

**Abstract - Educational videos for parents of children with atopic dermatitis:
The EduDerm study“**

Background

Atopic Dermatitis (AD) is the most common chronic skin disease in children and affects up to 20% of all children in developed countries. Chronic inflammatory skin, itching, redness, and non-dermatologic symptoms like sleep disturbance are frequent and have a negative impact on the child's quality of life (QoI). The multidimensional effects of AD affect not only the afflicted child, but the entire family. According to these challenges, the multiprofessional team in the Children's Hospital in Zurich supports children with AD and their parents comprehensive. Education is one of the most important aspects of managing AD, because effective management of AD requires accurate knowledge about the disease and its treatment, as well as practical skills to follow through with skin care. Online services have the potential to greatly improve patient education. Therefore, videotaped information can be an effective method to improve clinical outcomes, to make sure that parents of children with AD have the right information about AD and to reach out to more affected patients or parents.

Research Questions

Taken all these findings and clinical experiences, we want to develop a systematic video-based education for parents of children with AD. Our research question is as follows: *How effective is systematic video-based education for parents of children aged 0 to 5 years with AD?*

Based on various existing educational videos, an inter-professional team of healthcare professionals will work on the development of the video-based education. The content of the educational videos will include information on the causes of AD, symptoms, treatment instruction, tips and prevention.

The **aim of the study** is to test the effectiveness of the video-based education on QoL, disease severity of the affected child and worries about the therapy for parents of children with AD by using a pragmatic **Randomized Control Trial (RCT)**.

We expect that parents of children with AD who complete a video-based education program in preparation for a consultation, would have a better QoI, reduction in disease severity and lesser worries about therapy intervention. The second hypothesis is that the combination of video-based education and a consultation will achieve better outcomes in relation to QoI, severity of eczema and worries about the therapy compared with those who do not receive the additional video-based education.