



“IT’S ONLY ME BEING NOSEY” Adopting a Tool to Decrease Skin Breakdown with NCPAP

Author: Z. Kim Smith RN CNIII, Duke University Health System, Durham, North Carolina



PURPOSE

To develop a skin compatible tool for premature infants which will assist with keeping nasal prongs in situ without degrading the skin around the nares, nasal septum and nasal bridge.

“It’s snout very funny to me!”

Yep, we are all familiar with this face.



“The pressure’s really getting to me!”

Pressure areas across nasal tip, cheeks and septum.



“A Bridge too far!”

Old pressure site across bridge of nose and under septum almost looks permanent doesn’t it?



SOLUTIONS

Soft silicone wound dressing* cut to size as a base for either nasal prongs or mask provides protection for fragile tissue. The product offers a thin cushioning layer which protects from the pressure and shear of the device. It also aids in the healing of areas with early breakdown.

Using soft silicone dressing to accommodate nasal prongs.



Templates are individually customized for each infant.



Use of soft silicone dressing under CPAP mask.



Soft silicone† products are easy to remove and replace without damaging the epidermal layer or causing pain to the infant.

EDUCATION

Headings	Selections
Dryness	1 = Normal, no sign of dry skin 2 = Dry skin, visible scaling 3 = Very dry skin, cracking fissures
Erythema	1 = No evidence of erythema 2 = Visible erythema, < 50% body surface 3 = Visible erythema, > 50% body surface
Breakdown	1 = None evident 2 = Small localized area 3 = Extensive
Total Score	3, 4, 5, 6, 7, 8, 9

The DUKE ICN uses a skin care assessment tool and a Skin Care consult is obtained whenever the score exceeds 5.



OUTCOME

Using the soft silicone dressing* has effectively reduced our challenges of skin breakdown when using CPAP. Unit Policy changes, use of High Flow nasal cannula intermittently and having a dynamic Skin Care Team‡ on site have also been essential factors. This poster is incorporated into a skills lab for our unit to ensure compliance and consistency when using soft silicone products thereby reducing skin breakdown even further.

This nursing initiative to improve patient outcomes was accepted as part of Duke University Medical Center’s Magnet application.



Now that’s a cute nose!!!



* Mepilex® Lite Mölnlycke Health Care US, LLC Norcross, GA 30092

† Safetac® Mölnlycke Health Care US, LLC Norcross, GA 30092

‡ Duke’s ICN Skin Care Team consists of several members of our unit staff, co-chaired by Alice Spillane, RN and Z. Kim Smith RN. We look at various products and innovations to improve skin care, especially in the EBLW population.

