



NURSING CARE PLAN No 18
ALTERED SKIN INTEGRITY
ECZEMA

Full Name: _____
 Address: **Addressograph** _____
 HCR _____

Care Plan No 18 Problem	ALTERED SKIN INTEGRITY ECZEMA	Issue Date: April 2018 Review Date: April 2021
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..... will receive safe and appropriate care relating to her/his altered skin integrity

has altered skin integrity due to Eczema / Infected Eczema

- Complications will be detected early and managed appropriately

1	NURSING INTERVENTION <i>As per Medication Kardex as prescribed by Dermatology / Medical Team</i>	Commenced, Date, Time, Signature, Grade	Discontinued Date, Time, Signature, Grade
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DAILY SKIN CARE REGIME

In Dermatology, the words emollient and moisturiser have same meaning and are interchangeable.

MORNING

- Emollient bath with _____ for 5-7 minutes
- And Antiseptic (Milton) Twice Weekly (*If prescribed*) _____ for 5 minutes
- All baths should be tepid and use non-perfumed shampoo if required e.g Elave
- Apply topical therapy / steroid ointment
- Face / Neck _____
- Body _____
- Allow to dry in for 30 minutes then apply emollient
- _____ to face and body

AFTERNOON

- Apply emollient _____ to face and body

EVENING

- Emollient bath if required _____
- Apply emollient to face and body _____

- **All applications to skin should be applied in a downward motion.**
- **Avoid touching the skin and then contaminating the tub. Take required emollient out of tub with a spoon.**
- **Administer antihistamine as required, if in the evening half an hour before bedtime.**
- **If Wet Wraps or Viscopaste Bandages are prescribed by consultant please see guidelines as in NPC folder**

Link in with Dermatology CNSp



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2	ALTERED SKIN INTEGRITY - INFECTED ECZEMA		
<p>DAILY SKIN CARE REGIME</p> <p><u>MORNING</u></p> <ul style="list-style-type: none"> • Antiseptic (Milton) bath for 5 minutes if prescribed _____ Or Emollient Bath for 5-7 minutes _____ • Then apply Topical antibiotic/steroid cream: Face/Neck _____ Body _____ • After 30 minutes apply emollient _____ to face and body <p><u>AFTERNOON</u></p> <ul style="list-style-type: none"> • Moisturise face and body with _____ • _____ <p><u>EVENING</u></p> <ul style="list-style-type: none"> • Give an emollient bath if required _____ • Then apply antibiotic/steroid cream: Face/Neck _____ Body _____ • After 30 minutes apply moisturiser _____ <ul style="list-style-type: none"> • Nurse in isolation • Take swabs bacterial / viral if requested • Administer oral / intravenous antibiotic as prescribed • Avoid touching the skin and contaminating the tub-use a spoon when taking out the required emollient • Observing for signs of infection e.g redness, crusting or oozing / deterioration in skin • Record temperature • Administer antihistamine as required, if in the evening, half an hour before bedtime. <p>Link in with Dermatology CNSp</p>			

Developed by Dermatology CNSp Team
 Updated April 2018