

Doctors can help children, teens adhere to eczema treatment plan

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(HealthDay)—Physicians can create an adherence protocol for patients,

particularly children and teens, receiving treatment for atopic dermatitis, according to an article published in *Dermatology Times*.

Lack of adherence to treatment protocols can arise for many reasons, including a lack of motivation or laziness, giving up after trying the treatment (e.g., thinking the treatment is worse or more burdensome than the condition), forgetting instructions, or just forgetting to take the medication.

Steven R. Feldman, M.D., Ph.D., from the Wake Forest University School of Medicine in Winston-Salem, N.C., advises that a comprehensive approach can help to change patient behavior. He suggests a system to encourage adherence that includes scheduling follow-ups, simplifying treatment, writing a plan, creating "triggers" such as calendar or digital reminders, providing [positive feedback](#), and sharing success stories.

"Concentrating on [patient adherence](#) might not be your primary focus," Feldman said in the article, "but with the right compliance protocol you could be as effective in helping patients stick with treatment as you are providing a diagnosis."

More information: [Abstract/Full Text](#)

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