



Eczema News - Te Rōpū Kiripai Hapori

Summer Time Edition 2022/23

Kia ora

Welcome to the Paediatric Society of NZ (PSNZ) Te Rōpū Kiripai Hapori (the Eczema Clinical Network) "Eczema News" summer time edition. The Clinical Reference Group (CRG) of Te Rōpū Kiripai Hapori shares this newsletter with our extended clinical network quarterly, bringing together current news, clinical updates, patient stories and any other requested content. The CRG welcome any [feedback or ideas](#) about how to make this publication an effective communication and education tool for health professionals across Aotearoa.

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

The CRG is a small group of health professionals - general practitioners, paediatricians, 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.

We are keen to connect with the paediatric eczema workforce across the country and invite anyone interested to [join our extended clinical network](#). 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.

In this summer edition we focus on keeping our tamariki's skin settled during the hot months.

Education and Resources – Eczema and Suncare



Having eczema and sensitive skin, and particularly living in New Zealand with our harsh sun and high ultraviolet (UV) radiation levels, can mean caring for a child's skin is a challenge. Wearing protective clothing and seeking shade are significant in preventing damage to skin. While it is also important to actively manage flared eczema skin, choice of sunscreen product and application principles are key to not aggravating skin further. [Click here for full article.](#)

What's Available for Whānau?



Are you getting lots of questions about how to protect sensitive skin during the hot summer months? Managing eczema in summer can be challenging, particularly given the associated heat and humidity, and the risks of sun exposure. Overall, the key is to follow an eczema management plan, have plenty of creams or emollients on hand, and keep up with regular moisturising. [Click here](#)

for a brief "Tips for managing eczema in the summer" handout overview of what is recommended and how to provide whānau with reassurance around this.

The Clinical Eczema Network recommends that families of children and young people with eczema in Aotearoa be directed to the [Eczema In Children | KidsHealth NZ](#) website. The content for these pages is written specifically for children and/or young people and their whānau and is reviewed regularly by the Clinical Reference Group.

Stories from Aotearoa: More Plunket Facebook live events with Eczema experts from around the Motu



Have you seen the additional recent 4-part live chat video series that some of our Clinical Reference Group members recently did in collaboration with Plunket Digital team?

Part 1 – What is Eczema with Lydia Snell, Clinical Nurse Specialist

Part 2 – Steroids and Eczema with Dr Diana Purvis, Paediatric Dermatologist

Part 3 – Bleach Baths and Top Tips with Faasoa Aupau, Clinical Nurse Specialist

Part 4 – Anxiety and the Emotional Burden of Eczema with Dr Anna Gilmour, GP

These recordings are a really great resource to share with Whānau and your colleagues and can be found at the [KidsHealth Eczema Page](#).

