

Coconut oil for childhood eczema

We would like to invite young children (under 6 years old) who have eczema to take part in a study to find out if using coconut oil alongside their usual skin care routine, improves their eczema.

What is this study testing?

Eczema causes itchy, dry and cracking skin, which increases the risk of infection from bacteria. **We want to find out if using coconut oil on the skin improves eczema in young children**, when used in addition to routine treatments that we know are effective, such as steroid cream.

Why coconut oil?

- Coconut oil has been used for centuries for skin care
- It is rich in fatty acids
- Coconut oil has natural antibiotic and anti-inflammatory properties
- We think that coconut oil will moisturise the skin to soothe drying and cracking
- We think that the antibiotic properties may prevent infection from bacteria found on all skin



What does the study involve?



We would like you and your child to **attend 6 appointments over a 6-month period** at Perth Children's Hospital. These appointments will be focused on your child's eczema.



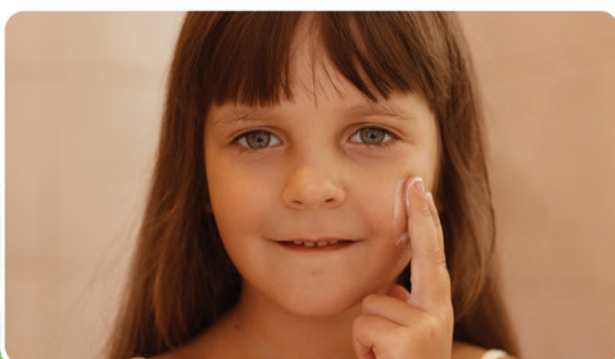
If you are randomised to the coconut oil group, you will be asked to **apply coconut oil to your child's skin every day for 12 weeks**, in addition to their usual skin care routine.



Complete a very short **online daily diary** about your child's eczema treatments.



Complete a **weekly electronic questionnaire** about your child's eczema severity.



Where would I have to go?

We would ask you to attend an appointment at **Perth Children's Hospital** in the outpatient clinic.

We will give you a \$10 Coles/Woolworths voucher to compensate you for the cost of parking.

How long will this take?

The first appointment will take about 2 hours, and the follow-up appointments will take about an hour.

Your first appointment

Your first appointment will include the following steps:

1. We will assess your child's eczema.
2. We will measure your child's height and weight.
3. We will ask you questions about your child and family history of eczema.
4. We would like to take a small blood sample from your child.
5. We would like to take a skin swab from an area of eczema (checking for bacteria).
6. We would like to do a skin prick test to see if your child may be sensitised to coconut.
7. Explain how to use a quick daily online diary, to track your child's eczema and any treatments you use over a 4 week period.

Will the blood test hurt my child?

When you arrive, the nurse will apply numbing cream to your child's arm. Later the nurse will take a very small blood sample from your child's arm. The nurses are very experienced in taking blood from small children, it is a very quick procedure and should not hurt.

Will the skin prick test hurt my child?

The skin prick test is a scratch on the skin. It is not painful, but may cause some discomfort. If there is a positive reaction to coconut, there will be a small bump like a mosquito bite which may be itchy, but isn't painful.

Your second appointment

Your child will be randomly assigned into one of the following study groups:

Group 1

All children in this group will use coconut oil on their skin daily, in addition to their usual skin care routine.

If your child has been allocated to Group 1, you will be supplied with coconut oil sachets for the duration of the study period.

Group 2

All children in this group will continue their usual skin care routine, WITHOUT coconut oil.

Your follow up appointments

Come into check progress, your child's eczema and take skin swabs.

Your last appointment

1. Check progress and your child's eczema.
2. Skin swabs of eczema.
3. Have a skin prick test for coconut.
4. A blood test to compare with the first blood test.

How do I take part in the study?



Scan the QR code or visit www.redcap.link/cocokids_eczema and enter your contact details and a member of the Clinical team will contact you.



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