Fill your bath or tub with warm water**
 - A full-sized bath filled 10cm deep holds about 80 litres of water
 - A baby's bath holds around 10 litres of water
 - Work out how much water is in your bath by filling it to a mark using a bucket or large bottle
- Add bleach and mix well**
 - For a 4.2% product, add 1 ml for every litre of water
 - For a 2.1% product, add 2 ml for every litre of water
- Soak in the bath for 10 minutes then wash with non-soap cream**
 - You can choose to rinse off after or not
 - Pat skin dry with a towel. Do not share towels
 - Apply steroid and moisturiser creams as per your eczema plan

Work out the amount of bleach to add to the bath here:

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ECZEMA FLARE: CARE PLAN

< 1 year of age

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Place patient sticker here

DATE: Date:

BATH:

- Once a day. No soap or bubble bath.
- Use soap-free wash or moisturiser as a soap substitute.
- Dilute bleach bathing, if prescribed.

MOISTURISER:

- Use every day, all over.
- Apply morning and night and with every nappy change.
- Apply when needed to soothe skin.
- Can be used instead of soap.

TOPICAL STEROID: FACE

- Once a day to eczema that is red, itchy and sore.
- Do not use Atopic on eyelids.
- Use plain Vaseline for irritation around the mouth.

TOPICAL STEROID: BODY, ARMS & LEGS

- Once a day to eczema that is red, itchy and sore.
- You can rub half and half with moisturiser to help it spread over large areas.
- Don't use under the nappy unless told to by your doctor.

TREATMENT PLAN:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
WASH	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
MOISTURISER	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
STEROID	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
STEROID	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
STEROID	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

From week 5 onwards EPHEC use steroid to eczema as needed at the first sign of a flare. Use EPHEC patches from week 6, use steroid a maximum 2 days per week (Sat and Sun).

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What's Available for Whānau

We are excited to announce that [KidsHealth](#), our trusted source of accurate and reliable information about the health and well-being of tamariki and rangatahi in Aotearoa has undergone a significant revamp. It now boasts a great new look, with all our eczema resources having been rejigged and reorganised to make it easier for families to find the information they need.



What's new in Eczema Management for Professionals

A new article on Health Pathways which is available Nationally has recently been published. This article discusses the safe and appropriate use of topical corticosteroids for eczema and is relevant for both paediatric and adult populations. [Click here](#) to access this summary article.

[Click here](#) to access our NZ HealthPathways Portal, the login details are below. The link will take you to a list of the regional HealthPathways sites. Please select the relevant HP site and you will be taken to your Topical Corticosteroids pathway.

Username: PaediatricSociety

Password: topical

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

The most up to date information on management of eczema in Aotearoa can be found on the [Eczema Network page on the PSNZ website](#). Here you will find news and information as well as links to all of the latest clinical guidelines and whānau resources. Please do promote this website widely within your local networks.

FIND OUT MORE

If you have any suggestions for future content please contact us on eczemacn@paediatrics.org.nz.