

Urticaria (Hives) - Level II

URTICARIA (Hives) Level II

Skill Level: RN

Definition: Itchy, red, raised papules or welts with a characteristic appearance. Although usually representing an allergic reaction (drugs, foods, insect bites, inhalants, or injections), no cause is found in 70 percent of cases.

MODERATE	
<p>Subjective:</p> <ul style="list-style-type: none">• “My hives are still here, I’m no better.”• Denies difficulty breathing.• Lesions come and go.	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in skin integrity: Urticaria (Hives)• Alteration in comfort.
<p>Objective:</p> <ul style="list-style-type: none">• Continues with red, raised areas with minimal improvement.• Will blanch with pressure.• Chest auscultation is clear.• See pictures in Nursing Education Online (on U Drive).	<p>Plan:</p> <p>Check for allergies to medications. At nursing discretion may use any of the below:</p> <ul style="list-style-type: none">• Zyrtec 10 mg daily for 5 days.• Refer to Practitioner if symptoms are recurrent or not improving.• For itchy rashes that are not urticarial, do not use Zyrtec. See Dermatitis Protocols.• If there is convincing evidence that the episode is urticarial, and related to a new medication, consider advising that the medication be held and schedule the patient with the practitioner. (See Nursing Education below.)

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SEVERE	
<p>Subjective:</p> <ul style="list-style-type: none"> • "I'm having trouble breathing, chest tight, throat feels swollen." • "I feel faint", I feel dizzy" 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in skin integrity: Urticaria/(Hives) with-- • Ineffective breathing pattern. • Decrease in cardiac output: fluid volume deficit.
<p>Objective:</p> <ul style="list-style-type: none"> • Chest auscultation can show stridor, wheezing, etc. • Blood pressure under 100 and patient feels faint. • Check Peak flow if patient has suspected airway constriction. 	<p>Plan:</p> <ul style="list-style-type: none"> • If respiratory distress with or without wheezing, or symptoms of anaphylaxis, go to appropriate emergency protocol. (Anaphylaxis and/or Asthma protocol). • Prepare for emergency transport if systemic symptoms are present.

Nursing Education;

1. A cause for urticaria is usually not found.
2. Symptoms and signs can come and go without explanation.
3. Ask patient about new exposures to medications, toxins, soaps, etc.
4. If convincing evidence that a new medication is the cause (new diagnosis of hives in a patient who has recently started a new medication), advise patient to stop taking the medication and make an appointment with the practitioner.
5. Stress can cause the condition in itself.
6. Sometimes can progress to Anaphylaxis when severe systemic allergic exposure.

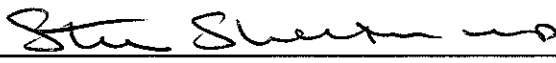
APPROVED:

Health Services Manager

Date

Chief Medical Officer

Date



Medical Director

3/3/09

Date

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