

## Eczema Inside Out:

Revolutionizing the Way We Talk About This Chronic Skin Condition



# A Caregiver's Guide to Preparing for An Eczema Appointment and Tips for Taking Care of You

Caring for someone with eczema or atopic dermatitis (AD) can sometimes be difficult and feel overwhelming. The best way to gain greater control is to make the most of the doctor's appointment by:

- 1) preparing your questions in advance
- 2) having as much information on the emotional and physical impacts of the condition on your eczema warrior and yourself readily at hand
- 3) understanding what you can expect from treatments and what to look out for

If you are a patient, there is a discussion guide available for you. Visit [Pfizer.com/EczemaInsideOut](https://www.pfizer.com/EczemaInsideOut) for more.

## Preparing for Your Appointment

**Prepare a list of questions about their condition in advance.** Below are some examples to get started and some space to include your own:

- How do I help them reach their treatment goals of \_\_\_\_\_?
- Should we expect the symptoms to always be the same in location and type?
- How do I help them get better control of their eczema?
- Do you have any tips on how to manage a flare and avoid triggers as part of the treatment plan?
- Why does the itching seem to be worse at nighttime?
- How often, how much, and how long do I continue with their current treatment?
- How can we work out what triggers a flare? What things in the environment can impact eczema – the weather, certain fabrics, etc.?
- What are the potential side effects of the medications?
- What can we do to better manage how often and how bad their flares are?
- What are some ways to manage the itching?
- What should I do if the symptoms worsen after they begin their treatment plan?
- Can eczema cause or be related to any other conditions?
- What should we do if we suspect that there is an infection?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Confirm their physical symptoms ahead of your appointment.** Focus on the location, type, and frequency of the symptoms since the last appointment

### They have experienced the following signs and symptoms:

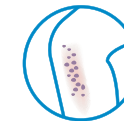
Check all that apply



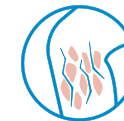
dry or bumpy rash



itching



red/pink, gray/purple, or discolored skin patches



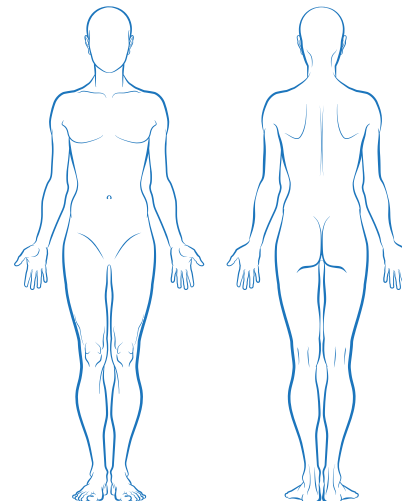
thick, hard, "leathery" patches



crusted or "weepy-looking" sores

### They have experienced flares on the following part(s) of the body:

Please mark typical flare-up locations with a 'T' and new locations with an 'N'.



### During their last flare, symptoms persisted for:

When discussing their flares during the appointment, keep in mind how long each symptom persisted for using the ranges below.

1–5 days

5–10 days

10–15 days

15–20 days

20 days or more

Other: \_\_\_\_\_

**Ask them how they are feeling emotionally.** Be open about their emotional well-being and the impact eczema flare-ups can have on their participation in everyday activities.

**Eczema, in particular flare-ups, have caused them to:**

Check all that apply

- Miss a day or more from work or school
- Cancel social plans
- Feel isolated
- Struggle with day-to-day activities
- Experience itching so severe that it affected their sleep
- Feel self-conscious of their appearance and skin
- Other: \_\_\_\_\_

**Per year, the one I care for has had to alter their daily life (ie, change their plans, choice of clothes, typical routine) due to their eczema flares:**

- 1–5 days
- 5–10 days
- 10–15 days
- 15–20 days
- 20 days or more
- Other: \_\_\_\_\_

**Take note of previous treatments or medications** the person you care for has used

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Take note of current treatments or medications** the person you care for is using

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Notes:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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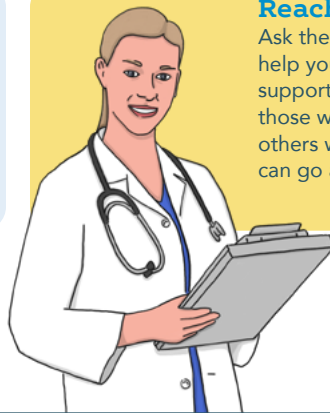
## Check-In with Yourself:

It is common for eczema to have an impact on emotional well-being. Your concerns about the impact of eczema on their daily life is a normal part of the caregiver experience, and you can discuss it with their healthcare team. Here are a few tips for coping:



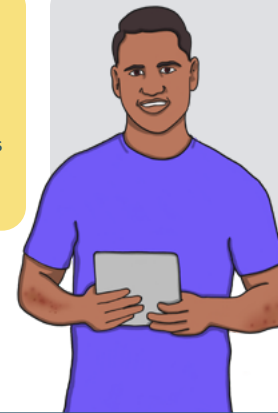
**Be Forgiving of Yourself:**

Permit yourself to experience a full range of emotions. While you can't make their eczema go away, you are taking steps to ensure their physical and emotional needs are addressed.



**Reach Out:**

Ask their healthcare professional to help you identify local or virtual support groups for caregivers of those with eczema. Connecting with others who have shared experiences can go a long way for your outlook.



**Make Time for Self-Care:**

Eczema support can be difficult. Remember, you need to care for yourself too. Plan regular activities that are just for you – take a walk, meet a friend or partner for coffee or a meal, listen to music that soothes you. Take the time you need to be you.