



## 簡談小兒濕疹

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### 小兒濕疹 (Eczema)

- 也稱為異位性皮膚炎  
Also called atopic dermatitis
- 描述皮膚在受到刺激或炎症影響後所出現的狀態。濕疹令皮膚發癢和乾燥，有時會產生鱗屑。  
Characterised by dry itchy skin with areas of redness and scale
- 皮膚會裂開、變紅和發炎，並因而容易受到感染。  
In acute phase, may develop vesicles and oozing
- 目前並沒有治愈濕疹的完美方針，但管理的關鍵是要保持皮膚滋潤，幫助保持良好的皮膚屏障。  
There is no cure currently available for eczema, but the key of management is to keep the skin well moisturised to help maintain a good skin barrier.
- 每五個嬰兒就有一個受到影響  
Affects 1 in 5 infants
- 發病率正在上升，可能發生在任何種族或地理位置  
Incidence is increasing; may occur in any race or geographical location
- 較高的發病率在城市地區和發達國家，特別是西方社會  
Higher incidence in urban areas and developed countries, especially western societies

### 導致濕疹原因 What causes eczema?

- 在患有濕疹的人，皮膚的屏障功能受到影響  
In people with eczema the skin barrier is less effective
- 皮膚對於脂肪和油的生產較少，因此，皮膚對於水保持性降低  
There is a reduced production of fats and oils and the skin therefore has less water retaining properties
- 遺傳缺陷（如聚角蛋白微絲蛋白的缺陷）、外傷（劃傷）、濕度下降、pH不均衡和感染都有可能破壞皮膚的屏障  
Inherited defects (e.g. defects in filaggrin protein), trauma (scratching), decreased humidity, alteration of pH and infection can disrupt the skin barrier
- 皮膚屏障被破壞之後，可能造成免疫細胞接觸抗原性和刺激性藥物，導致炎症介質釋放，進而導致濕疹  
Disrupted skin barrier allows antigenic and irritant agents to come in contact with immune cells, leading to release of proinflammatory mediators and causes the clinical picture of eczema
- 保持表皮層的水含量是維持完整皮膚屏障的一個關鍵因素  
Hydration of the epidermis is a key factor in maintaining an intact barrier

## 病徵 Clinical manifestations

- 60%的病例發生在新生兒生命的第一年，通常開始於首6個月的生活  
Occurs in the first year of life in 60% of cases; usually starts in the first 6 months of life
- 近85%的病例在5歲之前發病  
By 5 years of age in nearly 85% of cases
- 近40%的病患都能在成年時痊癒  
Resolves in nearly 40% of patients by adulthood
- 3個年齡組階段 3 age-group stages
  - 從嬰兒期通常為3個月至2歲的嬰幼兒 Infantile (from infancy usually 3 months to 2 years old)
    - 癢，紅，鱗屑和結痂病變出現於臉頰，頭皮和背部，手臂和腿，通常並不影響尿布區  
Itchy, red, scaly and crusted lesions on cheeks, scalp and backs of arms and legs; usually sparing the nappy area
    - 皮膚受到存活於皮膚表面的細菌的感染後，可流出液體（濕性濕疹）  
Rash may weep, particularly if scratched, and these can sometimes get infected.
    - 一般3-5歲年齡之間的顯著改善  
Usually improves significantly between ages of 3-5 years
  - 兒童（2歲至12歲）Childhood (from 2 years old to 12 years old)
    - 皮疹及乾燥皮膚通常是在摺痕的肘部，膝蓋後面，腳踝部位。也可能涉及臉，耳朵和脖子  
Rash and dryness usually in the creases of the elbows, behind the knees, across the ankles and may involve the face, ears and neck
    - 一般情況下，10歲左右，病情都會改善  
Usually improves significantly by age 10 years
    - 可能有導致成年後乾燥性和敏感皮膚的傾向  
Most have a tendency for dry and sensitive skin into adulthood
  - 成年（超過12歲）Adulthood (older than 12 years old)
    - 皮膚大面積的乾燥，發癢，皮膚發紅，尤其是肘摺痕，手腕，頸部，腳踝和膝蓋後面  
Large areas of very dry, itchy and reddened skin with the elbow creases, wrists, neck, ankles and behind the knees

## 濕疹皮膚護理的3個步驟

### The 3 steps for eczema skin care

#### 1、輕微性濕疹 – 保持皮膚的保護屏障功能（Eczema under control – maintain the protective barrier function of the skin）

↘ “潤膚劑療法”：透過洗滌/精油以及潤膚霜的使用，來保持皮膚的保護屏障。

The term ‘emollient therapy’ is the use of the wash/oil AND the application of moisturisers afterwards and this is recommended to maintain the protective barrier of the skin.

↘ 使用非肥皂洗澡、或加精油在浴缸中。它可以幫助更換皮膚的含油量。這乃是濕疹的管理必不可少的一部分。泡澡應不超過 20 分鐘，以確保皮膚水分充足，以及避免造成皮膚起皺。肥皂和起泡產品有可能將進一步損壞皮膚和造成乾燥。

Use a non-soap based wash or oil in the bath or shower. It helps replace the oil content of the skin and is an essential part of eczema management. Bath should be no more than 20 minutes to ensure adequate skin hydration but not long enough to cause wrinkling. Soap and bubbly products damage and dry the skin further.

↘ 保持皮膚柔軟（不紅不癢），定期保濕

Keep skin soft and supple (not red and itchy), by regular moisturising

## 2、中度濕疹發作 – 保護和修復，如果皮膚是紅色的，發癢，乾燥，剝落 (Moderate eczema flare – protect and repair if skin is red, itchy, dry, flaking)

– 使用潤膚劑治療，但包括較厚的潤膚霜 (定期應用)

Use emollient therapy, but include thicker moisturisers (applied regularly)

– 如果需要的話，可透過皮質類固醇激素霜劑或軟膏來減少濕疹皮膚發炎。皮質類固醇應用於洗澡之後，以達到最大程度地吸收和潤膚 (理想情況下至少一個半小時以後)

Reduce inflammation of eczema with corticosteroid creams or ointments, if needed. Corticosteroids (if needed) should be applied immediately after the bath to maximise absorption and emollients afterward (ideally at least half an hour later if this is practical).

– 必須注意細菌和/或真菌感染的跡象 (流出液體，滲出，結痂，膿疱，濕疹如果治療無效，發熱和不適)，因為這可能需要抗生素和/或抗真菌藥膏，需由醫生開處方。

Watch for signs of bacterial and/or fungal infection (weeping, oozing, crusting, pustules, unresponsive eczema, fever and malaise) as this may require antibiotics and/or antifungal cream, prescribed by a doctor.

每週兩到三次使用消毒藥水來沐浴，以減少皮膚上的金黃色葡萄球菌數量，可以幫助整體濕疹控制和減少感染的風險。

Antiseptic baths two to three times per week to reduce staphylococcal skin colonisation can aid with overall eczema control and reduce infective flares.

- 添加漂白劑 (Janola)，浴水濃度為 1/1000 (加 3-5% 漂白粉半杯至 15cm 深的全尺寸浴缸溫水)  
Add bleach (Janola) to the bath water at a concentration of 1/1000 (half a cup of 3-5% bleach to 15cm deep full-sized bath)
- 或者使用藥房販賣的沐浴油，但需自費 (沒有補貼)  
Alternatively use antiseptic bath oils but they are not subsidised

對小孩來說，在皮膚上使用的類固醇，副作用其實很少見。除非是使用高濃度的製劑，或是連續使用幾個月的時間 (即使輕度的製劑)。

Steroid side effects on the skin are rarely seen in children. They are more likely to be seen with use of very potent preparations, use under occlusion (including in the creases) or with continuous use for months at a time (even of mild preparations). Use of a stronger preparation for short bursts is generally preferable to ongoing use of a milder preparation.

## 3、中度至重度濕疹發作 – 強化治療 (Moderate to severe eczema flare – intensive treatment)

– 如果上述治療無效，可使用油性的護膚膏 (到各大藥房洽詢)。

When eczema is not responding to the above treatments a greasy cream will need to be applied several times throughout the day.

– 外用皮質類固醇。醫生處方籤是必需的。

Prescribed topical corticosteroids will be required.

– 可以嘗試濕性包紮。除非孩子出現身體不適或是皮膚被感染。

Wet wraps may be recommended, unless the child is unwell or the eczema is infected.

## 避免刺激物/過敏原 (Avoidance of irritants/allergens)

這包括在洗澡使用的肥皂或氣泡。幼兒指甲應剪短，應穿純棉的衣服。盡量達到減少屋塵蟎。包住床墊和枕頭的寢具及床上用品需每兩星期用熱水 (> 55°C) 洗滌。

This includes soap or bubbles in the bath, perfumes or grass. Nails should be cut short and cotton clothes should be worn.

Reduction of house dust mite exposure can be achieved by encasing mattress, base and pillows in special covers and by hot water (>55°C) washing of top bedding each fortnight.

## 飲食 (Diet)

食物過敏並不會直接造成濕疹，不過可能會加重一些兒童的病情。最常見的原因是牛奶，大豆，雞蛋，堅果，種子，小麥和海鮮過敏。幸運的是，大多數的食物過敏而造成濕疹病情加重的情況，在新生兒最初幾年內就會消失。食物只是許多兒童濕疹的觸發可能之一。

Food allergy does not directly cause eczema, it can aggravate it in some children. The most common causes are cow's milk, soy, egg, nuts, seeds, wheat and seafood allergies although sometimes other foods are involved. Fortunately, most food allergies that aggravate eczema will disappear within the first few years of life. Food *may* be one of many triggers for eczema in children. Food allergy being a factor is more likely in young infants with severe generalised eczema. Evaluation of food allergy in children with eczema is fraught as these children are usually atopic, and allergy tests can reflect sensitisation rather than clinically relevant allergy. RAST testing will give many false positive results.

有些人相信小孩子戒吃雞蛋或戒喝牛奶會有幫助，但這會令孩子缺乏鈣質或蛋白質，害處更多。若是有需要，可以請教營養師。 Food exclusion diets for eczema have the risk of loss of tolerance (i.e. developing anaphylactic reaction on future exposure) and failure to thrive, as well as being expensive and complicated for families. They should be initiated as a trial guided by medical professionals and continued only when of clear benefit. If more than two major food groups are excluded dietitian involvement is advised.

## 參考文獻 (Reference)

ASCIA Education Resources (AER) Patient Information – Eczema (April 2010)

Starship Hospital Eczema Clinical Guideline (Nov 2009)

## 有用的網站連結 (Useful websites)

Eczema Association of Australasia [www.eczema.org.au](http://www.eczema.org.au)

New Zealand Dermatological Society [www.dermnetnz.org](http://www.dermnetnz.org)

National Eczema Society (UK) [www.eczema.org](http://www.eczema.org)

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