A nurse-led Parenteral Eczema Education Programme for Chinese Parents of Children with Eczema: A Randomised Controlled Trial

N. S. Cheng1, J. P. C. Chau1*, K. L. E. Hon2, C. M. Chow3, K. C. Choi1, S. H. S. Lo1, T. F. Leung4

1 The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, Shatin, Hong Kong SAR
2 Department of Paediatrics, The Chinese University of Hong Kong, Shatin, Hong Kong SAR
*corresponding author

Rationale:

What is Eczema?

- Chronic skin disorder
- Not infectious but flare up repeatedly, incurable.
- Eczema is estimated to affect more than 160,000 children (from age 0 to 14), 50% of Hong Kong children

A nurse-led Parenteral Eczema Education Programme is the way out of childhood eczema in Hong Kong

A Summary of the Evaluation of the PEE Programme

Methods:

Aims

- To evaluate the effectiveness of the PEE programme on disease severity of child, parental self-efficacy, treatment adherence, quality of life of family members

Study design

- Single-blind, 2-arm, parallel-group randomised controlled trial (RCT) with a follow-up measurement at 3 months after the commencement of intervention

Targeted population

- Child participants: 3 months to 12 years old with moderate-to-severe eczema
- Parent participants: Parents of children meeting the above criteria, able to read & understand Chinese

Mode of delivery

- 20-minute one-to-one teaching session with newly designed educational booklet
- 10-minute for 2 demonstration video clips watching (7 minutes + 3 minutes)

Contents of intervention

- Health education sessions on eczema management-related knowledge and suggestions to prevent and control the exacerbation of eczema
- Demonstration video clips on application of emollient, wet wrap, progressive relaxation exercise
- Group sharing among parent participants: nurse as facilitator

Outcome measures

- Primary: Disease severity of the child
- Secondary: Parental self-efficacy in carrying out eczema treatment, Adherence to eczema treatment, Quality of life of families with eczematous children

Key project materials

- Educational booklet (67 pages)
- Demonstration videos (10 minutes)
- Group sharing (through online platforms)

Analysed

- *Analysed in the original paper" values in parentheses indicate value adjusted for covariates

Results:

Comparison of demographic data between the control and intervention groups (n=170)

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean (SD)</th>
<th>T</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>51.54 (10.12)</td>
<td>2.95</td>
<td>0.004</td>
</tr>
<tr>
<td>T+12</td>
<td>50.33 (9.99)</td>
<td>1.48</td>
<td>0.145</td>
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Generalised estimating equation (GEE) models for the comparison of disease severity, parental self-efficacy, treatment adherence and quality of life of family members across time between the control and intervention groups

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<thead>
<tr>
<th>Group</th>
<th>Mean (SD)</th>
<th>T</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>3.26 (0.91)</td>
<td>0.209</td>
<td>0.838</td>
</tr>
<tr>
<td>T+12</td>
<td>3.19 (0.81)</td>
<td>0.345</td>
<td>0.734</td>
</tr>
</tbody>
</table>

Conclusions:

Over 90% of the parents were satisfied with the programme. The study supports that a nurse-led parental education programme that provided evidence-based information and encouraged peer support could improve health outcomes in children with eczema and their parents.

Contact:

Nam Sze, Cheng
Doctoral student of the Nethersole School of Nursing, The Chinese University of Hong Kong
Email: 1155062210@link.cuhk.edu.hk

Nothing to declare