**Eczema School Management Plan**

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| **Pupil’s name:** | **Date of birth:** |
| **School/Nursery** | **Class/Form:** |
| **Completed by:** | **Date:** |

**Details of medical condition**

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| Eczema is a chronic dry skin condition that is accompanied by extreme itch. It is caused by a combination of genetic, immunological and environmental factors. When someone has eczema, their skin does not provide the same level of protection as normal skin since the skin barrier is defective. Moisture is lost causing the skin to become very dry and external irritants can penetrate the body more easily and cause inflammation. Eczema is not contagious and it is vital that everyone who comes into contact with the child – teaching staff, support staff, fellow pupils – understands that.   |  | | --- | | **Eczema symptoms:**   * Itchiness * Dryness and sensitive skin * Inflamed and thickened skin * Red and angry skin * Discoloured skin * Rough, leathery or scaly patches * Broken, cracked and rough skin * Oozing or crusting   ***If children are asking to apply emollients at school it is because their eczema is not well controlled and emollients is necessary to help relive there symptoms.*** |  |  | | --- | | **Eczema triggers include**:  🗆 Dry air, extreme heat or cold  🗆 Pollen  🗆 Dust mite and dirt  🗆 Animals  🗆 Scented products and perfume  🗆 Soap  🗆 Exposure to water  🗆 Chemicals (glue, paint, clay)  🗆 Clothing  🗆 Swimming  🗆 Carpet, dust  🗆 Stress and anxiety  🗆 Certain foods | |

**Details of care**

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| • Ensure that the child does not come into contact with anyone with herpes simplex.  • If there is a case of chickenpox anywhere in the school, inform the parents/carers as soon as possible. |

**Tick any that apply.**

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|  | • Moisturiser to be applied during school breaktime (AM and lunch) to alleviate dryness of skin and itchiness. |
|  | • Temperature - being too hot or too cold or suddenly moving from one temperature to another. Ensure that the pupil doesn’t sit near a draughty door, near a radiator or near a window that the sun pours through. |

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|  | • Soap and water - ensure that the pupil always has access to the soap substitute supplied by their parents for use during school hours. |
|  | • Wet and messy play - Hands should be moisturised before messy or wet activities, then washed with a soap substitute and moisturised with emollients afterwards. Give parents advance notice of such activities so they can bring in any items that the child might need. |
|  | • Pollen - If the pollen count is high and the child’s eczema is bad or triggered by pollen, indoor play at break time should be made an option. If the child does go outside, remind them to play in areas of the playground with a manmade surface (i.e. not on the grass). |
|  | • Dust - it is impossible to eradicate every speck of dust from a classroom on a daily basis. Damp dusting (using a slightly wet cloth) is a particularly effective way of removing dust from a room and this should be recommended to the cleaning team. |
|  | • Chairs - inflamed skin can ‘stick’ to chairs, especially in warmer weather, and plastic can rub and catch. Ask the child’s parents if they can supply a thin cotton cushion that can be placed on the chair to overcome these issues. |
|  | • Carpets - Carpets are a prime location for house-dust mites and their droppings and can chafe exposed skin. A pupil with eczema should be provided with a lino or plastic mat so that their skin does not come into direct contact with the carpet. Also, a child with very dry, sore eczema will have less flexibility in their flexures (the insides of their elbows and behind their knees) so sitting cross legged on the carpet with their arms folded will be at best painful and at worst impossible. |
|  | • Swimming lessons can be a particular challenge as they combine the drying effects of water (it strips oils from the skin) with exposure to chemicals, the most common being chlorine. All pupils with eczema will need extra time after the lesson to rinse themselves carefully with clean water – using washing emollient – gently pat themselves dry and then apply leave-on emollient before getting dressed. |

* **Once completed, the parent/carer is responsible for taking a copy of this School Care Plan to all relevant hospital/GP appointments for updating.**
* **It is the responsibility of the parents to ensure that any medication in school is in date and has a prescription label. This should be available to the child/young person at all times during the school day including when they are offsite (e.g. PE, school trips).**

**Parent/carer declaration (please tick to confirm)**

🗆 I confirm that I give consent for my child’s medication to be administered when required in school.

**Name: Signature: Date:**