

Eczema News Te Rōpū Kiripai Hapori

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



Autumn Edition - 2026

Kia ora

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

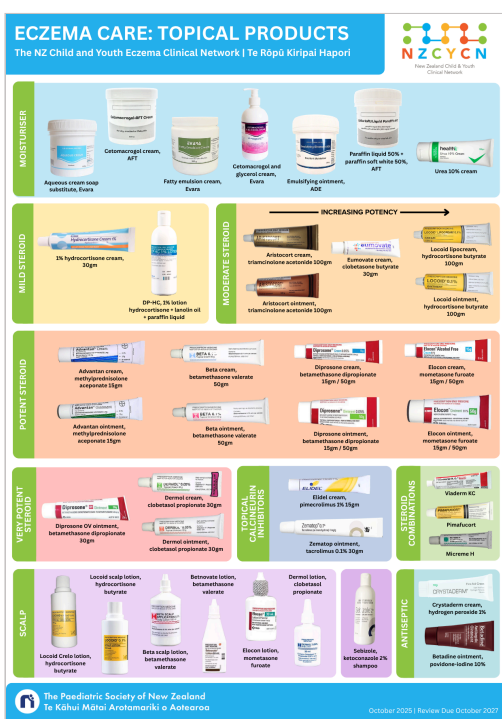
We are keen to connect with the paediatric eczema workforce across the country and invite anyone interested to join our extended clinical network - just email eczemacn@paediatrics.org.nz.

In this edition we share some exciting updates in relation to education and resources for health professionals and whānau. The Clinical Reference Group (CRG) has been busy updating several of our resources. We hope you find them helpful and like the new format.

Education and Resources

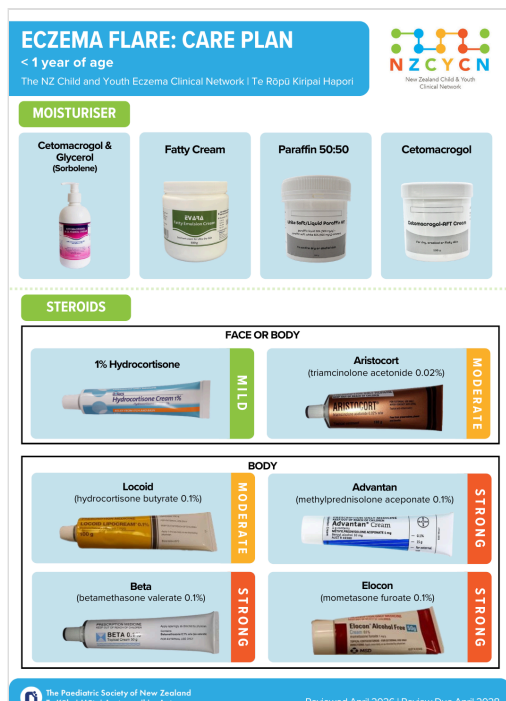
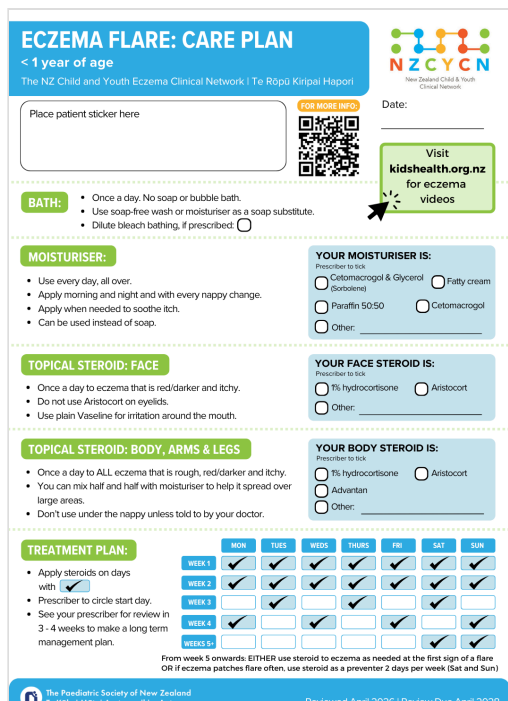
Eczema Care – Topical Products Poster

We have pulled together all the moisturisers and steroid creams commonly used in paediatric eczema and fitted them onto a single printable page. Many of us have laminated copies displayed in our clinics to help whānau identify which "cream or tube" they have at home.



Eczema Care Plans

Eczema Flare Plans by age group and Eczema Care Plan for maintenance have been reformatted and the steroid potencies on the reverse side slightly reordered. Our advice about which body areas each steroid can be used on remains unchanged.



You can download the plan specific to each age group below:

- [Eczema Care Plan 1 year.pdf](#)
- [Eczema Care Plan 1-4 years.pdf](#)
- [Eczema Care Plan 5 years+.pdf](#)

You can also access these by going to www.paediatrics.org.nz/our-work/nz-child--youth-clinical-networks/eczema > Handouts for Families.

What's new in Eczema Management for Professionals

Medication Update: Care with Prescribing Eumovate

A recent incident in one of our regions involved two prescriptions for Eumovate (clobetasone butyrate), a medium potency steroid, being mistakenly dispensed as clobetasol propionate (Dermol), which is a very potent steroid. The error occurred at the pharmacy, and national changes have now been made to pharmacy processing to help prevent this happening again.

As prescribers, another way we can safely net this process is by writing both the generic name and the trade name EUMOVATE clearly on prescriptions. No one wants a young child to have dermol-strength steroids applied to their eczema by mistake.



Health Equity

We know there are many reasons to actively treat and manage eczema. A recent article offers yet another important reason to support our Māori and Pasifika tamariki to improve their health outcomes.

Researchers in Auckland found that deprivation, ethnicity, and eczema were all significant risk factors for developing bone and joint infections (BJI). Aotearoa already has some of the highest rates of these infections globally, often leading to prolonged hospital stays and long term complications.

The authors concluded:

"Childhood BJI remains inequitably distributed by ethnicity. Eczema may be a suitable focus for strategies to lower disease risk."

Reference:

Deprivation, Ethnicity and Eczema: Understanding Associations for Childhood Bone and Joint Infection, Hunter S et al., J Paediatr Child Health. 2025 Sep; 61(9):1385-1392.

<https://onlinelibrary.wiley.com/doi/10.1111/jpc.70113>

Contact us

The CRG welcomes [feedback or ideas](#) on how we can 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](#). Please promote this widely within your local networks.

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

Share this newsletter widely with your local professional networks.

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