

NURSING CARE PLAN (ECZEMA (INFANTILE OR CHILDHOOD)/ATOPIC DERMATITIS)

Medical Diagnosis: Eczema (Infantile or Childhood)/Atopic Dermatitis		
Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Irritability • Itching 	Assess patient's skin, noting open areas, drainage, or signs of infection; observe for effectiveness of interventions	Bacterial skin infections are common due to excoriation from scratching. Crusting of broken blisters may be present
	Routinely monitor skin to determine effectiveness of interventions.	
	Obtain history from patient and parents/caregivers to determine triggers	Most flare-ups are related to sensitivities to foods, items that contact the skin, hygiene products, changes in weather and immune response.
Objective Data: <ul style="list-style-type: none"> • Dry/cracked skin • Fluid-filled blisters • Redness or blotchiness of skin • Rough/Scaly patches of skin 	Encourage proper skin care including bathing and regular use of emollient creams (petroleum jelly, etc.)	Overwashing and using harsh soaps can make symptoms worse. Dry skin is prone to cracks and infection. Encourage fragrance and dye free soaps when bathing. Avoid frequent baths. Infants do not need daily baths unless visibly dirty. Apply emollient creams frequently to keep skin soft and hydrated.
	Assist with allergy testing, including patient/parent education	Allergy patch testing may be done to determine allergens and triggers for atopic dermatitis. Education should be provided on how to prepare for the patch test (no lotions, creams) and when to return to be evaluated.
	Apply topical medications and bandages as appropriate.	Topical corticosteroids are the first line of treatment for eczema flare ups. Wet-wrap bandages are sometimes used for more severe cases of childhood eczema, but must be done carefully to avoid serious side effects.
	Administer oral medications as required	Oral antihistamines may be given to help relieve symptoms of itching and manage allergies. Be mindful of sedative effects of antihistamines. Oral steroids may be given short-term for severe symptoms.

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	Nursing Intervention (ADPIE)	Rationale
	Provide resources and referral information and education for prevention	<p>Parents must be educated to be aware of triggers (often foods) and avoid them.</p> <p>Diligence must be given to ridding the home of other allergens such as pet dander and dust mites.</p> <p>Make sure child's nails are short and clean; use mittens or socks on infants hands</p> <p>Itching is the most prevalent symptom. Long, sharp or dirty nails can cause secondary infections to develop on the skin.</p>