

ADDRESSOGRAPH

## ECZEMA ACTION PLAN & PRESCRIPTION

**PHYSICIAN:** Initial beside selected orders.

**PHARMACIST:** Fill medications as directed by physician.

WEIGHT \_\_\_\_\_ kg ALLERGIES \_\_\_\_\_

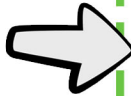
The Prescribed Cream should only be applied to affected areas

### ECZEMA UNDER GOOD CONTROL :



**Bathe:**

- Daily
- Pat dry



**If Needed**

**To Control At Risk Areas  
Apply Medicated Creams  
On and Off:**

- \* For one month
- Protopic®  
**two-three times a week**
- OR
- Desonide 0.05%  
**two times a week**

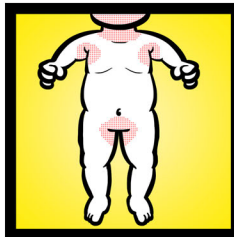


**Apply Moist Cream:**

- At least two times a day

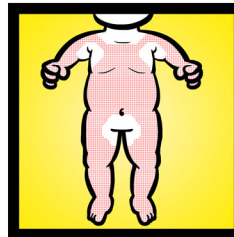
### ECZEMA FLARE-UP :

Continue **EcZema under good control** measures (above)



**Face, Neck, Armpits, and/or Groin:**

- \_\_\_ Desonide 0.05% ointment **M: 60g R:3**  
**two times a day**
- \_\_\_ Protopic® ointment **M: 60g R:3**  
**two times a day**
- 0.03%    0.1%
- \_\_\_ Other: \_\_\_\_\_ **M: \_\_\_ R:3**

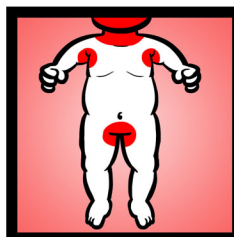


**Body (arms, legs, hands, feet and torso):**

- Use same prescription as **Face**
- \_\_\_ Betamethasone valerate 0.1% ointment **M: 454g R:3**  
**two times a day**
- \_\_\_ Other: \_\_\_\_\_ **M: \_\_\_ R:3**

### ECZEMA OUT OF CONTROL :

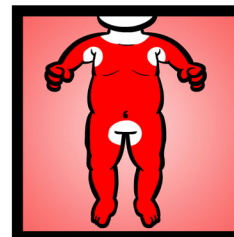
Continue **EcZema under good control** measures (above) and **go see your doctor** if your/your child's eczema does not get better within **5-7 days**



**Face, Neck, Armpits, and/or Groin:**

- \_\_\_ Betamethasone valerate 0.1% ointment\* **M: 454g R:3**  
**two times a day**
- \_\_\_ Other: \_\_\_\_\_ **M: \_\_\_ R:3**

\*NO MORE THAN 14 out of 21 DAYS



**Body (arms, legs, hands, feet and torso):**

- Use same prescription as **Face**
- \_\_\_ Clobetasol propionate 0.05% ointment\* **M: 50g R:3**  
**two times a day**
- \_\_\_ Other: \_\_\_\_\_ **M: \_\_\_ R:3**

\*NO MORE THAN 7 out of 14 DAYS

### ADDITIONAL MEASURES:

**Sleep:**

- \_\_\_ Hydroxyzine (Atarax®) **M: 200mL R:3**  
0.5-1mg/kg/dose = \_\_\_\_\_ mg  
**at bedtime**
- \_\_\_ DiphenhydrAMINE (Benadryl®) liquid **1 Bottle:100mL R:3**  
1 mg/kg/dose = \_\_\_\_\_ mg  
**at bedtime**



**Infection Control :**

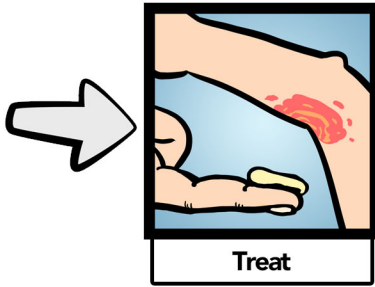
- \_\_\_ Mupirocin ointment **two times a day** **M: 30g R:3**
- \_\_\_ Cephalexin suspension \_\_\_\_\_ mg **M: 14 days R:0**  
(17 mg/kg/dose, max 2 g/day)  
**three times a day** by mouth
- \_\_\_ Other: \_\_\_\_\_ **M: \_\_\_ R:3**

Physician: \_\_\_\_\_ License #: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(print name) (dd/mm/yyyy)

Follow up with the dermatologist in \_\_\_\_\_ weeks \_\_\_\_\_ months

**Eczema** (or **Atopic Dermatitis**) can be long-lasting and can get worse at times. This is normal. Many children may outgrow eczema, but often not until after age 10.

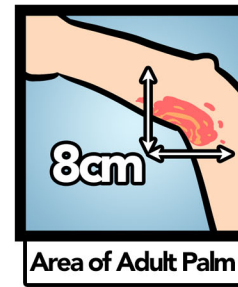
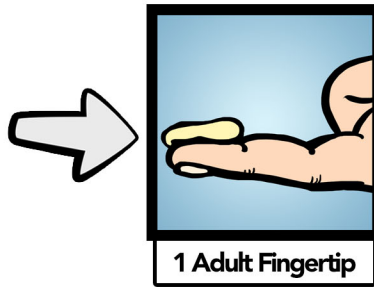
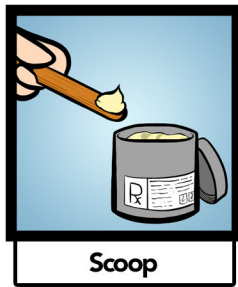
**1 BATHE:** Daily for less than 10 minutes and pat dry. **Right after bathing**, apply prescribed treatment, then moisturize.



**Use mild soap:**

- Dove® sensitive skin beauty bar
- Aveeno® for dry skin bar
- Other: \_\_\_\_\_

**2 TREAT:** Before touching the prescribed cream, wash your hands. Covering the tip of an adult's finger is enough to treat an area equal to an adult palm.



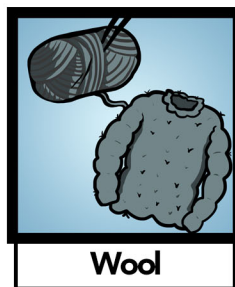
**3 MOISTURIZE / APPLY MOIST CREAM:** At least two times a day, put cream all over your / your child's body



**Suggested Cream:**

- Glaxal Base®
- CeraVe® Cream
- Clinidem®
- Petroleum jelly
- Aveeno Eczema Care®
- Other: \_\_\_\_\_

**AVOID TRIGGERS AND IRRITANTS:**



**INFECTION CONTROL - BLEACH BATH:** Soak for less than 10 minutes and rinse. **Right after bathing**, apply medication, then apply moist cream.

