



Patient Panel Newsletter

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Updates from CEBD

- We're really pleased to let you know that the results from the [Eczema Care Online study](#) have now been published in the [BMJ](#). There is a great video outlining the study results [here](#) and the Eczema Care Online [toolkit](#) (featured in the last newsletter) is freely accessible. Please do share this with anyone you know who is affected by eczema to help them manage their condition, it really does make a positive difference!
- Congratulations to CEBD PhD student Arabella Baker (pictured right) who was awarded best student presentation at the International Clinical Trials Methodology Conference in Harrogate last month for her work on the [Eczema Monitoring Online \(EMO\) study](#).
- Due to increased research activity in the field of [genital skin conditions at CEBD](#) we are putting together a patient panel for those affected by vulval skin conditions such as lichen sclerosus and erosive lichen planus. Because of the sensitive nature of these conditions, it can be difficult to talk about them in wider panel meetings which is why we're setting up this separate group. Please [get in touch](#) if you're interested.
- Over 100 people have now signed up to get involved in the [RAPID Eczema Trials](#) research programme which is a fantastic milestone just 3 months into the project. If you're affected by eczema and haven't got involved yet, then please do take a few minutes to [find out more](#).
- Panel member Tressa Davey has joined the CEBD Patient Panel Action Plan team. This group (comprised of 4 panel members and 2-3 members of CEBD staff) meet every 2-3 months and help make sure we're keeping our patient involvement activities aligned with the [UK Standards for Public Involvement in Research](#).
- Many thanks to the CEBD Patient Panel members who took part in the recent online focus group discussion to help finalise the EXCISE skin cancer study investigating the role of antibiotics following the removal of ulcerated skin cancers. The study team (led by Dr Rachel Abbott, Cardiff) have asked us to thank all panel members who have been involved in helping to develop this trial, which has now been short-listed by the National Institute for Health and Care Research (NIHR) for full funding application, over the past few years.



- Kim Thomas and Amanda Roberts have been very busy getting out and about recently to talk about CEBD eczema research activities. They visited a local [u3a](#) meeting in November (pictured left) to talk about [RAPID Eczema Trials](#) and [Eczema Care Online](#) and were interviewed about RAPID Eczema Trials on 7th December on the [Verity Cowley Show](#), BBC Radio Nottingham. You can listen [here](#) (interview approx. 4.20pm) until 5th Jan 2023.
- Have a look at [this recent article from CEBD](#) produced in collaboration with patients, on the need for high quality research in the area of topical steroid withdrawal (TSW) syndrome.

Emollients do not seem to prevent eczema

The 2 year results of the BEEP study led by our team at the CEBD and published in the Lancet showed that daily all over emollients (moisturisers) from birth for 12 months does not seem to prevent eczema. The 5 year results have now been published and confirm the 2 year results ie no evidence of a preventive effect. The 5 year follow-up also looked to see if emollients might prevent asthma, hay fever and food allergy, but there was no evidence to support this either. You can find all the results of this important study including short videos and patient newsletters [here](#).

The BEEP study was also looked at with 10 other similar

studies in a Cochrane systematic review that concluded "skin care interventions such as emollients during the first year of life in healthy infants are probably not effective for preventing eczema; may increase risk of food allergy; and probably increase risk of skin infection. Further study is needed to understand whether different approaches to infant skin care might prevent eczema or food allergy". You can find the plain language summary [here](#).

What a pity that this approach to eczema prevention does not look so promising, but that's science, and we must not give up on the idea of trying to prevent eczema.



CEBD Welcomes New International Team Members

Sophie Leducq

Sophie joined CEBD in November 2022 on a visiting international fellowship for one year. She is a dermatologist from University Hospital of Tours in France, where she is involved in the management of patients with all kinds of skin conditions with specific expertise in paediatric dermatology, hair diseases and vascular malformations. She is also involved in the development of French Dermatology Guidelines on several topics with the French Society of Dermatology .

Sophie is visiting CEBD to expand her research interests in methodologic aspects of clinical trials in dermatology which developed after she completed a PhD on methodological and statistical issues regarding within-person trials evaluating topical treatments in dermatology. During her time at CEBD, she will focus on the question of blinding in trials evaluating a treatment with a specific known adverse event. She will also lead a systematic review on vascular malformations and risk of progression during puberty and pregnancy. Sophie is really excited about spending time in the UK and discovering a new way of life with her husband (and cat!) in Nottingham.



Mike Birchall



Mike also joined CEBD in November 2022 and is working with us as a Research Assistant assisting with the implementation of [Eczema Care Online](#) through social media as well as writing articles for various eczema newsletters. He is also supporting a project aimed at establishing international expert consensus on the clinical diagnostic criteria for lichen sclerosis (LS).

Mike completed a master's degree in psychology in 2021 which he studied towards while working as a frontline police officer in South Auckland, New Zealand. Since graduating and moving to the UK, he has continued to gain research experience in a number of areas including gambling, healthy ageing, elder abuse, schizophrenia, and youth aggression. In his spare time Mike enjoys travelling (9 countries so far in 2022), running, listening to true crime podcasts, and is (very slowly) learning Italian.

CEBD 21-22 Report Coming Soon

We're just putting the final touches to the 21-22 CEBD Report which will summarise key highlights of CEBD research activities over the past couple of years and plans for the future. With sustainability in mind, the report is no longer printed but if you would like to be added to the mailing list so we can send you a copy by email [please do let us know](#). You can find the 19-20 CEBD report [here](#).

Other Interesting Dermatology Things.....

- The British Association of Dermatologists (BAD) have revamped their website—take a look [here](#).
- Read this [interesting article](#) about the lack of a patient voice in developing guidelines for eczema management.
- See how [Cochrane Skin](#) marked International Volunteer Day on 5th December.
- Find out about [PEM Friends](#) new photo library to aid earlier and better diagnosis of autoimmune blistering skin conditions such as bullous pemphigoid in their [latest newsletter](#).

Wishing You All a Merry and Bright Festive Season

And a huge thank you for everything you do to support CEBD research activities.

Please note our office will be closed from Thurs 22nd Dec, re-opening Tues 3rd Jan.

