

5 Questions to Ask When Your Eczema is Hard to Manage

Treating eczema can feel challenging. It can take time to work out your best treatment plan that helps you control your eczema. Consider writing down the following information for the next time you talk with any of your health professionals to help support eczema management that works best for you.:

- **Your eczema treatment history, and**
- **What really matters to you about your quality of life.**

Here are 5 questions to ask next time you are seeing a health professional about your eczema.

1 Why isn't the eczema treatment working? Why is the eczema still out of control?

- Finding out what works best for your eczema can take time and feel frustrating.
- Discuss with your health professional your current eczema treatments and management plan. Regular communication with your health professional is essential. This can help identify obstacles to treatment success and ensure your Eczema Care Plan meets your needs.

2 What eczema treatment options are available?

- Sometimes a change to dose, strength or frequency of treatments can make a difference. Or it might be time to try another treatment. Talk with your health professional about what could make a difference for you.

3 What are the benefits and risks of these treatments?

- Eczema treatments can have both benefits and risks. Treatment aims to maximise the benefits and minimise the risks.
- Risks of treatments can include side effects. Side effects are the unintended effects of a treatment or medicine – but not everybody will experience them. When your health professional recommends a treatment or medicine, ask questions about side effects and what they mean for you.
- If your treatment has side effects that are hard for you to manage, tell your health professional. There may be other options you can try.

4 When is it time to be referred and who to?

- Depending on what aspects of your eczema treatment you are finding frustrating, a referral can be helpful.
- Your health professional may suggest referral to a specialist such as a dermatologist or mental health professional. A specialist can help with specific parts of your eczema care. It's okay to ask about these options if you feel you need more support.

5 What other support is available?

Talk with your doctor or health professional about support that suits your needs, like:

- ✓ **Online resources**
- ✓ **Support groups**
- ✓ **Community organisations**
- ✓ **Financial support**

OTHER HELPFUL INFORMATION

Eczema Support Australia provides information, resources and connection to others with eczema.



www.eczemasupport.org.au

Download the Eczema Care Plan to complete with your health professional.



www.eczemasupport.org.au/eczema-care-plan

Tips for finding good health information online:



www.safetyandquality.gov.au/consumers/finding-good-health-information-online

Making financial decisions about healthcare:



www.health.gov.au/resources/apps-and-tools/medical-costs-finder



I was so disgruntled in my 40s after struggling with eczema most of my life, but having the opportunity to ask these questions has given me hope. Life is now so much brighter now that I can better navigate management of my eczema.

Jamie

Quality Use of Medicines Alliance



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