

**324 Participants are
now enrolled!**

Bristol

- Shirehampton Group MP
- Mendip Vale MP
- Pioneer Medical Group
- Montpelier Health Centre
- Clevedon Medical Centre
- Horfield Health Centre
- Kingswood Health Centre
- Cadbury Heath Health
- Hanham Health
- Close Farm Surgery
- Gloucester Road MC
- Nightingale Valley Prac
- Courtside Surgery
- Frome Valley MC
- Air Balloon Surgery
- Fishponds Family Practice
- Portland Practice
- Severn View Family Practice
- Westbury on Trym PPC
- Cotswold Medical Practice

Wessex

- Westlands Medical Centre
- Liphook & Liss Surgeries
- Wareham Surgery
- Swanage Medical Centre
- Wellbridge Practice
- The Bosmere MP
- Adam Practice
- Barton Webb-Peploe
- Park and St. Francis
- Denmark Road MC
- Highcliffe Medical Centre
- Gosport Medical Centre
- Wistaria & Milford MC
- Ringwood Medical Centre
- Salisbury Medical Practice
- Abbeywell Surgery
- Mulberry Surgery
- Oaks Healthcare
- Friarsgate Practice
- Three Chequers/Three Swans

Nottingham

- Elmswood Surgery
- Leen View Surgery
- The Family M.Practice
- Riverlyn Medical Centre
- Parkside Medical Practice
- Rise Park Surgery
- The Fairfields Practice
- Derby Road M.Centre
- East Leake Medical Group
- Bilsthorpe Surgery
- Brierley Park M.Centre
- Orchard Medical Practice
- Collingham M.Centre
- Sherwood/Crown MP
- Forest Medical Group
- The Valley Surgery
- Torkard Hill Medical Centre
- Daybrook Medical Practice

Lincolnshire

- Birchwood M.Practice
- Nettleham M.Practice
- Lindum Medical Practice
- Glenside Country Practice
- Richmond Medical Centre
- Welton Family Hlth Centre
- Bassingham Surgery
- The Glebe Practice
- Parkside Surgery, Boston
- Liquorpond Surgery
- Cleveland Surgery

Newsletter for the Best Emollients for Eczema

Web: www.bristol.ac.uk/bee-study/

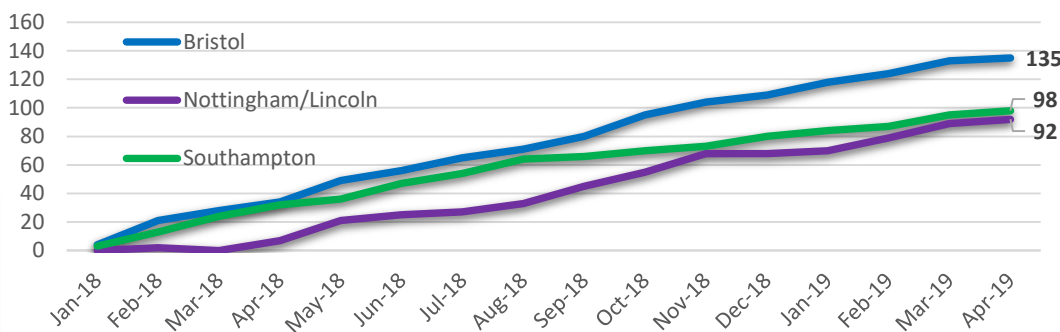
Email: bee-study@bristol.ac.uk Twitter: @bee_study

Ha-BEE Easter



Welcome to your BEE study newsletter where we keep all participants updated with news, information and progress of the study

Recruitment Update



Surveys

- Thank you to all everyone for continuing to complete the surveys.
- To be able to answer our research question, we need you to continue completing as many questions as you can, so please keep filling these in. Your answers will help us to understand how well these moisturisers work and which ones are preferred.
- Don't hesitate to contact the BEE team on bee.study@bristol.ac.uk if you experience any problems with the survey – we are here to help.

Eczema at Easter – Advice to Parents

If your child has a food allergy that can trigger their eczema, Easter can be a difficult time for them to enjoy all the treats and activities that are associated with Easter and finding treats that are safe for them can be challenging. We have provided some links below for parents so their little ones can still indulge in all the exciting things associated with this time of year.

Allergy Free Pancake Recipe:

https://www.allergyuk.org/assets/000/001/649/Free_From_Pancakes_original.pdf



Best Allergy Friendly Easter Eggs for Kids:

<https://www.familiesonline.co.uk/local/wirral/in-the-know/our-pick-of-the-best-allergy-friendly-easter-eggs-for-kids>

As the weather improves – don't forget your sunscreen. Please see below a link for a Factsheet designed by the National Eczema Society with some helpful tips on safe skin during the summer and some advice regarding using sunscreen along side your moisturisers:

<http://www.eczema.org/documents/490>



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Have you seen our BEE gallery with all your wonderful coloured in bees?
Visit our website:

www.bristol.ac.uk/bee-study/



@bee_study

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Lizzie and Wilfred: A Year on the BEE Study

We had the pleasure of speaking to Lizzie, a Bristol participant who, along with her son Wilfred, completed the study in January 2019. Lizzie had this to say regarding her experiences of being part of the BEE study.

Joining the BEE Study: From reading the information, the study seemed to be really relevant to our experience of treating Wilfred's eczema which we have found seems to be trial and error regarding finding a moisturiser that works specifically for Wilfred. The timing of the letter was quite apt as we had just been to see the GP and a new moisturiser had been prescribed. I found it reassuring that this kind of research was relevant.

Lizzie's Experiences: I found the study a good motivator for using the moisturiser twice a day and found that it was this consistent application really helped Wilfred's eczema which led to a change in practice in terms of how we use the emollients. I found it interesting how the study progressed over a year, specifically in terms of how the seasons affect Wilfred's eczema. Even now, if Wilfred's skin starts to look a little dry, I use the moisturiser twice a day and this helps his skin. I found the literature really explained the study, the questions in the survey were not too onerous and once I was in a routine, it did not take too much time. I found the study to be extremely beneficial for us both.

Wilfred's Experiences: Wilfred was 4 when the trial began and he was always very alert. At first, he disliked having the moisturiser put on, however we persisted with it and over time, Wilfred is now very aware of how and when his moisturiser must be applied and is known to sometimes say "I must have my cream". Wilfred is also very pleased to be part of the trial and he is very happy with his new toys bought by his vouchers which I gave to him as an incentive. At the week-16 visit, he felt he had really earned something and felt pleased that being part of the study will help other children with eczema in the future.

Advice for Current and Future Participants: My advice is that the trial is really worthwhile, not just for how the trial is designed but for personal experiences as a parent with a child with eczema. It makes you aware of the application of emollients, getting into regular habits and seeing it progress over a year which helped a lot. My advice would be that regular application, even if the skin is not as dry, to keep persisting. To parents doing the monthly surveys, keep calendar reminders so you can see when you will be expecting your next survey and to keep it in your mind.

A big thank you to Lizzie and Wilfred for their participation in the study and for speaking to us about their experiences. We are pleased to hear that it was such positive one.



Wilfred's BEE has healing powers! When someone is sick he is always happy to lend them his BEE to make them feel better.



Emollient Safety



While your treatment is very important, so is the safety of you and your child. Information about the risk of burns with paraffin containing and paraffin-free moisturisers has recently been updated. Below is a link to advice recently shared with health care professionals about the risks. Remember also that moisturisers can make children and baths/showers slippery, so take care to avoid any accidents.



<https://www.gov.uk/drug-safety-update/emollients-new-information-about-risk-of-severe-and-fatal-burns-with-paraffin-containing-and-paraffin-free-emollients>

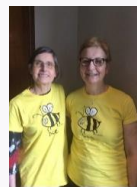
BEE Patient and Public Involvement Group Update



We recently had the opportunity to raise the profile of the BEE study. On the 13th March, Amanda Roberts, our PPI representative in Nottingham, and Eileen Sutton, who is our qualitative researcher, travelled to Southampton to talk about the fantastic work of our PPI group. The event was the South West Society for Academic Primary Care Research Meeting, which was held at the Leonardo Hotel near the Harbour. Several hundred researchers and GPs who work in primary care research came along to the meeting.

Amanda and Eileen presented at a special session on PPI work. As you can see from the photo they were very easy to spot as they wore some extremely bright bee t shirts! In their presentation they talked about the BEE study, why we are doing it, and how our PPI group have been helping us with our research so far – all our PPI contributors got a mention! They explained how we are getting help from our contributors at all the different stages of the from the initial study design through to presenting the findings when the study ends. In this way the study will provide evidence that is really relevant to parents, carers and children and will help patients and GPs make well informed decisions about treating eczema.

Once again: a big thank you to all our BEE PPI Group – we couldn't do it without you.



A great big THANK YOU to our participants and all involved for your continued participation and support of the BEE study

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