 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## **Can atopic dermatitis be improved with more baths / showers, bleach baths, or bath additives?**

A recent Tools for Practice<sup>1</sup> notes that for atopic dermatitis (AD), more frequent baths (and likely showers), 1-2 times/day, improve symptoms meaningfully ( $\geq 30\%$ ) for about 40% more patients than less frequent bathing (with moisturizers after bath/showers).

Despite advocacy, research does not support bleach baths, bath additives or water softeners for AD symptoms.

Offer simple advice for frequent plain-water bathing and application of moisturizers immediately afterwards. The bleach baths advice is also contrary to advice on the Auckland Health Pathways. Clinical discretion is advised.

Reference:

1. Bath Time: Atopic Dermatitis and Bathing. Tools for Practice #293 (2021)  
[View here](#)

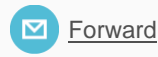
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# Online Primary Care Update

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