

## Therapeutic workshops to improve the quality of life of children with atopic dermatitis

**LOCATION:** Malaga

**LENGTH:** 1'43''

**SUMMARY:** Parents and children take part in therapeutic workshops on atopic dermatitis organised by the Malaga Women and Children's Hospital. Dermatologists, together with allergists, paediatricians, clinical psychologists and nurses answer their questions and teach them how to live with this condition that affects 15% of the population between 0 and 14 years old.

### VTR:

Training and information for parents but also for kids. The Malaga Women and Children's Hospital organises the School for Atopic Dermatitis, which they hope will help parents and children to deal with this condition better.

**Ángel Vera**  
Dermatologist

*"It's a condition that has large repercussions on the children's quality of life, and consequently on their parents' quality of life, so this involves teaching them a bit about what the condition consists of in a way that's more relaxed than a consultation."*

Dermatologists, allergists, paediatricians, clinical psychologists and nurses take part in this meeting to give tips to the parents and to make the condition more manageable.

**Adriana Beccalli**  
Paediatrician and coach

*"It's so that they can cope better with their children's atopic dermatitis. So that the parents don't let these negative emotions that sometimes come up control them, and are better able to help their children."*

Atopic dermatitis is the most common chronic dermatological condition amongst children, as it affects 15% of the population between 0 and 14 years old. It results in eczema and stinging sensations. At this meeting, the parents can clear up all of their questions.

*"Questions regarding day to day things that occur to you at home, but you can't be calling the dermatologist all the time."*

The children identify where they feel the stinging, and learn about the importance of skin hydration, and how to apply the creams. But it also prepares them psychologically.

**Virginia Pippo**  
Mindfulness specialist

*"Accepting that it's there, that they can't change it, so the idea is that the condition doesn't take control."*

**Ángel Vera**  
Dermatologist

*"Stress, although it can be difficult to judge in a child, is a significant aggravating factor, however the beach, being on holiday, being in the sun, light sunbathing and swimming in the sea are all greatly beneficial."*

A better understanding of the condition and its treatments helps them to live with it.