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Clinician-Reported Perceptions of a Colloidal Oat-Based Emollient Used with Topical Corticosteroids in Eczema: Results of a Multinational SERMO Survey

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Introduction

The use of emollients constitutes a fundamental component of eczema management, as consistently recommended across international clinical guidelines. Emollients may support skin-barrier function and optimise topical corticosteroid (TCS) use in eczema; however, the available evidence remains limited. A multinational clinician perception study was conducted to gather insights into the use of a colloidal oat-based emollient alongside TCS in patients with eczema.

Objective

To describe how clinicians who recommend a colloidal oat-based emollient position its use alongside TCS in eczema, including appropriate patient profiles and perceived clinical benefits.

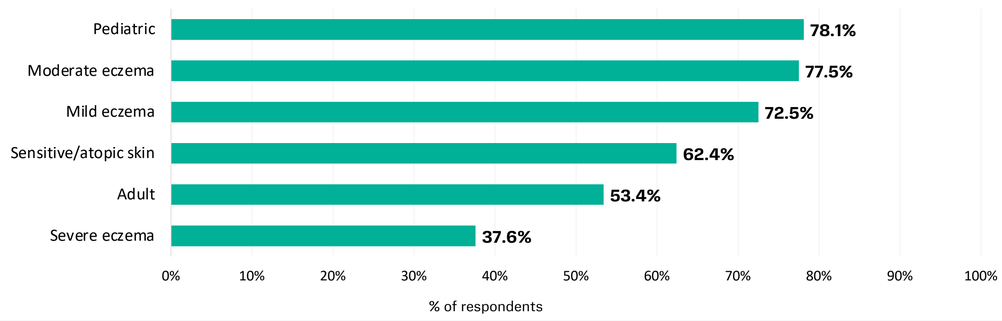
Methods

A cross-sectional SERMO RealTime™ survey captured descriptive, perception-based responses from 178 clinicians in Germany (n=16), Italy (n=40), the United Kingdom (n=35), and the United States (n=87) (February 2026). Respondents were dermatologists (60.1%) and pediatric clinicians (39.9%). Analyses were descriptive only; there was no comparator arm and no patient-level measured outcomes. Responses were considered from participants who indicated that they recommend colloidal-oat based emollient.

SERMO Survey Statement: SERMO RealTime™ is a quick-turnaround online survey platform which provides on-demand access to its proprietary global network of +1.5m HCPs.

Patient Profiles for Colloidal Oat-Based Emollient

Figure 1. Colloidal oat-based emollient (N=178) was most often recommended for paediatric and mild-to-moderate eczema

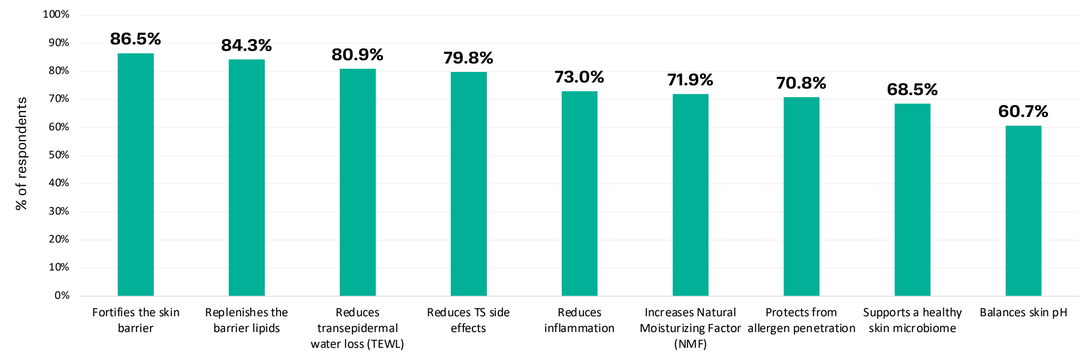


Clinicians were asked: "For which patient profiles do you most often recommend colloidal oat-based emollient?"

Overall, 87.6% of them reported frequently recommending the colloidal oat-based emollient in appropriate eczema patients treated with TCS. The recommendations reported were highest for moderate eczema (77.5%) and mild eczema (72.5%), and was strong in children (83.7%), adolescents/adults (84.8%), and paediatric patients overall (78.1%), but lower in severe eczema (37.6%) and adults aged ≥60 years (48.9%).

Barrier-Related Attributes of an Emollient Used Alongside TCS in Eczema Patients

Figure 2. Barrier-related properties were rated as important or essential



Clinicians were asked: "rate the importance of the following properties when prescribing emollients for eczema patients on TCS (rate each 1-5, where 1 = not important and 5 = essential).

They reported barrier-related attributes as the most valued when prescribing an emollient for eczema patients. These attributes included fortifying the skin barrier (86.5%), replenishing barrier lipids (84.3%), reducing trans-epidermal water loss (80.9%) and reducing TCS side effects (79.8%).

Perceived Benefits of Colloidal Oat-Based Emollient use alongside TCS

Figure 3. Most frequently reported benefits of a Colloidal Oat-Based Emollient used alongside TCS

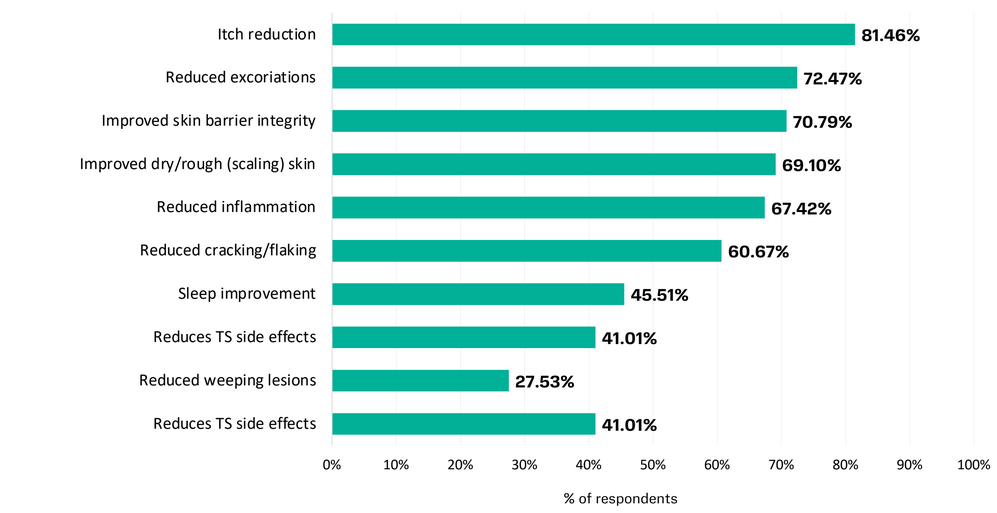


Figure 4. Clinician-Reported Changes in TCS Utilisation With a Colloidal Oat-Based Emollient

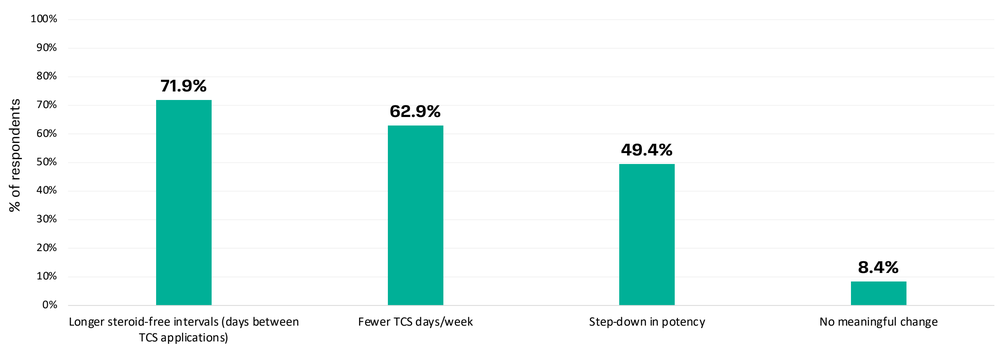
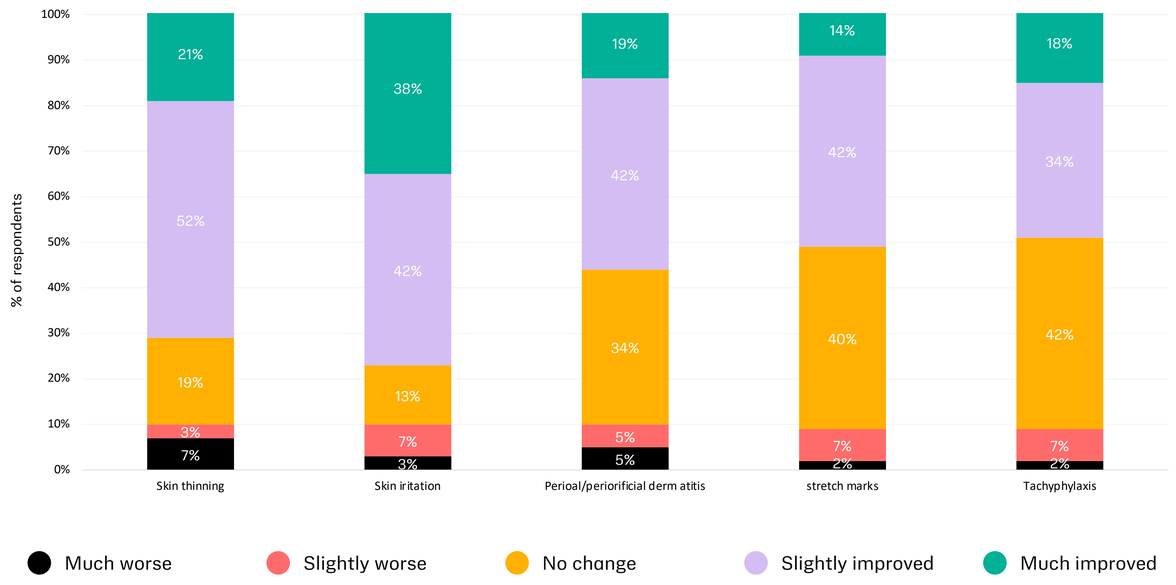


Figure 5. Perceived improvement in TS side effects were greatest for skin thinning and skin irritation when Colloidal Oat-based emollient was used alongside TCS



- The most commonly reported TCS-related concerns were skin thinning (80%), skin irritation (66%), and tachyphylaxis (44%).
- The strongest perceived benefits of colloidal oat-based emollient use alongside TCS were itch reduction (81%), reduced excoriations (72%), and improved skin barrier integrity (71%).
- Perceived improvements were greatest for skin irritation (80%) and skin-thinning concerns (73%), from using colloidal oat-based emollient.
- Clinicians frequently reported patterns consistent with TCS optimisation, including longer steroid-free intervals (72%), fewer TCS days/week (63%), and step-down in potency (49%) when patients use a colloidal oat-based emollient alongside TCS.
- Although 92.7% of clinicians reported perceived flare reduction when patients use a colloidal oat-based emollient alongside TCS, estimates of time to the next flare were heterogeneous.

Conclusions

In this multinational survey, clinicians positioned a colloidal oat-based emollient as a routine but selective component of layered eczema care, particularly in mild-to-moderate disease and younger populations; recommendations were highest for children and adolescents/adults. Reported benefits centered on barrier support, tolerability related outcomes, and perceived TCS optimisation when used alongside TCS. These findings are descriptive, clinician perception-based and hypothesis-generating and should not be interpreted as patient-level efficacy evidence.

Disclosures

All authors were employees of or consultants to Kenvue Brands LLC at the time the study was conducted. This study was sponsored by Kenvue Brands LLC which was responsible for study design and collection, analysis, and interpretation of the data. The study was hosted by SERMO.

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