OBJECTIVES

Upon completion of this unit, the student will be able to:

1. Review the structures and functions of the skin.
2. Discuss methods of caring for the skin.
3. Identify specific changes in the skin associated with physiologic aging.
4. Describe and discuss the assessment of a patient with a dermatologic disorder, defining common terms used in the assessment of the skin.
5. Discuss problems of disfigurement and the emotional impact on the patient.
7. Discuss the general nursing management of the patient with a dermatologic disorder, including pharmacologic considerations.
8. Define and discuss the symptoms and treatments of common dermatologic disorders.
9. Define and discuss the symptoms and treatment of infestations and bites.
10. Define and describe the symptoms and treatment of systemic diseases that have dermatologic manifestations.
11. Discuss benign, pre-malignant, and malignant skin lesions, including appearance, symptoms, and treatment.
12. Describe pressure ulcer risk factors, prevention, stages, treatment options, and nursing management.

PLAN OF LESSON

I. Anatomy Review
   A. Structures
   B. Functions
II. Care of the Skin
   A. Cleanliness/Protection
   B. Preventing Dryness
   C. Preventing Dandruff
   D. Avoiding Sunburn
III. Age Related Changes in Skin
IV. Assessment
   A. History
   B. Visual Inspection
   C. Terminology
   D. Diagnostic Tests
V. Disfigurement
   A. Physical Aspects
   B. Psychological Aspects
VI. Treatments
   A. Local
   B. Systemic
VII. Nursing Management
   A. Topical Medications
   B. Dressings
   C. Baths/Soaks
   D. Sterile Compresses
VIII. Common Dermatologic Disorders
   Benign Conditions (Acne, Psoriasis, Sebaceous Cyst)
   A. Acne Vulgaris
      1. Definition
      2. Symptoms
      3. Treatment
   B. Psoriasis
      1. Definition
      2. Symptoms
      3. Treatment
   C. Sebaceous Cyst
      1. Definition
      2. Symptoms
      3. Treatment
   Allergic Conditions (Eczema, Urticaria)
   D. Eczematous Dermatitis
      1. Definition
      2. Symptoms
      3. Treatment
   E. Urticaria and Angioedema
      1. Definition
      2. Symptoms
      3. Treatment
   Bacterial Infections (Impetigo, Furuncle, Furunculosis, Carbuncle, Cellulitis)
   F. Impetigo Contagiosa
      1. Definition
      2. Symptoms
      3. Treatment
   G. Furuncle/Furunculosis/Carbuncle
      1. Definition
      2. Symptoms
      3. Treatment
   H. Cellulitis
      1. Definition
      2. Symptoms
      3. Treatment

Written: 09/90
Reviewed: 09/93; 07/99; 04/03; 03/09
Revised: 07/95; 07/97; 04/01; 05/05; 03/07; 03/11; 04/13; 10/15; 1/16
Plan of Lesson (Cont.)

Viral Infections (Herpes Simplex, Herpes Zoster)
I. Herpes Simplex
   1. Definition
   2. Symptoms
   3. Treatment

J. Herpes Zoster
   1. Definition
   2. Symptoms
   3. Treatment

Fungal Infections (Candidiasis, Tinea)
K. Candidiasis
   1. Definition
   2. Symptoms
   3. Treatment

L. Dermatophytosis Tinea
   1. Types (Pedis, Capitis, Corporis)
   2. Symptoms
   3. Treatment

Infestations and Bites (Cimicidae, Pediculosis, Scabies)
M. Cimicidae (Bedbugs)
   1. Definition
   2. Symptoms
   3. Treatment

N. Pediculosis Capitis/Coporis/Pubis
   1. Definition
   2. Symptoms
   3. Treatment

O. Scabies
   1. Definition
   2. Symptoms
   3. Treatment

IX. Systemic Diseases
A. Lupus Erythematosus
   1. Definition
   2. Dermatologic Symptoms

3. Treatment

B. Scleroderma

C. Periarthritis Nodosa

X. Skin Lesions
A. Birthmark
   1. Symptoms
   2. Treatment

B. Nevus (Mole)
   1. Symptoms
   2. ABCDE Assessment

C. Senile Keratosis
   1. Definition
   2. Symptoms
   3. Treatments

D. Erythroplakia/Leukoplakia (Mucous Membranes)
   1. Symptoms
   2. Treatment

E. Malignant Melanoma
   1. Symptoms
   2. Treatment

F. Squamous Cell Carcinoma
   1. Symptoms
   2. Treatment

G. Basal Cell Carcinoma
   1. Symptoms
   2. Treatment

XI. Pressure Ulcers
A. Definition
B. Risk Factors
C. Stages
D. Treatments
   1. Topicals
   2. Pulse Lavage
   3. Wound VAC
E. Prevention
OBJECTIVES

Upon completion of this unit, the student will be able to:

1. Define the types of burn injuries and the classifications of burns.
2. Differentiate and describe depth and extent as they relate to burn assessment.
3. Discuss the prognosis for each type of burn.
4. List the physiological changes after a burn injury.
5. Discuss the initial assessment of the burn patient and the subsequent stages of burn management.
6. Describe burn shock in relation to 2nd and 3rd spacing of fluids and electrolyte shifting that occurs throughout the recovery process.
7. Compare and contrast the two types of burn treatment methods, including the advantages and disadvantages of each.
8. Identify the topical drugs commonly used in the treatment of burns.
9. List and discuss common skin grafting techniques.
10. Discuss the treatment and general nursing care of the burn patient for each stage of recovery.
11. Define and discuss the potential complications for a burn patient.
12. Summarize the nutritional needs for the patient recovering from a burn.
13. Discuss home health considerations for the burn patient following discharge from the hospital.

PLAN OF LESSON

I. Types of Burn Injuries
   A. Thermal
   B. Chemical
   C. Electrical
   D. Friction
   E. Inhalation Injury

II. Classification of Burns
   A. Depth
      1. Superficial Partial Thickness (1st Degree)
      2. Deep Partial Thickness (2nd Degree)
      3. Full thickness (3rd Degree)
      4. Deep Full Thickness (4th Degree)
   B. Extent
      1. Rule of Nines
      2. Lund & Browder Chart

III. Prognosis

IV. Physiological Changes

V. Treatment
   A. Initial First Aid
   B. Initial Medical Treatment
      1. Fluid Shifting (2nd & 3rd Spacing)
      2. Electrolyte Disturbances
   C. Stages
      1. Emergent
      2. Acute
      3. Rehabilitation

VI. Burn Treatment Methods
   A. Open Method
   B. Closed Method
      1. Occlusive Dressings
      2. Sterile Technique

VII. Topical Drugs
   A. Silver Sulfadiazine (Silvadene)
   B. Silver Nitrate solution
   C. Mafenide Acetate (Sulfamylon)
   D. Bacitracin
   E. Others

VIII. Skin Grafting Techniques
   A. Sources
   B. Graft and Donor Sites
   C. Potential Complications

IX. Nursing Care
   A. Emergency Care
   B. Wound Care
   C. Comfort and Pain Control
      1. Nursing Measures
      2. Analgesics
   D. Nutrition
      1. Fluids and Electrolytes
      2. Protein
      3. Calories
      4. Vitamins A, C, & E
      5. Minerals Zinc, Folate, and Iron
   E. Prevention of Infection/Protective Isolation
   F. Other Physical Needs
   G. Psychosocial Needs

X. Complications
   A. Infection
   B. Renal Failure
   C. CV/Respiratory Problems
   D. Curling’s Ulcer/GI Disturbances
   E. Anemia
   F. Contractures
   G. Pressure Ulcers

XI. Discharge Planning/Home Considerations

XII. Burn Prevention
OBJECTIVES

Upon completion of this unit, the student will be able to:

1. List and describe the conditions that may be treated by plastic surgery.
2. Describe areas in which cosmetic surgery is indicated.
3. Define skin grafts related to source of donor.
4. Describe each type of skin graft and conditions for which it may be indicated.
5. Summarize the three conditions for a graft to be successful or "take."
6. Describe graft rejection.
7. Describe the pre- and post-operative assessment of the patient with a skin graft.
8. Discuss the pre-and post-op nursing management of the patient with a skin graft.

PLAN OF LESSON

I. Conditions
   A. Congenital
   B. Deformities
   C. Disfigurement
II. Cosmetic Surgery
III. Skin Graft Donors
   A. Autograft
   B. Homograft
   C. Heterograft
IV. Skin Graft Types
   A. Split Thickness
   B. Full Thickness
   C. Postage Stamp
   D. Pinch
   E. Cover
   F. Lace
   G. Free Full Thickness
   H. Pedicle Flap
V. Assessment
VI. Success/"Take"
   A. Adequate Blood Supply
   B. Remains Fixed/Intact
   C. Free From Infection
VII. Rejection
VIII. Nursing Management: Graft & Donor Sites
   A. Dressing
   B. Infection Control
   C. Limited Mobility
   D. Physical Needs
   E. Emotional Support