

eczpert

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eTutorials for pharmacists who
care for people with eczema

Is eczema widespread in your community?

It wouldn't be surprising if your answer is yes! 30% of all dermatological consultations in primary care are for eczema,¹ and an increasing number of these patients are turning to their pharmacist for advice and support.

Pharmacy Eczpert is for you

Eczpert is an online education initiative especially designed to train healthcare professionals who work directly with patients affected by eczema.

Pharmacy Eczpert - part of the Eczpert programme - has been written especially with pharmacists in mind. Developed in conjunction with a specialist pharmacist and backed by a panel of dermatology nurses, Pharmacy Eczpert has been accredited by the College of Pharmacy Practice.

Pharmacy Eczpert is packed with tried and tested, practical suggestions to help you assist those people with eczema who consult you. An holistic range of issues is covered, from treatment care to the psychosocial aspects of living with eczema.

You can work through Pharmacy Eczpert at your own pace and at a time that is convenient for you. It has been developed to be used as part of your CPD.

Learning with Pharmacy Eczpert

There are 12 tutorials in the Eczpert programme, divided into four modules:

The disease

Tutorial 1: What is eczema?

Tutorial 2: Recognising when it's not atopic eczema: other forms of eczema

Tutorial 3: Recognising when it's not atopic eczema: other common skin conditions

Eczema is a chronic skin condition characterised by reduced hydration.

In these tutorials, learn more about:

- What happens to the skin in atopic eczema
- The causes and course of the disease
- The economic and physical burden of atopic eczema
- Distinguishing atopic eczema from other forms of eczema and other skin conditions

Treating eczema

Tutorial 4: Guidelines in practice

Tutorial 5: The importance of emollient therapy

Tutorial 6: Long term management

Tutorial 7: MUR

Effective eczema management can be achieved in a primary care setting and is supported by guidelines from both NICE and the British Association of Dermatologists (BAD). These tutorials will look at:

- What the guidelines say
- How to implement their recommendations
- Why emollients are so important in eczema
- The role of topical steroids and other treatment options
- Empowering people to manage their condition
- The importance of an MUR for people with eczema

Providing support

Tutorial 8: Education and adherence

Tutorial 9: Talking about eczema

Tutorial 10: Childhood eczema - supporting parents and carers

Living with eczema can be very challenging and as a pharmacist there are many ways in which you can help the people who consult you. In these tutorials, learn more about:

- Helping people to understand eczema
- Educating people about their treatments
- Clearing up common misconceptions
- Effective ways to communicate with those in your care
- Practical ways to support people living with eczema
- The difficulties facing parents (and families) of children with eczema

Minimising the impact of eczema

Tutorial 11: Looking at triggers

Tutorial 12: Coping with sleep disturbance

Eczema often has a significant physical and emotional impact on the lives of those with the condition, irrespective of how mild or severe it may be. Learn about:

- What factors can trigger eczema
- Ways to identify and avoid or minimise contact with triggers
- The impact of eczema on sleep and the distress caused by sleep loss
- Strategies to help people cope and improve their sleep

Getting started

Step 1: Register for Pharmacy Eczpert

Just go to www.eczpert.co.uk and click Pharmacy Eczpert to register.

Step 2: Choose a tutorial

Each tutorial presents the core information clearly and concisely. It can contribute towards your CPD and continuing education. Each section contains:



Learning objectives



Practical hints and tips



'Did you know?' facts



Recommendations for further reading



Interesting statistics



Reflection points so you can apply what you have learnt to your own practice

Step 3: Download your workbooks

A workbook is available for you to print off and document what you have learnt. It will also draw out key points of information that could influence your practice and will help you in filling out the necessary CPD forms. It is a good idea to download your workbook before you start each tutorial.

Step 4: Take the self-assessment

At the end of each tutorial, there are a number of multiple-choice questions to test what you have learnt. When you have successfully completed each tutorial you will be able to download a certificate for your CPD. An additional certificate will be sent to you if you decide to complete all 12 tutorials.

Why should I become an Eczpert?



FREE online education - 12 hours of learning that can be used towards your CPD



Flexible learning - 12 concise tutorials to work through at your own pace and convenience



Learning support - further reading, practical tips and interesting downloads

Everything you need to provide holistic care to people with eczema

References:

1. McHenry PM et al. Management of atopic eczema. BMJ 1995; 310: 843-847

