

# The BATHE Study

## NEWSLETTER, MARCH 2016



We would like to give a warm WELCOME to all the new families who have joined the BATHE study.

More than 400 children are now enrolled in the study which will help us to answer the question of whether adding emollient to the bath helps to relieve the symptoms of eczema. We had originally aimed to recruit 423 children, however BATHE has been so successful that we have been given permission to increase the number of children taking part to 491. This will enable our statisticians to look at the results in different ways and provide even better value to our funders. Over-recruitment to studies is quite a rare event so you have made us very happy bunnies!

We will still be finishing the recruitment phase at the end of April this year.

You have also been fantastic at answering the questionnaires and we are sincerely grateful to all of you for sticking with it.

If you are finding it difficult to complete the questions online please let us know and we can send you paper forms instead.

More information, as well as previous newsletters, can be found on our website:  
[www.southampton.ac.uk/bathe](http://www.southampton.ac.uk/bathe)

**Best wishes from  
the BATHE Team**



Every family taking part in BATHE will be entered into the prize draw to win a tablet computer at the end of the study!



### Spring Skin Care

People with eczema often find that their symptoms improve in Spring: less central heating means that the air is not so dry and lighter clothes help to reduce the itching.

The UK weather is notoriously unreliable so continue to dress your child in layers: it is easier for them to maintain a comfortable temperature throughout the day.

Wearing soft clothes next to the skin helps to stop the itch-scratch-itch cycle.

Apply plenty of emollient cream to areas of skin prone to dryness.

Enjoy getting out and about with your child whenever you can—it's good for everyone!

More information about childhood eczema is available at:  
[www.nottinghameczema.org.uk](http://www.nottinghameczema.org.uk)

Thank you for sending in your duck pictures. Don't forget that you can see them published on our website!



**WINNER**

Thank you so much for sending Betty to us, Casper! What a lot of work you have put into this picture!



**NHS**  
**National Institute for  
Health Research**

BATHE is funded by the National Institute for Health Research Health Technology Assessment programme