

# Eczema Action Plan



Name : \_\_\_\_\_

Gender : Male / Female

Date of birth : \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date of Today : \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Attending doctor : \_\_\_\_\_

Signature : \_\_\_\_\_

Next follow-up date : \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Time : \_\_\_\_\_ a.m. / p.m.

## 《Daily skin care routine》

### Cleaning

Bathing : Shower / Tub bath (10-20 minutes); Everyday / Every \_\_\_\_ day

- Bath cleanser : \_\_\_\_\_
- Shampoo : \_\_\_\_\_

### Moisturizing

- Moisturizer : \_\_\_\_\_ ( at least twice a day )

### Oral medication

- Antihistamine : \_\_\_\_\_  
\_\_\_\_\_ time / day; \_\_\_\_\_ tablet / ml per time

### Others

- Tub bath · Use :  Bath oil  Bleach  Others : \_\_\_\_\_
- Cold compress
- Wet wrap therapy
- Avoid triggers · including : \_\_\_\_\_

Remarks :

---

---



Reference : Children' s Hospital Boston Eczema Action Plan in Rork, J. F., Sheehan, W. J., Gaffin, J. M., Timmons, K. G., Sidbury, R., Schneider, L. C., & Phipatanakul, W. (2012). Parental response to written eczema action plans in children with Eczema. *Archives of Dermatology*, 148(3), 391–392.



**Green** ( The skin is very slightly red and itchy )

- Continue your daily skin care routine



**Yellow** ( Initial eczema, mild to moderate skin redness and itching )

- Continue your daily skin care routine
- Use topical steroids (face) \_\_\_\_\_ times/day (Up to \_\_\_\_\_ days)
- Use topical steroids (body) \_\_\_\_\_ times/day (Up to \_\_\_\_\_ days)



**Red** ( Severe redness, itching, and oozing )

- Continue your daily skin care routine
- Use topical steroids (face) \_\_\_\_\_ times/day (Up to \_\_\_\_\_ days)
- Use topical steroids (body) \_\_\_\_\_ times/day (Up to \_\_\_\_\_ days)
- Use antibiotic (topical) \_\_\_\_\_ times/day (Up to \_\_\_\_\_ days)
- Use antibiotic (oral) \_\_\_\_\_ times/day;  
\_\_\_\_\_ tablet / ml per time; Up to \_\_\_\_\_ days



**Other recommendations**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---