



Epidermolysis Bullosa

Name: _____

Date: _____

Date of Birth: _____

Diagnosis: _____

| NURSING INSTRUCTION | NURSING ACTION |
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| 1. PREVENT INFECTION | <ul style="list-style-type: none"> ▪ Keep affected areas clean by washing with mild soap ▪ Change dressings regularly ▪ Apply topical antibiotics to open skin surfaces ▪ Observe for signs of infection-fever, redness, pus/crusting on wounds ▪ Treat early and aggressively |
| 2. AVOID FORMTION OF NEW BLISTERS | <ul style="list-style-type: none"> ▪ Prevent friction leading to blister formation ▪ Handle minimally-lift with one hand under head and the other under buttocks ▪ Keep environment cool to prevent overheating leading to blisters ▪ Use soft clothing, nappies(cut elastic edges off) and bedding ▪ Apply mittens and socks to prevent scratching ▪ Lubricate skin with Vaseline or intrasite gel |
| 3. PROMOTE WOUND HEALING | <ul style="list-style-type: none"> ▪ Provide pain relief prior to dressing changes. ▪ Apply non adherent dressings eg intrasite gel or jelonet and telfa or foam dressings. ▪ NB Do not stick anything to skin. Use bandages or stockingnet to apply dressings ▪ Drain blisters with sterile needle –do not remove skin ▪ Pat dry moist or oozing areas-do not rub |
| 4. PROVIDE ADEQUATE NUTRITION | <ul style="list-style-type: none"> ▪ Prevent fluid, protein and electrolyte imbalances due to sloughing of skin ▪ Encourage oral feeding using cleft lip teat as it only requires a weak suck. Apply lubrication to teats. ▪ Avoid NGT tubes as they may cause internal damage and need to be secured with tape ▪ Avoid breast feeding in severe cases due to friction against mothers skin particularly during rooting ▪ Increase protein and calories to aid with wound healing |
| 5. OBSERVE FOR AND MANAGE COMPLICATIONS Eg dysphagia, reflux, oesophageal strictures, constipation, anaemia, scarring and contractures, dental and eye problems, airway obstruction | <ul style="list-style-type: none"> ▪ Monitor and observe baby closely ▪ Report any change in condition promptly ▪ Involve the multidisciplinary team ▪ Support and educate the family in caring for baby |