Supplementary Online Content


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This supplementary material has been provided by the authors to give readers additional information about their work.
APPENDIX 1. Baseline Demographic Questionnaire.

Baseline Demographic Questionnaire

Subject Number_______
Randomization Group_______
IGA Score_______

Please check ONE answer that most appropriately describes you:

I am filling out the surveys for:

☐ Myself       ☐ My child

Your Age:_______

What is your gender?

☐ Male ☐ Female

What is the highest grade at school or years in college that you have completed?

☐ 1st through 8th grade
☐ 9th through 12th grade or GED
☐ 1 to 3 years of college
☐ 4 or more years of college

Which of the following best describes your employment status?

☐ Unemployed
☐ Employed full time (including self-employment)
☐ Employed part time (including self-employment)
☐ Student full time
☐ Student part time
☐ Retired

Time since diagnosis of your/your child’s eczema: ___ year(s) and ___ month(s)

How well do you think your/your child’s eczema is controlled on the current regimen?

1  2  3  4  5  6  7  8  9  10
Not controlled at all

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APPENDIX 2. Sample Eczema Action Plan

Your Individualized Eczema Action Plan

SAMPLE #1 (for a child with moderate-severe widespread eczema with face and neck involvement)

When Severe (itchy, red, oozing):

*AM:*
1. Apply hydrocortisone ointment to eczema areas on the face and neck
2. Apply triamcinolone ointment to eczema areas on the body (avoid the folds)
3. Apply moisturizer liberally
4. Take vitamin D supplement

*During day:*
1. Apply moisturizer liberally 1-2 times

*PM:*
1. Soak in dilute bleach bath (*see additional sheet for further information) for 10 min
2. Wash with gentle body wash
3. Pat dry
4. Apply hydrocortisone ointment to eczema areas on the face and neck
5. Apply triamcinolone ointment to eczema areas on the body (avoid the folds)
6. Apply moisturizer liberally

*Do this for several days (up to 1 week) until better.*

When Better:

*AM:*
1. Apply Protopic ointment to remaining eczema areas (ok for face, neck and body)
2. Apply moisturizer liberally
3. Take vitamin D supplement

*During day:*
1. Apply moisturizer liberally 1-2 times

*PM:*
1. Soak in dilute bleach bath (*see sheet) for 10 min once-twice weekly
2. Wash with gentle body wash
3. Pat dry
4. Apply Protopic ointment to remaining eczema areas (ok for face, neck and body)

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5. Apply moisturizer liberally

*If not improved in 2 weeks, please contact your physician.

Your Individualized Eczema Action Plan

SAMPLE #2 (for an adult with widespread, severe, refractory eczema with facial involvement on a systemic immunosuppressant)

When Severe (itchy, red, oozing):

*AM:*
1. Apply fluticasone ointment to eczema areas on the face and neck
2. Apply fluocinonide ointment to eczema areas on the body (avoid the folds)
3. Apply moisturizer liberally
4. Take mycophenolate pill

*During day:*
1. Apply moisturizer liberally 1-2 times

*PM:*
1. Soak in dilute bleach bath (*see additional sheet for further information) for 10 min
2. Wash with gentle body wash
3. Apply fluticasone ointment to eczema areas on the face and neck
4. Apply fluocinonide ointment to eczema areas on the body (avoid the folds)
5. Apply moisturizer liberally
6. Take mycophenolate pill

*Do this for several days (up to 1 week) until better.*

When Better:

*AM:*
1. Apply Protopic to remaining eczema areas (ok for face and body)
2. Apply moisturizer liberally
3. Take mycophenolate pill

*During day:*
1. Apply moisturizer liberally 1-2 times

*PM:*
1. Soak in dilute bleach bath once to twice weekly

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2. Wash with gentle body wash
3. Apply Protopic to remaining eczema areas (ok for face and body)
4. Apply moisturizer liberally
5. Take mycophenolate pill

*If not improved in 2 weeks, please contact your physician.

Your Individualized Eczema Action Plan Handout

What is eczema?
Eczema, or atopic dermatitis is a particular type of skin inflammation where dry, sensitive skin easily becomes red, scaly, and itchy. The condition is fairly common and may occur in as many as 20% of children. The exact cause of eczema is not known but, for many, the disease runs in the family. In patients with eczema, the skin’s immune system is more sensitive to triggers such as soaps, dust mites, pet dander, certain foods, or infections. Many children with atopic dermatitis outgrow the condition before school age; some continue to have problems as an adolescent or into adulthood. Even though there is no cure for eczema yet, there are a lot of good ways to control eczema.

The main goals in treating atopic dermatitis are:
1. Control skin inflammation (Anti-inflammatory)
2. Restore moisture (Moisturization)
3. Relieve itching (Antipruritics)
4. Treat bacterial infection or colonization (Antibiotics)

Here are some general tips:
Avoid triggers or irritants. These may include scented and very alkaline soaps and detergents, certain perfumes, dust, pollens (trees, grass, weeds), and wool or other “scratchy” clothing. In the winter, for example, cotton underwear or a cotton shirt may be worn under the sweater. Use unscented hypo-allergenic laundry detergent products. Avoid fabric softeners.
Keep the temperature and humidity in the home fairly constant. Use a bedroom air conditioner in the summer and a vaporizer or humidifier in winter. It is very important that the vaporizer or humidifier be cleaned well and frequently since molds may grow and cause allergic symptoms.
Try to avoid scratching. Atopic dermatitis is often called “the itch that rashes,” and it is known that scratching plays a very important role in making the dermatitis worse. Keeping the nails short and well-filed, and using other measures to help to keep the child from itching are helpful.
Moisturize often. Use a moisturizer without fragrance. The thicker the moisturizer, the better. Ointments are better than creams, which are better than lotions (speak with your Dermatologist to choose the most suitable moisturizer). Daily bathing is a useful way to get water into the skin, but bathing should be brief (no more than 10-15 minutes), in lukewarm (not hot) water. Pat dry (don’t rub) the skin. And very importantly, moisturizer should be applied immediately (within minutes) after the bath or shower to trap moisture within the skin.

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APPENDIX 3. Post-Consultation Assessment Survey

Post-Consultation Assessment Survey (for both Control and Interventional Groups)
Subject ID # ______

After your Verbal Consultation,

1) Overall, how well do you understand your/your child’s eczema?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

2) Overall, how well do you understand your/your child’s treatment plan?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

3) How well do you understand the benefits and risks of the prescribed medication?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

4) How well do you understand where on the body to apply the medications?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

5) How well do you understand how long to use the medications?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

6) Do you understand what factors may make your/your child’s eczema worse?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

7) Do you understand how to recognize that your/your child’s eczema is well-controlled?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

8) Do you understand how to adjust your treatment according to the severity of your/your child’s eczema?
0 1 2 3 4 5 6 7 8 9 10
I do not understand at all I understand completely

9) How comfortable are you with the treatment plan for your/your child’s eczema?
0 1 2 3 4 5 6 7 8 9 10
Not comfortable at all Very Comfortable

10) How would you rate your current anxiety level in treating your/your child’s eczema at home?
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APPENDIX 4. Post-EAP Assessment Survey

Post-EAP Assessment Survey (for Control Group Only)
Subject ID # ______

After the addition of a Written Eczema Action Plan,

1) Overall, how well do you understand your/your child’s eczema?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

2) Overall, how well do you understand your/your child’s treatment plan?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

3) How well do you understand the benefits and risks of the prescribed medication?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

4) How well do you understand where on the body to apply the medications?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

5) How well do you understand how long to use the medications?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

6) Do you understand what factors may make your/your child’s eczema worse?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

7) Do you understand how to recognize that your/your child’s eczema is well-controlled?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

8) Do you understand how to adjust your treatment according to the severity of your/your child’s eczema?
   0 1 2 3 4 5 6 7 8 9 10
   I do not understand at all  I understand completely

9) How comfortable are you with the treatment plan for your/your child’s eczema?
   0 1 2 3 4 5 6 7 8 9 10
   Not comfortable at all  Very Comfortable

10) How would you rate your current anxiety level in treating your/your child’s eczema at home?
    0 1 2 3 4 5 6 7 8 9 10
Not anxious at all  

Very anxious

11) How would you prefer your provider educate you regarding eczema management?
A) Verbal instructions alone
B) Written action plan alone
C) Both verbal instructions AND written action plan
D) I do not wish to receive either verbal or written action plan instructions

12) If you chose (B) or (C) as your answer for question 11 above, please provide the reason(s) why you would find addition of a written action plan to be beneficial in the treatment of your/your child’s eczema (please select all that apply).

- Visualization of a written action plan aids in my understanding of the treatment regimen
- The written action plan provides a step-wise approach to treatment
- The written action plan provides is a helpful daily reminder of the treatment plan
- The written action plan decreases confusion regarding how to adjust the treatment plan according to my/my child’s disease severity