

The BATHE Study

NEWSLETTER, OCTOBER 2015



We would like to give a warm WELCOME to all the new families who have joined the BATHE study since the Summer.

We now have more than 250 children helping us to find out whether adding bath emollient to children's baths helps relieve eczema. This really is a fantastic response and will help children with eczema in the future.

It's been a very busy time of year with children going Back to school and all the fun of Hallowe'en and Bonfire Night coming up so we are very grateful to you for continuing to complete the questionnaires for us. A link to the questionnaire is sent out by text/email at the same time as your recruitment appointment each week. You can then fill in the questions at any time over the next 7 days. You cannot go back to complete it if that week has passed, but it doesn't matter if you miss one—just follow the newest link you have been sent and it will take you to the next questionnaire due. After 16 weeks we will ask you to complete one questionnaire per month.

If you are finding it difficult to complete the questions online please let us know and we can send you paper forms instead.

More information, as well as previous newsletters, can be found on our website: www.southampton.ac.uk/bathe

**Best wishes from
the BATHE Team**



Thank you for sending in your duck pictures. We do enjoy receiving them and they really brighten up the office!



WINNER

Congratulations, Ella! You coloured your duck beautifully—and the name is great, too!

REMEMBER, REMEMBER!

Every family taking part in BATHE will be entered into the prize draw to win a tablet computer at the end of the study!



Autumn Skin Care

Many people with eczema find that they experience flare-ups in Autumn. This may be due to changes in the body's immunity as it prepares for the cold winter weather.

You can help your child by:

- dressing them in layers with soft, breathable materials next to the skin: central heating can overheat and children with eczema may be less able to regulate body temperature, which can trigger a scratch/itch cycle. Wearing layers allows clothes to be removed as needed to prevent this.
- encouraging them to enjoy being outdoors whenever it is sunny to boost Vitamin D levels.
- applying plenty of emollient cream in order to protect their skin from the effects of cold, drying wind.

More information about childhood eczema is available at:
www.nottinghameczema.org.uk



NHS

**National Institute for
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