

Desquamating Skin Conditions

Admission/ Initial Care
-Goal is to quickly identify skin condition and causative agents and discontinue use promptly.

-Usually admitted to Medicine with Burns/ Wound Care consultation. May need admission to burn unit if larger than 20%.

Physical Exam
-Morphology, distribution, color, and arrangement of lesions. Are there new lesions? Are they intact or ruptured blisters?

Detailed History
How long? Where did it first appear?
Associated symptoms?
Alleviating/ Exacerbating factors.
New medications/ detergents/ exposures?

Skin Biopsy
-Punch biopsy of site by surgical team or medicine team. Can identify skin lesion and help guide treatment.

SUPPORTIVE CARE
The main principles of supportive care are the same as for major burns and include wound care, fluid and electrolyte management, nutritional support, temperature management, pain control, and monitoring or treatment of superinfections.

Wound Care
Consultation to Burns/ Wound Care while admitted. Recommendations for topicals/ dressings. May need daily care/ shower table if larger TBSA size.

Pain Control
Pain evaluation and administration of adequate analgesia. Multimodal pain care regimen.. May require intravenous pain medications for severe pain/ procedural pain. Additional medication may be required during wound care procedures.

Fluid/ Electrolyte Management/ Nutritional Support
May need fluid resuscitation/ maintenance fluids for larger TBSA. Encourage oral intake if able. May require tube feeding if poor oral intake. May need nutritional consult.

Monitoring/ Treatment of Superinfections
Routine daily wound care and dressings change are key to prevention of infection. Wound cultures taken to guide systemic and local antibiotic therapy if indicated. Take note of increased drainage, odor, or pain.

Long Term Management:
-Future drug avoidance, protection of healed sites, scar management.

Surgical Intervention
Most times these patients do not require surgical intervention. If larger size TBSA, patient may require surgical debridement of wounds for pain control or skin substitutes.