

## DERMATITIS, CONTACT (ACUTE)

Level II

Skill Level: RN

Definition: A delayed (Type 4) fixed inflammatory response evoked when skin contact with an irritant or allergen. Takes one to seven days to fully develop and generally takes seven to 14 days to resolve from a single exposure, e.g., poison oak, plants, metal.

<p><b>Subjective:</b></p> <ul style="list-style-type: none"><li>• Exposure history unclear. No known or possible exposure to usual antigens.</li><li>• “This rash is spreading, it’s all over now.”</li></ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"><li>• Altered skin integrity: moderate to severe Contact Dermatitis.</li><li>• Potential of skin infection</li></ul>
<p><b>Objective:</b></p> <ul style="list-style-type: none"><li>• No breathing difficulties.</li><li>• Normal Vital signs for patient.</li><li>• Describe distribution.</li><li>• Lesions may be pink, raised, with vesicles and irregular borders.</li><li>• Minor facial involvement may be present.</li><li>• No sign of infection.</li><li>• Note prior exposure history and severity.</li><li>• May have extensive involvement.<ul style="list-style-type: none"><li>- Total body involvement greater than 300 square centimeters.</li><li>- Facial involvement of greater than 30 square centimeters or when the eyelids are involved.</li></ul></li></ul>	<p><b>Plan:</b></p> <ul style="list-style-type: none"><li>• Provide Level I treatment plan plus:</li></ul> <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none"><li>• Triamcinolone Ointment 0.1% apply to affected area BID for two weeks and nurse recheck in one week. <b><u>Do not apply to the face.</u></b></li><li>• If unstable vital signs or breathing difficulty, refer to the appropriate protocol for more aggressive treatment.</li><li>• Extensive involvement call practitioner or refer for next available appointment.</li></ul>

Nursing Education: Herpes skin infections, Herpes Simplex or Zoster, are caused by a herpes virus. This condition can present as vesicles filled with clear fluid but there is usually tenderness or a burning pain associated with these conditions.

**Dermatitis, Contact (Acute) Level II**

Patient Education:

1. Contact Dermatitis is non-contagious.
2. Advise patient of the signs and symptoms of second bacterial infection.
3. Advise patient that it may take up to two weeks for condition to resolve. If no improvement within one week, patient should notify Health Services.

**APPROVED:**

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Medical Services Manager

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Date

\_\_\_\_\_  
Chief Medical Officer

\_\_\_\_\_  
Date

Steven Sheehan MD  
\_\_\_\_\_  
Medical Director

10/6/09  
\_\_\_\_\_  
Date

Effective Date: 10/09  
Revised: September 2009