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Dermatitis

Patient name: _____ Admission: _____

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- I. The client/caregiver can define dermatitis.**
- A. Contact dermatitis is an inflammation of the skin caused by contact with an irritating or allergy-causing substance.
 - B. The reaction to a substance is the result of repeated exposure.
 - C. Common allergens causing contact dermatitis include the following:
 - Plants such as poison ivy
 - Nickel or other metals
 - Some medications
 - Rubber
 - Cosmetics
 - Fabrics and clothing
 - Adhesives
 - Fragrance and perfumes
 - Detergents
 - D. Atopic dermatitis or eczema occurs with allergies and can run in families. It usually begins in infancy and continues thru childhood and adolescence. It is less of a problem in adulthood, unless exposed to allergens or irritants.
- II. The client/caregiver can define symptoms of dermatitis.**
- A. Symptoms are as follows:
 - Itching of the skin in exposed areas
 - Skin redness, warmth, or inflammation at exposed areas
 - Localized swelling of the skin
 - Skin lesion or rash that may appear as pimple-like vesicles or blisters
 - Lesions that may ooze, drain, or form crusts
 - Lesions that may become scaly, raw, or thickened area of skin
- III. The client/caregiver can list possible complications.**
- A. Secondary infections
 - B. Cellulitis

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- IV. The client/caregiver can list measures to prevent or manage symptoms.**
- A. Identify allergen/irritant and avoid contact.
 - B. Avoid scratching whenever possible. Trim nails. Cover affected areas. Wear gloves at night.
 - C. Dress in clothing to avoid excessive sweating. Wear soft, smooth-textured clothing.
 - D. Avoid dry skin by doing the following:
 1. Choose mild soaps and deodorants. Wash clothing in mild detergent.
 2. Use soap only on face, underarms, genital areas, hands, and feet.
 3. Avoid hot water by using only warm water.
 4. Gently pat skin dry after bathing.
 5. Moisturize your skin. Ask physician for suggestions of lubricating cream.

RESOURCES

American Academy of Dermatology
www.aad.org/default.htm

National Institute of Allergy and Infectious Diseases
www.niaid.nih.gov

REFERENCES

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