



Does frequency of bathing impact eczema symptoms? (Abstract 1025)



- **Professor Kim Thomas** - on behalf of the Rapid Eczema Trials team, University of Nottingham, UK (kim.thomas@nottingham.ac.uk)
- Learning objective: to share results of the Eczema Bathing Study – an RCT
- Conflicts of interest: none



www.RapidEczemaTrials.org



Clinical practice before the study





Evidence base

- Two very small randomised controlled trials (n=28 and n=42 participants), with conflicting results
- Children only, duration 2 weeks

Koutroulis et al. (2014):

Compared 'daily' with 'twice a week'

28 participants, aged 6 months to 10 years

Followed up for 2 weeks

Concluded there was no significant difference between the groups.

Cardona et al. (2020) :

Compared 'twice per day' with 'twice a week'

42 participants, aged 6 months to 11 years

Followed up for 2 weeks

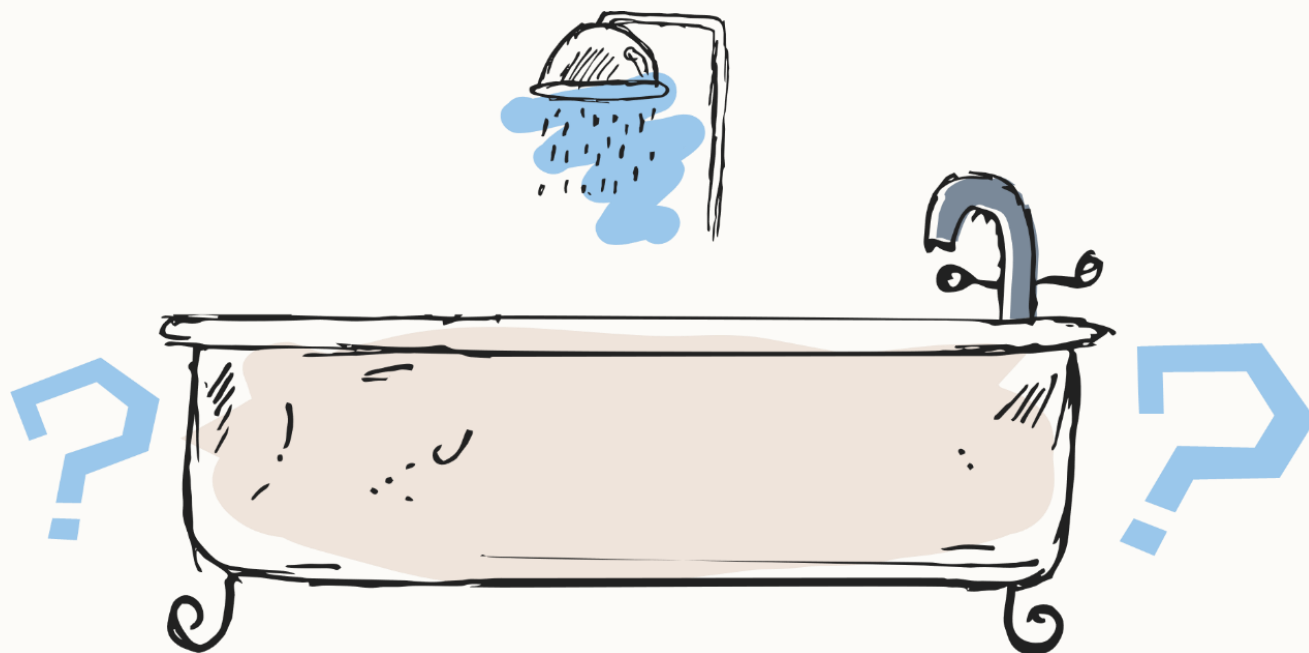
Concluded twice daily improved eczema signs compared to twice a week



Our Research Question



Does **weekly** bathing improve **eczema symptoms** compared to **daily** bathing for **people with eczema** over **4 weeks**?



Weekly bathing = bath or shower max twice per week

Daily bathing = bath or shower min 6 times per week

Participants: children (aged > 1year) and adults with eczema in United Kingdom

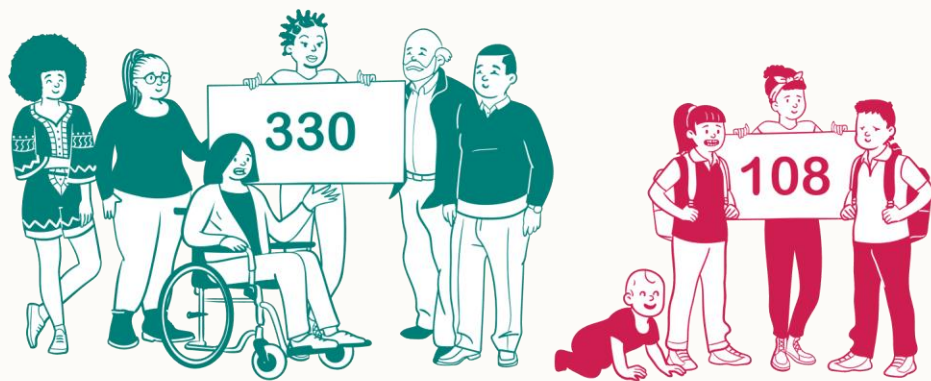


Methods

- Online, two arm parallel group, superiority randomised controlled trial, 4 weeks' duration (weekly follow-up)
- **Primary outcome** – eczema symptoms (POEM, range 0 to 28)
- **Secondary outcomes (HOME core outcome set – www.homeforeczema.org)**
 - itch intensity
 - eczema control
 - skin related QoL
 - number of days TCS used, number of days emollients used
 - improvement in POEM of ≥ 3 compared to baseline
 - global change
- Sample size: 390 people, to detect 2.2 difference in POEM

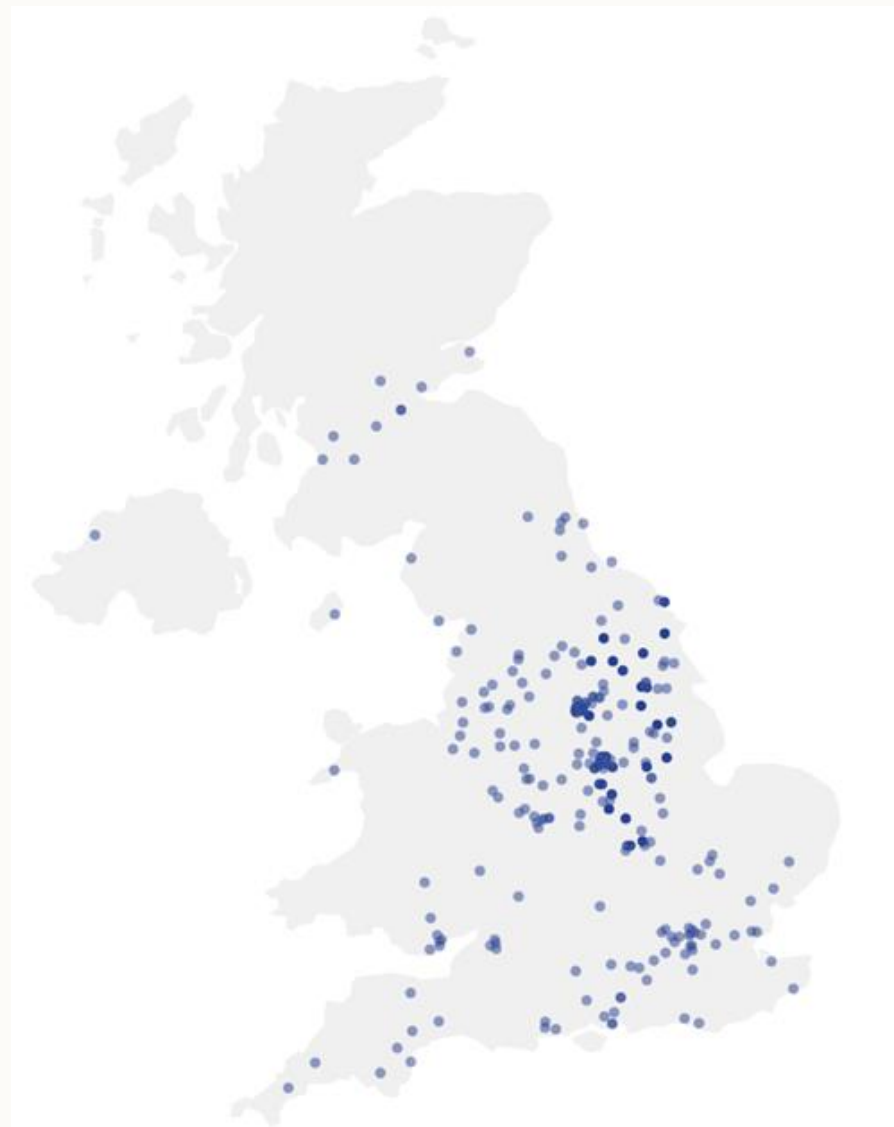


Who took part



438 people with eczema

- **Gender:** 66% female
- **Ethnicity:** 87% white; 6% asian, 5% mixed, 1% black, 1% other





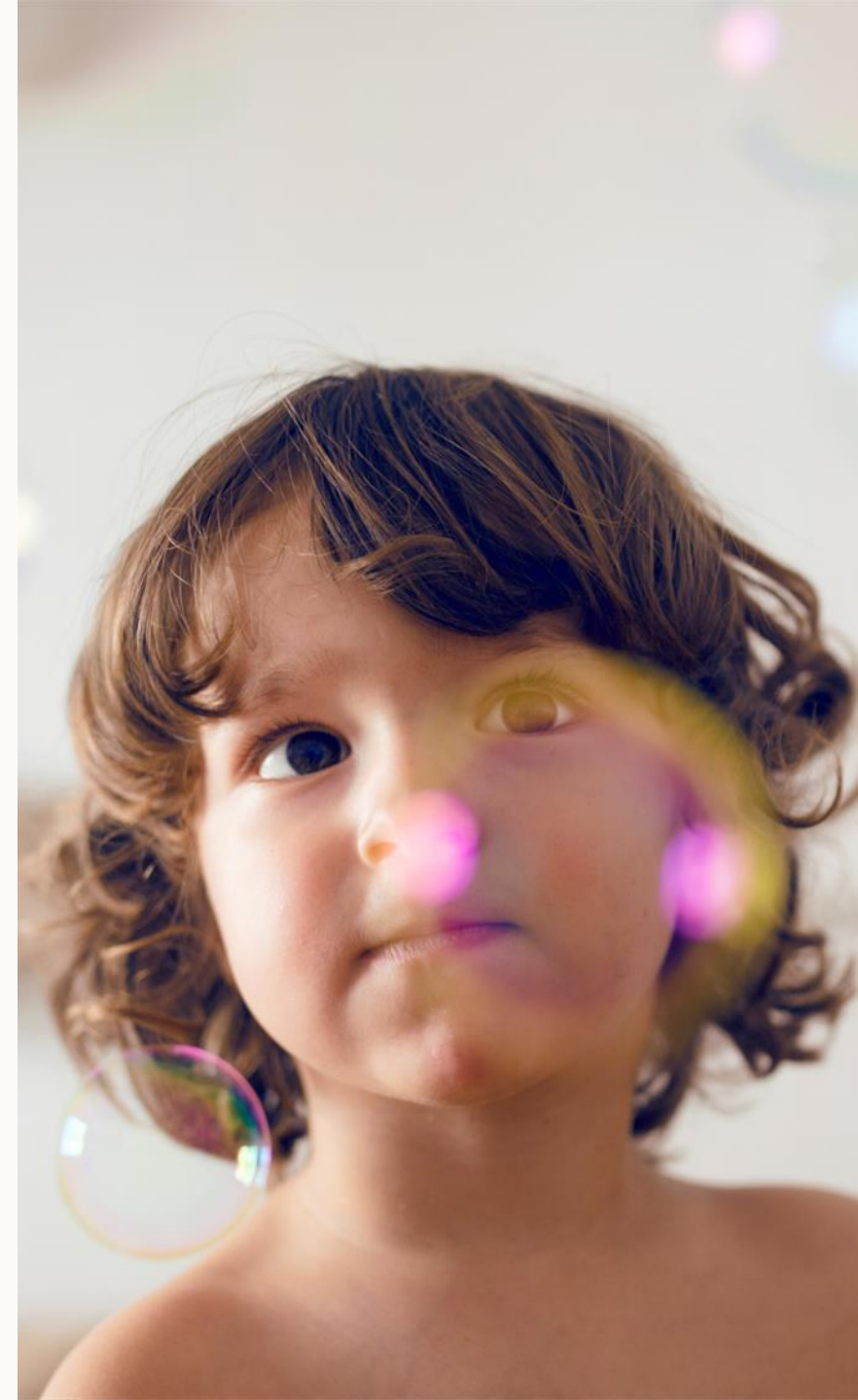
And the results.....?

Retention:

388/438 (89%) of people - included in the primary analysis, sensitivity analysis imputed missing data

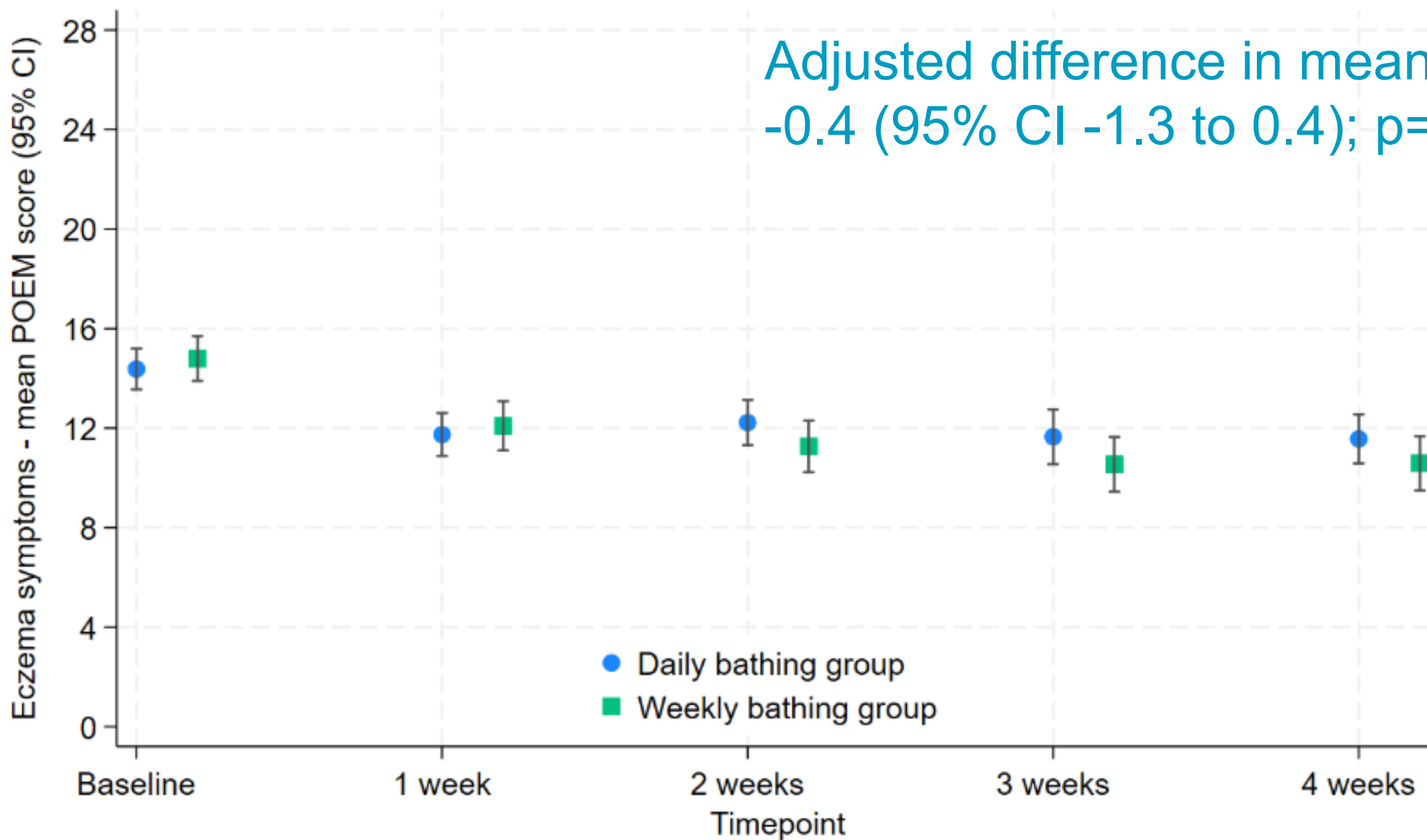
Adherence:

Adherence to advice 80-90% each week in both groups





Eczema Symptoms (POEM) – primary outcome





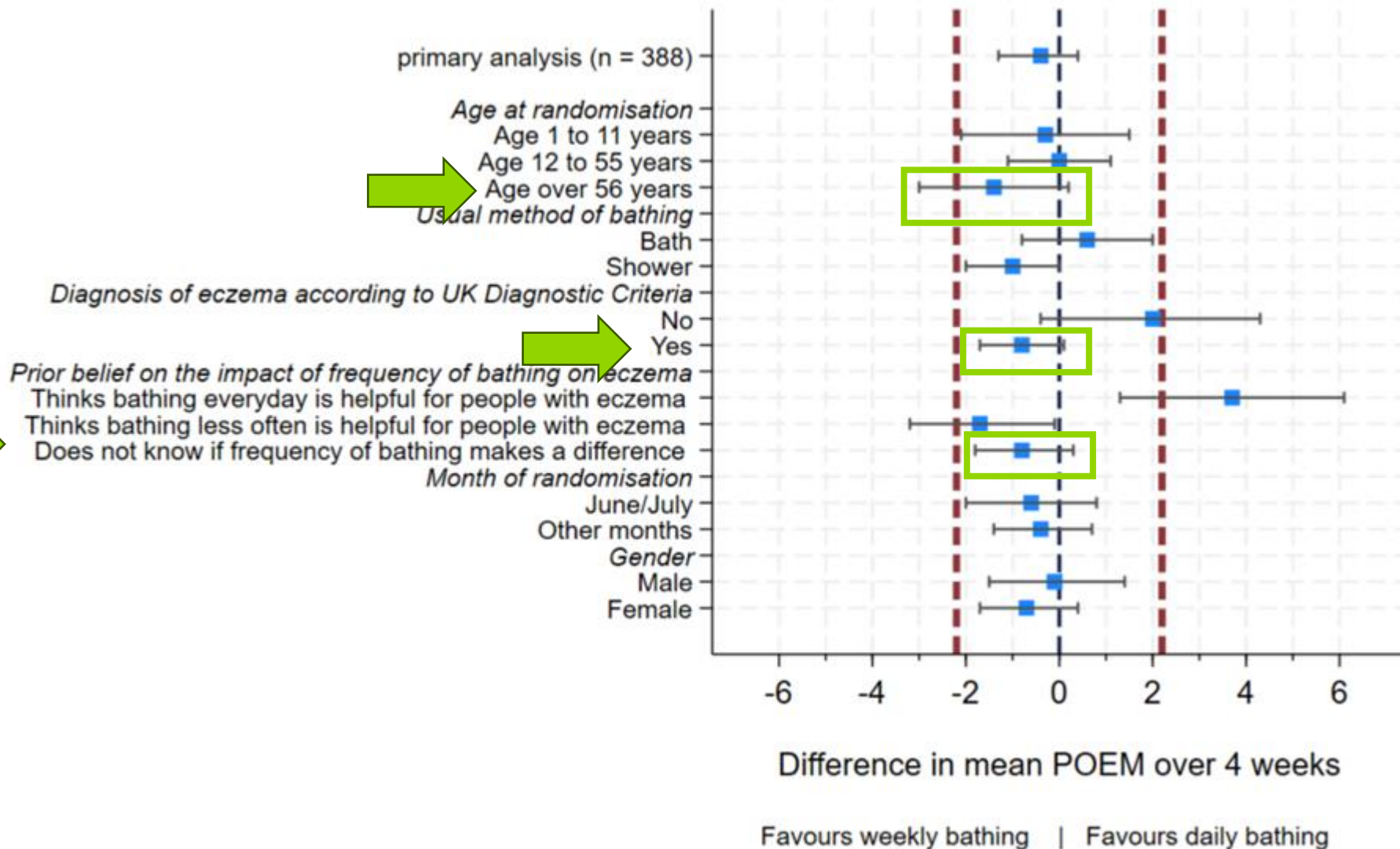
Secondary/sensitivity analyses

- Secondary outcomes - supported primary outcome
- Sensitivity analyses – also supported primary outcome
 - Imputing missing values
 - Adjusting for adherence to strategy
- No change in emollient use between groups
- Use of TCS was slightly lower in the weekly bathing group:
 - adjusted difference in mean number of days flare control creams were used each week -0.5 days (95% CI -0.8 to -0.1), favouring weekly bathing
- No serious unintended effects were reported



Exploratory analysis for different groups of people

Future research...





Take home message

How often you have a bath or shower is unlikely to make a difference to eczema symptoms...

...so you can advise people to:

“do whatever works best for them”.





Funding & partners

This project is funded by the National Institute for Health and Care Research (NIHR) under its Programme Grants for Applied Research Programme (NIHR 203279). The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care.



University of
Nottingham
UK | CHINA | MALAYSIA



University of
Southampton



University of
BRISTOL

IMPERIAL



Sponsored by:



Nottingham University Hospitals
NHS Trust

Eczema Support Organisations



FUNDED BY

NIHR

National Institute for
Health and Care Research