

Eczema research: have we done more than scratched the surface?

Sarah Chapman for Evidently Cochrane 13 September 2019

References and further reading

Cochrane Reviews

Christoffers WA, Coenraads PJ, Svensson Å, Diepgen TL, Dickinson-Blok JL, Xia J, Williams HC. **Interventions for hand eczema**. Cochrane Database of Systematic Reviews 2019, Issue 4. Art. No.: CD004055. DOI: 10.1002/14651858.CD004055.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004055.pub2/full>

Matterne U, Böhmer MM, Weisshaar E, Jupiter A, Carter B, Apfelbacher CJ. **Oral H1 antihistamines as ‘add-on’ therapy to topical treatment for eczema**. Cochrane Database of Systematic Reviews 2019, Issue 1. Art. No.: CD012167. DOI: 10.1002/14651858.CD012167.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012167.pub2/full>

Makrgeorgou A, Leonardi-Bee J, Bath-Hextall FJ, Murrell DF, Tang MLK, Roberts A, Boyle RJ. **Probiotics for treating eczema**. Cochrane Database of Systematic Reviews 2018, Issue 11. Art. No.: CD006135. DOI: 10.1002/14651858.CD006135.pub3.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006135.pub3/full>

- Cochrane Clinical Answer:

Burch J, Fernandez-Penas P. “What are the benefits and harms of probiotics for people with eczema?” Cochrane Library, Cochrane Clinical Answers, 17 May 2019. Web. 29 August 2019. <https://www.cochranelibrary.com/cca/doi/10.1002/cca.2488/full>

Ferguson L, Futamura M, Vakirlis E, Kojima R, Sasaki H, Roberts A, Mori R. **Leukotriene receptor antagonists for eczema**. Cochrane Database of Systematic Reviews 2018, Issue 10. Art. No.: CD011224. DOI: 10.1002/14651858.CD011224.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011224.pub2/full>

van Zuuren EJ, Fedorowicz Z, Christensen R, Lavrijsen APM, Arents BWM. **Emollients and moisturisers for eczema**. Cochrane Database of Systematic Reviews 2017, Issue 2. Art. No.: CD012119. DOI: 10.1002/14651858.CD012119.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012119.pub2/full>

- Cochrane Podcast:

Fedorowicz Z. “Emollients and moisturisers for eczema”. Cochrane Podcast, Cochrane, 21 March 2017. Web. 29 August 2019.

<https://www.cochrane.org/podcasts/10.1002/14651858.CD012119.pub2>

- **Related NIHR Signal:**

NIHR Centre for Dissemination. “NIHR Signal: Moisturisers improve eczema symptoms and lessen the need for corticosteroids.” NIHR Centre for Dissemination, NIHR Signals, 27 June 2017. Web. 29 August 2019. <https://discover.dc.nihr.ac.uk/content/signal-000431/moisturisers-improve-eczema-symptoms-and-lesser-the-need-for-corticosteroids>

Tam H, Calderon MA, Manikam L, Nankervis H, García Núñez I, Williams HC, Durham S, Boyle RJ. **Specific allergen immunotherapy for the treatment of atopic eczema**. Cochrane Database of Systematic Reviews 2016, Issue 2. Art. No.: CD008774. DOI: 10.1002/14651858.CD008774.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008774.pub2/full>

- Cochrane Clinical Answer:

Burch J, Mounessa JS, Dellavalle RP. "What are the benefits and harms of specific allergen immunotherapy in people with atopic eczema?" Cochrane Library, Cochrane Clinical Answers, 5 October 2016. Web. 29 August 2019.

<https://www.cochranelibrary.com/cca/doi/10.1002/cca.1307/full>

Nankervis H, Pynn EV, Boyle RJ, Rushton L, Williams HC, Hewson DM, Platts-Mills T. **House dust mite reduction and avoidance measures for treating eczema**. Cochrane Database of Systematic Reviews 2015, Issue 1. Art. No.: CD008426. DOI: 10.1002/14651858.CD008426.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008426.pub2/full>

Ersser SJ, Cowdell F, Latter S, Gardiner E, Flohr C, Thompson AR, Jackson K, Farasat H, Ware F, Drury A. **Psychological and educational interventions for atopic eczema in children**. Cochrane Database of Systematic Reviews 2014, Issue 1. Art. No.: CD004054. DOI: 10.1002/14651858.CD004054.pub3.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004054.pub3/full>

- Cochrane Podcast:

Cowdell F, Dyson J. "Psychological and educational interventions for atopic eczema in children". Cochrane, Cochrane Podcast, 1 January 2014. Web. 29 August 2019.

<https://www.cochrane.org/podcasts/10.1002/14651858.CD004054.pub3>

Gu S, Yang AWH, Xue CCL, Li CG, Pang C, Zhang W, Williams HC. **Chinese herbal medicine for atopic eczema**. Cochrane Database of Systematic Reviews 2013, Issue 9. Art. No.: CD008642. DOI: 10.1002/14651858.CD008642.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008642.pub2/full>

Bamford JTM, Ray S, Musekiwa A, van Gool C, Humphreys R, Ernst E. **Oral evening primrose oil and borage oil for eczema**. Cochrane Database of Systematic Reviews 2013, Issue 4. Art. No.: CD004416. DOI: 10.1002/14651858.CD004416.pub2.

- Cochrane Clinical Answer:

Kirtschig G. "In people with eczema, how do oral evening primrose oil and borage oil affect outcomes?" Cochrane Library, Cochrane Clinical Answers, 10 August 2016. Web. 29 August 2019. <https://www.cochranelibrary.com/cca/doi/10.1002/cca.208/full>

- Cochrane Podcast:

Bamford J. "Oral evening primrose oil and borage oil for eczema". Cochrane Podcast, Cochrane, 1 April 2013. Web. 29 August 2019.

<https://www.cochrane.org/podcasts/10.1002/14651858.CD004416.pub2>

Apfelbacher CJ, van Zuuren EJ, Fedorowicz Z, Jupiter A, Matteredne U, Weisshaar E. **Oral H1 antihistamines as monotherapy for eczema**. Cochrane Database of Systematic Reviews 2013, Issue 2. Art. No.: CD007770. DOI: 10.1002/14651858.CD007770.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007770.pub2/full>

- Cochrane Podcast:

Apfelbacher C. "Oral H1 antihistamines as monotherapy for eczema". Cochrane Podcast, Cochrane, 1 February 2013. Web. 29 August 2019.

<https://www.cochrane.org/podcasts/10.1002/14651858.CD007770.pub2>

Bath-Hextall FJ, Jenkinson C, Humphreys R, Williams HC. **Dietary supplements for established atopic eczema**. Cochrane Database of Systematic Reviews 2012, Issue 2. Art. No.: CD005205. DOI: 10.1002/14651858.CD005205.pub3.

- Cochrane Clinical Answers:

Kirtschig G. "What are the effects of dietary supplements in adults with established atopic eczema". Cochrane Library, Cochrane Clinical Answers, 10 August 2016. Web. 29 August 2019. <https://www.cochranelibrary.com/cca/doi/10.1002/cca.347/full>

Kirtschig G. "What are the effects of dietary supplements in children and adolescents with established atopic eczema". Cochrane Library, Cochrane Clinical Answers, 10 August 2016. Web. 29 August 2019.

<https://www.cochranelibrary.com/cca/doi/10.1002/cca.348/full>

George SMC, Karanovic S, Harrison DA, Rani A, Birnie AJ, Bath-Hextall FJ, Ravenscroft JC, Williams HC. **Interventions to reduce Staphylococcus aureus in the management of eczema**. Cochrane Database of Systematic Reviews 2019, Issue 10. Art. No.: CD003871. DOI: 10.1002/14651858.CD003871.pub3 <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003871.pub3/full>

Bath-Hextall FJ, Delamere FM, Williams HC. **Dietary exclusions for established atopic eczema**. Cochrane Database of Systematic Reviews 2008, Issue 1. Art. No.: CD005203. DOI: 10.1002/14651858.CD005203.pub2

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005203.pub2/full>

Ashcroft DM, Chen LC, Garside R, Stein K, Williams HC. **Topical pimecrolimus for eczema**. Cochrane Database of Systematic Reviews 2007, Issue 4. Art. No.: CD005500. DOI: 10.1002/14651858.CD005500.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005500.pub2/full>

Cochrane Protocols

Sawangjit R, Dilokthornsakul P, Lloyd-Lavery A, Chua S, Lai NM, Dellavalle R, Chaiyakunapruk N. **Systemic treatments for eczema: a network meta-analysis**. Cochrane Database of Systematic Reviews 2018, Issue 11. Art. No.: CD013206. DOI: 10.1002/14651858.CD013206.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013206/full>

Yew YW, Zheng Q, Kok WL, Ho MSL, Teoh J, Wong YKY, Shi L, Chan ESY. **Topical treatments for eczema: a network meta-analysis**. Cochrane Database of Systematic Reviews 2018, Issue 12. Art. No.: CD013205. DOI: 10.1002/14651858.CD013205.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013205/full>

Chalmers JR, Axon E, Harvey J, Santer M, Ridd MJ, Lawton S, Langan S, Roberts A, Ahmed A, Muller I, Long CM, Panda S, Chernyshov P, Carter B, Williams HC, Thomas KS. **Different strategies for using topical corticosteroids in people with eczema**. Cochrane Database of Systematic Reviews 2019, Issue 6. Art. No.: CD013356. DOI: 10.1002/14651858.CD013356.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013356/full>

NICE guidance:

National Institute for Health and Care Excellence. *Atopic eczema in under 12s: diagnosis and management*. London: National Institute for Health and Care Excellence; 2007. (NICE CG57) [Issued December 2007; reviewed February 2019; **update in development**]. Available from: <https://www.nice.org.uk/guidance/cg57>

National Institute for Health and Care Excellence. *Atopic eczema in under 12s*. London: National Institute for Health and Care Excellence; 2013. (NICE Quality Standard QS44) [Issued September 2013]. Available from: <https://www.nice.org.uk/guidance/qs44>

- Santer M, Rumsby K, Ridd MJ, Francis NA, Stuart B, Chorozoglou M, Roberts A, Liddiard L, Nollett C, Hooper J, Prude M, Wood W, Thomas-Jones E, Becque T, Thomas KS, Williams HC, Little P. Adding emollient bath additives to standard eczema management for children with eczema: the BATHE RCT. *Health Technology Assessment* 2018;22(57): <https://doi.org/10.3310/hta22570>

This trial found **no evidence of clinical benefit** of including **emollient bath additives** in the standard management of childhood eczema.

(existing NICE guideline (2007) recommends their use – hence the need for the guideline update)

- **Related NIHR Signal:**

NIHR Centre for Dissemination. “NIHR Signal: Adding emollients to the bath unlikely to help children with eczema.” NIHR Centre for Dissemination, NIHR Signals, 7 August 2018. Web. 29 August 2019. <https://discover.dc.nihr.ac.uk/content/signal-000629/adding-emollients-to-the-bath-unlikely-to-help-children-with-eczema>

SIGN guidance:

Scottish Intercollegiate Guidelines Network. *Management of atopic eczema in primary care*. Edinburgh: SIGN; 2011. (SIGN publication no. 125). [Issued March 2011]. Available from: <https://www.sign.ac.uk/assets/sign125.pdf>

NIHR Dissemination Centre:

NIHR Dissemination Centre. “NIHR Highlights: Childhood Eczema.” NIHR Dissemination Centre, 18 September 2017. Web. 29 August 2019.

<https://www.dc.nihr.ac.uk/highlights/Childhood-eczema/>

- <https://www.dc.nihr.ac.uk/highlights/Childhood-eczema/evidence-at-a-glance.htm>
- <https://www.dc.nihr.ac.uk/highlights/Childhood-eczema/how-nihr-research-fits-with-nice-guidance.htm>
- <https://www.dc.nihr.ac.uk/highlights/Childhood-eczema/where-can-i-get-advice-and-how-can-i-get-involved.htm>
- <https://www.dc.nihr.ac.uk/highlights/Childhood-eczema/an-in-depth-look-at-the-research.htm>
- <https://www.dc.nihr.ac.uk/highlights/Childhood-eczema/about-the-evidence-and-context.htm>

Recent major RCTs:

Thomas KS, Bradshaw LE, Sach TH. Randomised controlled trial of silk therapeutic garments for the management of atopic eczema in children: the CLOTHES trial. *Health Technology Assessment* 2017;21(16):

- **Related NIHR Signal:**

NIHR Centre for Dissemination. "NIHR Signal: Silk clothing for children does not reduce objective measures of eczema severity." NIHR Centre for Dissemination, NIHR Signals, 22 August 2017. Web. 29 August 2019. <https://discover.dc.nihr.ac.uk/content/signal-000465/silk-clothing-for-children-does-not-reduce-objective-measures-of-eczema-severity>

Santer M, Rumsby K, Ridd MJ, Francis NA, Stuart B, Chorozoglou M, Roberts A, Liddiard L, Nollett C, Hooper J, Prude M, Wood W, Thomas-Jones E, Becque T, Thomas KS, Williams HC, Little P. Adding emollient bath additives to standard eczema management for children with eczema: the BATHE RCT. *Health Technology Assessment* 2018;22(57):

<https://doi.org/10.3310/hta22570>

- **Related NIHR Signal:**

NIHR Centre for Dissemination. "NIHR Signal: Adding emollients to the bath unlikely to help children with eczema." NIHR Centre for Dissemination, NIHR Signals, 7 August 2018. Web. 29 August 2019. <https://discover.dc.nihr.ac.uk/content/signal-000629/adding-emollients-to-the-bath-unlikely-to-help-children-with-eczema>

Francis NA, Ridd MJ, Thomas-Jones E. A randomised placebo-controlled trial of oral and topical antibiotics for children with clinically infected eczema in the community: the ChildRen with Eczema, Antibiotic Management (CREAM) study. *Health Technology Assessment* 2016;20(19):

- **Related NIHR Signal:**

NIHR Centre for Dissemination. "NIHR Signal: Antibiotics for eczema that looks infected may be unnecessary in some cases." NIHR Centre for Dissemination, NIHR Signals, 26 July 2016. Web. 29 August 2019. <https://discover.dc.nihr.ac.uk/content/signal-000271/antibiotics-for-eczema-that-looks-infected-may-be-unnecessary-in-some-cases>

NIHR JLA PSP for eczema Top 10 Priorities:

National Institute for Health Research, James Lind Alliance. "NIHR James Lind Alliance Priority Setting Partnership for eczema: Top 10 Priorities", NIHR James Lind Alliance, January 2012. Web. 29 October 2019. <http://www.jla.nihr.ac.uk/priority-setting-partnerships/eczema/top-10-priorities/>