

Atopic Eczema (Atopic Dermatitis)

Eczema is a chronic, pruritic skin condition which is commonly associated with elevated IgE antibodies. If eczema presents in infancy it may be a marker for the presence of food allergy (refer to [food allergy guidelines](#))

Major features include:

- Pruritus
- Rash - location and extent of disease varies according to age and trigger.
- A personal or family history of atopy or allergic disease

Information Required

- Outline of trial of SALHN Eczema Action Plan
- Response to use of frequent emollients and topical corticosteroids list names of trialled/current topical medications
- Medical History (Including any other allergies such as allergic rhinitis, asthma and or suspected or confirmed food allergies)
- Duration and severity of symptoms
- Effects on day to day living, including any failure to thrive issues.
- In infants – list current diet/formula, weight and height and any gastrointestinal symptoms.

Investigations Required

- No prior investigations indicated

Fax referrals to Allergy/Clinical Immunology Service



*Patient **MUST** have trialled medical management before referral to specialist care (excludes infants)

Flinders Medical Centre

Fax: 08 8204 7483

Red Flags

Red flags should prompt immediate GP referral to **Emergency Department**

-  Severe failure to thrive
-  Severe and/or infected eczema

Suggested GP Management

- Utilise moisturizers, corticosteroids applied frequently as per ASCIA Action Plan for Eczema in conjunction with avoidance of soap products.
- GP follow-up to assess skin for response to treatments applied.
- Book patient/carer into SALHN [Eczema Education Workshop](#) - phone 8204 4911.

Clinical Resources

- New Zealand Dermatological Society <https://www.dermnetnz.org/topics/atopic-dermatitis/>
- National Eczema Society (www.eczema.org)

General Information to assist with referrals and the Referral templates for FMC are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1.0	September 2014	September 2016	Original
2.0	October 2018	October 2021	Clinical Terminology & Resources Updated

