



## Extended Research Article

# Supporting self-care for eczema in the community: the Eczema Care Online research programme including two RCTs

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Published March 2025  
DOI: 10.3310/FNHD8546

## Plain language summary

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Programme Grants for Applied Research 2025; Vol. 13: No. 3  
DOI: 10.3310/FNHD8546

NIHR Journals Library [www.journalslibrary.nihr.ac.uk](http://www.journalslibrary.nihr.ac.uk)

## Plain language summary

**E**czema is a very common skin condition and can reduce quality of life for various reasons including itching and poor sleep. Eczema treatments include regular moisturisers (emollients) and flare-control cream (usually steroid cream). People often do not use these for a range of reasons, including uncertainty about how to use them and concerns about their safety.

We spoke to over 130 young people, children and families to get an in-depth understanding of their views and experiences around eczema management. We also looked at all the evidence about the best and safest ways to use flare control creams. These findings were brought together in websites to support (1) young people with eczema and (2) parents/carers of children to help them manage their eczema. The two websites were tested in two large trials where young people and parents/carers of children with eczema were recruited by general practices in England. If they chose to take part, half were randomised to be given access to the website. Everyone still accessed their usual eczema care and got treatments in the same way. Participants were asked to fill in questionnaires for a year to ask about their eczema. We found that the websites helped improve eczema over 24 weeks when compared to usual care on its own. This improvement could still be seen after 1 year. The websites represent good value for money, and interviews with people who used them found that the websites were highly valued.

Our eczema websites lead to small but long-lasting improvements in eczema. We have redeveloped these into a single website, available in English and Welsh, and developed plans to promote the website in the National Health Service and in the community. The website can be found at [www.eczemacareonline.org.uk](http://www.eczemacareonline.org.uk) and is free to use with no registration.

# Programme Grants for Applied Research

ISSN 2050-4330 (Online)

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## This article

The research reported in this issue of the journal was funded by PGfAR as award number RP-PG-0216-20007. The contractual start date was in September 2017. The draft manuscript began editorial review in March 2023 and was accepted for publication in October 2024. As the funder, the PGfAR programme agreed the research questions and study designs in advance with the investigators. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PGfAR editors and production house have tried to ensure the accuracy of the authors' manuscript and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this article.

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