

EPIDERMOLYSIS BULLOSA: PAIN MANAGEMENT WITH AN IBUPROFEN-RELEASING DRESSING

Juan A. Jiménez González. Community Nurse. Galician Health Service. Vigo (Spain)
María Rosa Pérez Resúa . Community Nurse. Galician Health Service. Vigo (Spain)

AIM:

Investigate the effect of an ibuprofen-releasing dressing on the pain, caused by wounds in a patient with Epidermolysis Bullosa (EB), and how this influences on the patient's quality of life. The secondary objective is to elucidate the role of this ibuprofen releasing dressing in the process of inhibiting the inflammatory phase of the wound, and also facilitating to the initiation of the proliferation phase and thus skin rehabilitation process.

METHODS:

A case is presented of a 30 year old patient, with erosive lesions in 90% of the body surface. On a VAS Scale, the patient pain scores as 8-9 in persistent pain and 9-10 during cures. Currently, the patient has been taking orally one or more analgesics to ease the pain.

An hydropolymer dressing containing ibuprofen in its composition at a concentration of 0.5 mg per cm² called Biatain Ibu Contact is the dressing to be tested.

RESULTS:

After 45 days of treatment with the ibuprofen releasing dressing, the pain has almost disappeared. The inhibition of the inflammatory phase has encouraged the start of the proliferation phase in affected areas, with progress of the edges, improved angiogenesis and tissue epithelization consolidated.

CONCLUSIONS:

The ibuprofen-releasing dressing has proved its effectiveness both in the management of pain and in the improvement of the evolution of the wounds, so the use of this dressing should play a key role not only in the holistic care of EB, but also for damaged skin that results in pain.



Pain: 9-10 over 10



Pain: 3-4 over 10

Neck: Beginning

After 3 weeks



Pain: 9-10



Pain: 2-3