



Patient Panel Newsletter

www.nottingham.ac.uk/dermatology

Updates from CEBD

- The [CEBD 21-22 report](#) is now available—please do take time to have a look and review highlights of the past couple of years.
- The [eczema care online](#) website is now fully up and running and has been accessed over 7,000 times from 90+ countries. Please do share this if you know anyone affected by eczema as it really does make a positive difference to self-management.
- March has seen the end of an era for CEBD with the editorial base for [Cochrane Skin](#) leaving the department. This is due to changes in how the National Institute for Health and Care Research (NIHR) are funding Cochrane with reviews now being supported through a central editorial hub rather than in condition specific units.
- Did you know it was [International Women's Day](#) on 8th March? CEBD is now an internationally recognised centre of excellence for research in dermatology and women's health—[take a look](#) and see what's going on.
- The [RAPID eczema trials](#) first two research questions have been identified. These are 'In adults and children with mild to moderate eczema, is less frequent (1 or 2 times per week) bathing better than frequent (6 or 7 times per week) bathing?' and 'In people (of any age) with eczema (of any severity) is non-biological washing powder better than biological washing powder?' The co-production group are now working to develop the interventions for the studies and it's hoped they will start recruiting in September.
- It's not too late to sign up for the online CEBD Patient Panel meeting taking place on Saturday 29th April 10am-12.15pm. There will be an update on CEBD activities, a session where you can input into an exciting new project on artificial intelligence and eczema and an interactive learning and development session on different research approaches for different research questions led by CEBD staff Esther Burden-Teh and Paul Leighton. If you'd like to attend and haven't let us know already [please get in touch](#) and we'll send you the meeting link.

Opportunity to get involved — eczema community pharmacy project

Last year we completed the dermatology community pharmacy priorities project, funded by the [NIHR School of Primary Care](#). This was an interesting piece of work and we were able to highlight several research areas which could help pharmacists to manage enquiries about skin conditions.

One of the real strengths of this project was the equal number of lay members and healthcare professionals that were involved, and we would again like to thank everyone from the patient panel that took part. We have submitted the paper for publication, and we will be sending out a copy to participants if this is accepted.

We are now looking to build on this work by evaluating how the [Eczema Care Online website](#) could be used within

community pharmacy to improve the care of people living with eczema. We are looking to hear from members of the patient panel if you are interested in being involved in this project. Topics we would be likely to discuss include:

- Would you want to receive this type of information from a member of staff working within community pharmacy?
- Would you trust this information from a member of staff working within community pharmacy?

The project is being led at CEBD by [Paul Leighton](#) and [Jane Harvey](#). Please get in touch with [Jane](#) at if you are interested in hearing more about the project.

The logo for Eczema Care Online features the text 'Eczema Care' in a teal, sans-serif font above the word 'Online' in a larger, bold, teal font. To the right of 'Online' is a blue square containing a white plus sign, and a blue mouse cursor arrow points towards the plus sign.

Staffing changes at CEBD



Say hello to Kate Clement

Kate joined CEBD in January 2023 as an Information Specialist. She has 15 years' experience as an information specialist, working in industry and academia. For the last 11 years, she provided research support to small businesses across Leicestershire, helping them access academic expertise and supporting their business research activities. Now in CEBD, she provides colleagues with information support, including literature searches and contributes to research activity, with particular reference to the RAPID Eczema Trials Project. In her spare time Kate enjoys playing netball and spending time with her family at their allotment.

And thank you and goodbye from Stephanie Lax

Those who attend our regular Patient Panel events may recognise me as I have been involved in various ways from presenting sessions from time to time, attempting to provide tech support for virtual meetings, and as a member of the Panel's Action Plan Review Group. My main role has been to work on systematic reviews of eczema treatments, such as the [best and safest ways to use topical steroids](#), [phototherapies](#), and most recently, a comparison of [multiple anti-inflammatory treatments](#). As the funding for my post has come to an end, I am moving to a new position within the School of Medicine looking at rare diseases in rheumatology. Did you know that 1 in 17 people in the UK have a rare disease? It's a very common problem! Whilst it's going to be a steep learning curve, and a wrench from a hugely successful and supportive department, I know I will be continuing to do work that has an impact.

When I joined CEBD in 2018, I had no experience of working with patient partners in my research; only experience as a 'service-user' representative myself with the Nottingham Maternity Research Network. It's been lovely getting to know you all, a privilege to have heard you share your experiences, and grounding to have a real appreciation of why we do the work we do. Whilst I'm proud of the eczema work I've contributed to, I'm prouder still of the engagement projects conceived and inspired by you, namely [The Dragon in my Skin](#), our work on [updating the language of skin tone](#), and thinking about 'greening-up' dermatology. Thank you.



Updates from the National Institute for Health and Social Care Research

- Be Part of Research, the online service that makes it easy for people to find and take part in health and care research, is now available through the [NHS App](#) in England.
- You might want to look at a couple of recent interesting blogs from the NIHR. The NIHR Director of Public Voice [Jeremy Taylor talks about the importance of reaching out to communities](#) and a further blog considers [how to make health research and information more accessible for everyone](#).
- The NIHR are considering commissioning research on how to best manage chronic plaque psoriasis— please see the [website for further information](#).
- See the latest [NIHR Evidence Summary](#) which highlights seven findings from NIHR research (not dermatology related) that could save the NHS money and improve patient care .