

Pediatric Atopic Dermatitis Online Education



Key Takeaways from UBC CPD Online Module



For children with more than mild eczema, **scheduling follow up** in 4-8 weeks is recommended as it provides the opportunity to assess improvement, as well as to reinforce the importance of routine skin care.



Patient education is integral to improving long-term health outcomes. Please re-inforce the following points.



Topical steroids are safe and effective when used properly. Remind patients to apply a fingertip unit of topical steroids to patches of active eczema. Most patients need more steroids than commonly prescribed; consider prescribing larger volumes.



While **food allergies** occur more commonly in children with atopic dermatitis, they do not cause it.



Unnecessary food avoidance can actually increase the development of food allergies.

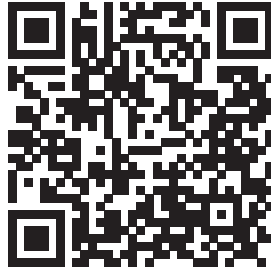
Lynde CW, Bergman J, Fiorillo L, et al. Clinical Insights About Topical Treatment of Mild-to-Moderate Pediatric and Adult Atopic Dermatitis. *Journal of cutaneous medicine and surgery*. 2019;23:3S-13S. <https://pubmed.ncbi.nlm.nih.gov/30965012>

Pediatric Educational Resources for Patients & Caretakers

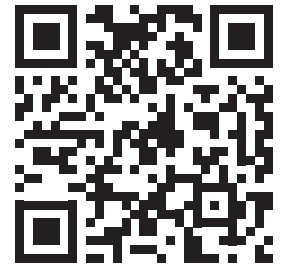
UBC CPD Pediatric
Atopic Dermatitis



UBC CPD Pediatric
Asthma Management



Children's Allergy &
Asthma Education



Caretaker Guide to
Childhood Asthma



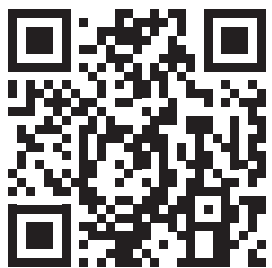
How to Use
Asthma Inhalers



Asthma
Control Test™



Food Allergy
Canada



Using an EpiPen®
for Anaphylaxis



Tips for Helping
Anxious Kids



Patients & Caregivers' Guide to Pediatric Educational Resources

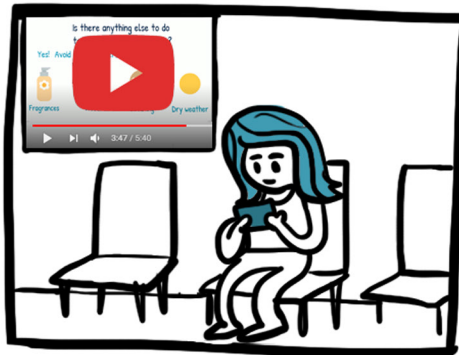
How to Access Educational Resources



1) I'LL GIVE YOU A SHEET



2) YOU CAN SCAN THE QR CODES



3) WATCH THE VIDEOS



4) SHARE WITH FAMILY IF YOU'D LIKE



5) SEE ME WHEN YOU'RE READY

Sharing Pediatric Educational Resources with Patients

How-to Guide


How do I instruct my patients to scan the QR codes?

Simply have your patient use the camera on their smartphone to scan the QR code. (Note: A QR code reader is built into the iPhone's Camera app. Just open it, point at the QR code, and then select the link once it pops up at the top of the screen. Some Android users will also have a QR code reader built into the Camera app, while others may have to download a separate QR code reader.)

How do I make my own QR codes?

You can do one of the following:

1. Install this plugin for Google Chrome: chrome.google.com/webstore/detail/quick-qr-code-generator/afpbjggbdimpioenaedcjgkaigggcdpp

To use the plugin, navigate to the page you wish to generate a QR code for, and click the little  button that has been added to your toolbar. Download the image of the QR code and insert it into your document.

2. Use a free QR code generator available online: qr-code-generator.com

You will have to copy and paste the URL link to the page you wish to generate a QR code for into the textbox provided. This webpage even allows you to customize the appearance of your QR code, as well as upload your own files. (Make sure your documents do not contain any sensitive information before uploading.)



Is your patient worried about food allergies in their infant?

Evidence shows that early introduction to highly allergenic foods is helpful (read the Canadian Paediatric Society's statement at: cps.ca/en/documents/position/allergenic-solids). Here's a great "how-to" resource: foodallergycanada.ca/wp-content/uploads/FAC_EarlyIntro_4pager_May2020_Web.pdf