

YOUR PERSONAL TREATMENT PLANNER



This treatment planner has been created to help HCPs (who can prescribe) give patients with dry or itchy skin conditions ongoing support for the days and weeks after their appointment. It can be used to ensure emollients are prescribed appropriately and effectively alongside other treatments.

Name:

Diagnosis:

Today's date:

Date of next appointment:

Today you've been prescribed an

Emollient:

Other:

Your treatment goals are

1.

2.

3.

4.

How your skin works

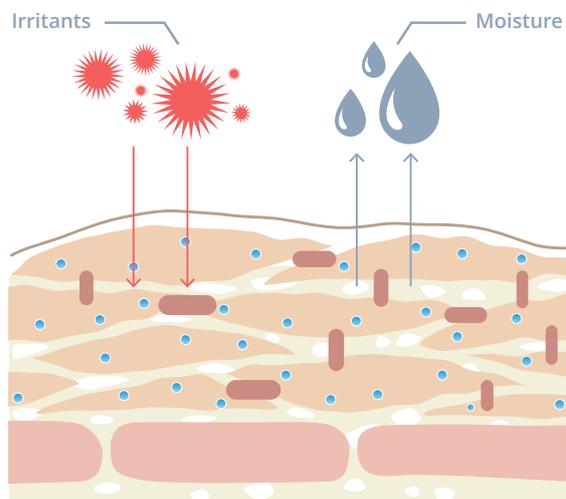
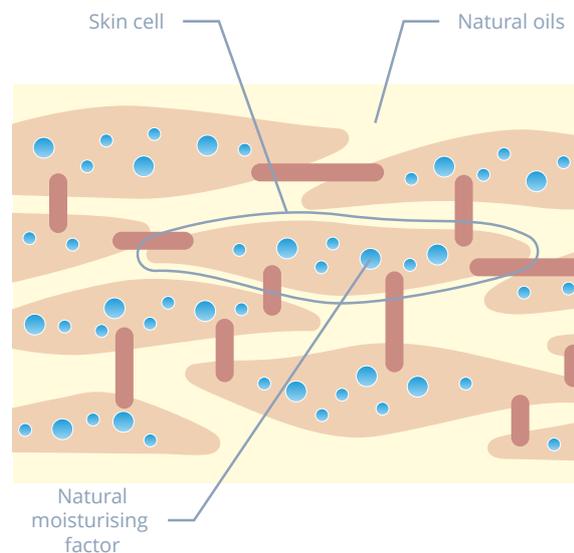
Your skin performs lots of important tasks, including:



- Forming a **barrier that protects your body** from allergens, viruses and bacteria
- Helping to **control your body temperature**
- Playing a **big part in sensations** like touch, pain and pressure
- Producing **vitamin D, which is essential** for strong teeth and bones

When your skin isn't hydrated, it's harder for it to perform its primary functions as a protective barrier. By understanding what's happening to your skin, you'll be able to help keep it hydrated and working properly as your body's barrier against intruders or damage from the environment.

Healthy skin is like a cobbled path – the stones (skin cells) are held together snugly, with natural oils (lipids) filling the gaps between the cells. This arrangement forms your skin's natural protection barrier, keeping moisture in and irritants out.



Simplified representation of dry skin

Dry skin is more like crazy-paving. The cells have less moisture in them or the lipids holding cells tightly together are reduced. This weakens the skin's barrier so more moisture gets out and more irritants get in, which dries the skin out and makes it itchy.

What are emollients?

Emollients are effective moisturisers that can help maintain your skin's natural protective barrier and rehydrate your skin, they:



- Help your skin attract and retain moisture, which rehydrates it
- Help to create a protective layer on top of your skin, to reduce moisture getting out and irritants getting in

How to apply emollients effectively

DO:

- ✓ Apply emollient to areas where the skin is dry or itchy. It's especially important to regularly apply an emollient to your hands and face because they are exposed to environmental elements more than any other part of the body.
- ✓ Apply your emollient at least 3–4 times a day, every day.
- ✓ For eczema sufferers, make sure you're using enough emollient. Adults should use 600g every week (about one handful every day). Children should use at least 250g a week (about half an adult handful every day). Eczema patients should also follow the instruction provided in the product's information leaflet for frequency of application.
- ✓ Smooth the cream on your skin gently in the direction of your hair growth.
- ✓ Replace soaps, shower gels and bath oils with wash-off emollients or soap substitutes.
- ✓ Be careful in the bath when you're using your emollient washes and bath oils, as they can make your bath more slippery than usual.
- ✓ Try to keep warm baths and showers to 5–10 minutes: this can help skin hold moisture.
- ✓ Try to take a small pot of emollient with you when you leave the house, so you can keep your skin topped up with moisturiser throughout the day.
- ✓ Look at the labels when you're buying clothes and bedding; cotton is less irritating for dry or itchy skin.

DON'T:

- ✗ Rub the emollient into your skin vigorously – make sure you use gentle strokes in the direction of your hair.
- ✗ Forget to apply your emollient after your bath or shower; it can help retain moisture in your skin.
- ✗ Stop applying your emollient if your skin looks like it's getting better; you'll need to keep applying it as recommended by your healthcare professional to continue seeing progress.
- ✗ Spend too long in the bath or shower or use very hot water to wash your body or hands, as both can dry your skin out.
- ✗ Scratch your skin if it's itchy as it can do lots of damage – reach for the emollient instead.

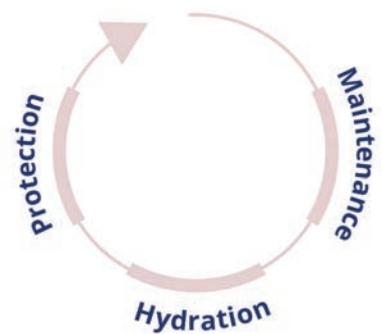


Getting into the right routine

This daily planner can help you track your progress, by making a note of how your skin is responding to your prescribed emollient. You can do this by filling in the calendar below to record how many times a day you apply your emollient and how your skin is responding.

Fill it in over the next 6 weeks, or until your next check-up.

Use the green, yellow and red colour code (below) to record your progress.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
G Not having any problems							
Y Things could be better							
R Skin isn't in a good state							
Test Week*	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Times applied	2	1	1	1			
<i>*for example purposes only</i>							
Week 1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Times applied							
Week 2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Times applied							
Week 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Times applied							
Week 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Times applied							
Week 5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Times applied							
Week 6	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Times applied							

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Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard