



Course Information

Caring for a Person with a Skin Condition

Course Code: R-140903-NZ Course Series: Skin Integrity

Learning Pathway: Developing



Course aim: Age related changes in the skin put older people at risk of skin conditions that need special care. We explore common conditions that can minimise further deterioration of the skin.

Target Audience: New Care Staff, Experienced Care Staff, Registered Nurses, Management

Learning outcomes:

After viewing this course participants should be able to:

- Identify various skin conditions
 - Describe the physical, psychological and emotional effects of skin conditions
 - Implement practices that support improved quality of life
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Subject Matter Expert:

Jan Riley, RN, MNurse (NP) Specialist Dermatology Nurse, have spent 34 years of her nursing career mostly as a rural practice nurse, the past 18 years being focused on generalist dermatology. This has provided experience in skin issues across all age groups, including the many sub specialty areas of dermatology. Her role has always included an educational focus for my colleagues, whether nurses transitioning into dermatology or as professional development and competency development of dermatology, aged care or primary care practice nurses. She completed her Master of Nursing in 2003, focusing on Dermatology. Jan has also held an active interest in the Professional aspects of my specialty, and has held committee positions for the Australian Dermatology Nurses' Association (ADNA), including President (2004-07).

Jan has provided specialist review for nursing texts and for State Registering authorities and is always enthusiastic to raise the profile of Dermatology and the needs of individuals with skin conditions. She believes that shared information inspires nurses, raises our sights, advances our achievements and benefits our patient outcomes. She is determined that nurses and carers, regardless of clinical setting, will have accessible and current education around skin health, to assist in the competent delivery of appropriate patient centred care to people with skin conditions.

Think About:

Consider the following questions:

- Have you come across a resident with a skin condition before?
- Were you able to diagnose what type of skin condition they had?

Active Learning Hours:

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.



Key definitions

ABCDE Guide	<p>A – A symmetry: If you drew a line through the middle of a spot, you'd end up with two identical or symmetrical halves. Spots that are cancerous are not the same on both sides</p> <p>B - Border irregularity: Non-cancerous spots have a smooth, not jagged or uneven edges</p> <p>C - Colour: A mole or spot that isn't the same colour throughout or has shades of tan, brown or black should be evaluated by a doctor</p> <p>D - Diameter: A doctor should examine any spot that is larger than the eraser on the end of a pencil (about 6mm)</p> <p>E - Evolution: A mole or skin lesion that looks different from the rest or is changing in size shape or colour</p>
Eczema	patches of skin become rough and inflamed with blisters which cause itching and bleeding
Emollient	moisturiser applied to the skin; usually applied to dry, flaking skin
Melanoma	Most common form of cancer in Australia. It begins in melanocytes – the cells that produce the pigment melanin that colors the skin, hair and eyes. Melanocytes also form moles, where melanoma often develops
Pruritus	severe itching of the skin, as a symptom of various ailments
Psoriasis	a skin disease marked by red, itchy, scaly patches
Seborrhoeic keratosis	a very common harmless, usually pigmented, noncancerous growth on the skin. It usually appears as a pale, black or brown growth on the back, shoulders chest or face, but can appear anywhere on the skin

Solar Keratosis	the most common skin condition resulting from skin damaged by the sun over many years. Solar keratoses (also known as actinic keratoses) are usually rough, scaly patches on sun-exposed areas such as the head and face
Xerosis	is a condition of rough, dry skin with fine scaling of skin and, occasionally, with small cracks in the skin



Resources to support your learning

DermNet NZ

<https://www.dermnetnz.org/topics/skin-infections/>

National Eczema Society:

<http://www.eczema.org/what-is-eczema>

DISCLAIMER:

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