

Case Histories Answers / Points to Consider

Answer A

- Stratum Corneum

Answer B

- Epidermal barrier to keep moisture in and irritants out

Point C

- In dry skin there is little or no lipid present and a disturbance in the quantity of natural moisturising factor in the cells.
- The cells shrink and gaps open up, causing cracks, allowing penetration of irritants.

Answers 1

- Do use moisturisers regularly
- Do consider the most appropriate emollient for the degree of dry skin
- Do use a bath emollient or an emollient for showering (remember this will leave a slippery surface)
- Do use a soap substitute for washing
- Don't use soap, bubble bath or shower gels
- Don't make the water too hot
- Don't rub the skin as this will encourage itching
- Don't scratch the skin if you can help it, scratching damages the skin further

Answers 2

- Avoid an over warm environment – consider turning down the heating
- Consider the clothing worn next to the skin - loose cotton is best
- Use a non-biological washing powder – less irritancy from surfactants
- Encourage an adequate fluid intake

Answers 3

- Use moisturiser over the whole body area, not simply small areas affected
- Apply in a downward direction, following the direction of hair growth
- Avoid rubbing as this may promote itch
- Apply moisturiser as frequently as is practicable
- Continue treatment even after the skin has improved

Answer D

- Bath or shower emollient of preference
- Soap substitute
- Cream based emollient

Answer E

- Bath or shower emollient of preference
- Soap substitute – consider antiseptic products if skin flares experienced
- Cream based emollient for daytime use
- Ointment based emollient for night time use
- Consider anti-pruritic products or urea based products

Answer F

- Bath or shower emollient of preference
- Soap substitute – consider antiseptic products
- Ointment based emollient
- Occlusive bandaging techniques