

Radiation Skin Care Guidelines

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Radiation skin reactions are a common side effect of radiation treatment. The reaction progresses from erythema to dry desquamation to moist desquamation and rarely to ulceration and necrosis. The patients complain of tenderness, discomfort, pain, or a burning sensation in the affected skin area.

Objectives

This document is provided a consistent common guidelines for nurses to prevent and manage radiation skin reactions during on treatment and for two weeks after. Recommendations in this document are based on available literature, clinical expertise, theory and knowledge about moist wound healing.

Goals of these guidelines

- Initially, maintaining integrity and hydration of the skin
- Promotion of comfort and compliance
- Reduction of pain
- Protection from trauma
- Prevention of infection
- Promotion of a moist wound healing environment, in the stages where skin is broken

Method

The guidelines consisted of four parts: 1. General advice given to all patients who receive radiotherapy treatment 2. Assessment of skin reaction by DERMATITIS GRADING SCALE adapted NCI CTCAE (Version 3.0) 3. Prevention practice and management radiation skin reaction follow the guideline 4. Demonstrate product use for skin care include aqueous cream and non-alcohol barrier film. The guidelines help the nurses to learn and decision making about radiation skin care. The acceptable of dermatitis severity not above scale 2 and the performance of care measure by percentage of scale ≥ 2 dermatitis reduction. The program run weekly.

Outcomes

The pilot's project at Ostomy and Wound Care Clinic was completely. The percentage of scale ≥ 2 dermatitis reduced from 64 % to 38 %.