

# The management of skin conditions with monofilament fibre technology.

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## Introduction

An evaluation in a nurse led Hand and Foot PUVA dermatology clinic, of a monofilament fibre debridement pad in patients with Hyperkeratotic Psoriasis, Hyperkeratotic Eczema, Palmoplantar Pustulosis and Psoriasiform Eczema of the hands and feet to determine if it would be more cost effective and patient friendly than standard local protocol.

## Method

- Eight patients were monitored for an eight week period during June to August 2015 and reviewed at weeks 1, 4 and 8
- A data collection form was used to document the findings with photography and DLQ Index (Finlay et al, 1994)
- Patients were consented by the author and following this consent all patients watched a video to explain the action of the monofilament fibre debridement pad\*
- The study was also approved by the Trust's Clinical Governance department

## Next steps

- Present findings to Dermatology Consultants/Team
- Evaluate the role of the monofilament fibre debridement pad in regular prevention as well as continued use in PUVA treatments
- Create a care plan or care pathway for the use of the monofilament fibre debridement pad prior to and during PUVA treatments within the NHS Trust

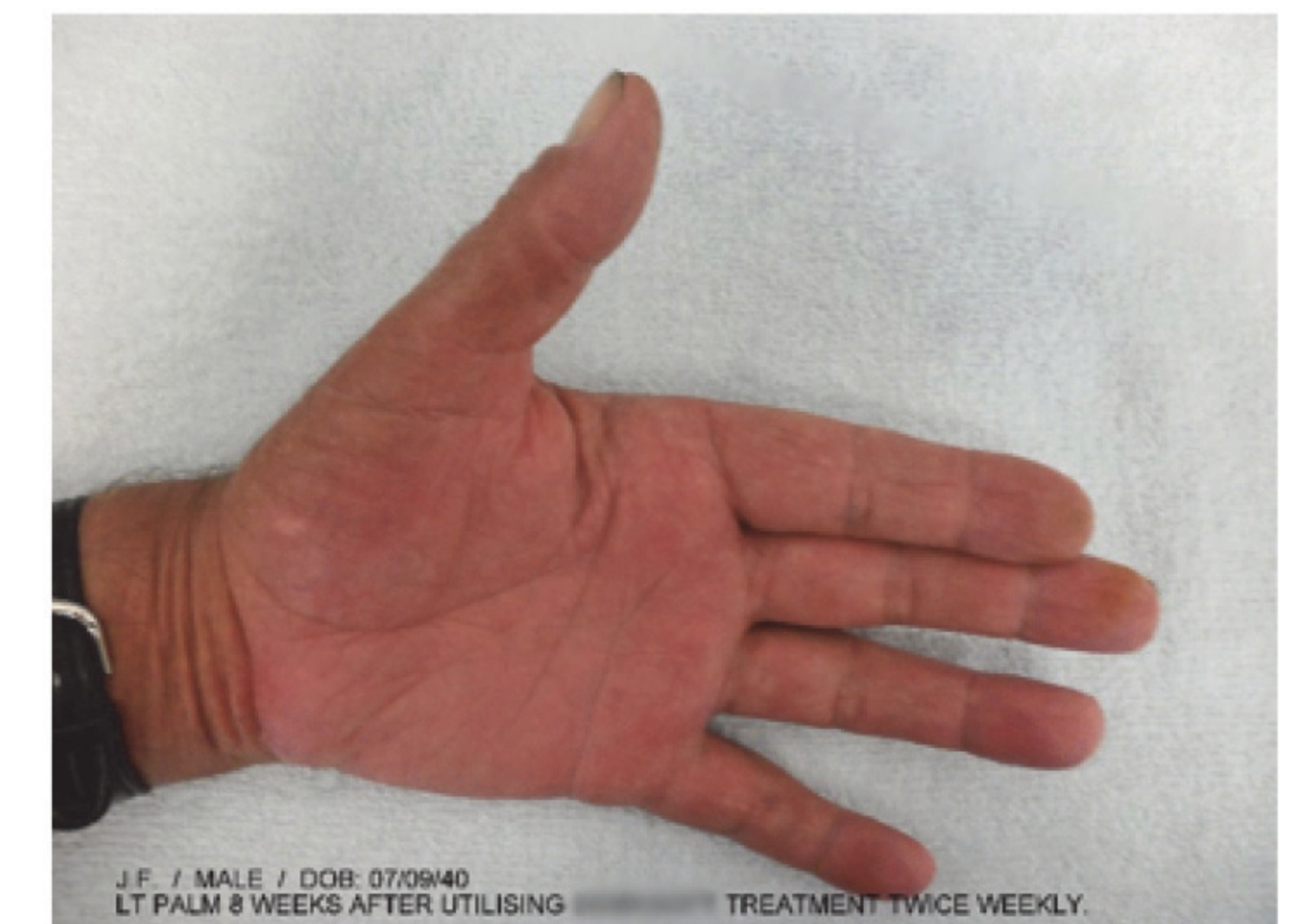
## Conclusion

- Enormously positive impact to the patients who suffer from this chronic, debilitating skin condition
- One patient stated "I can now do what I couldn't do before"
- By improving the skin condition more quickly allowing creams and emollients to absorb better, there is also the potential to reduce any complications associated with these skin conditions.
- Potentially reduce the costs of treatment by reducing the clinical input of a band 7 specialist nurse in an acute hospital setting and reducing the number of treatments required to manage the conditions
- This also has the obvious impact to the patient in relation to time off work and travel costs

Patient Number	Sex/Age	Area treated	DLQI prior to monofilament pad	DLQI post monofilament pad	Overall patient comments
1	F / 63	Lt Sole	11	5	No pain or discomfort whilst using product. Skin condition has improved whilst using product. Skin not as flaky or itchy. Moisturisers and steroid creams soak in better. Feet fantastic, best they have ever been. Very keen to continue utilising the monofilament fibre debridement pad* on a regular basis.
2	M / 74	Lt Palm	6	4	No pain or discomfort whilst using product. Has seen good improvement in skin condition. Scale came away easy with product and creams soaked in much better. Skin condition deteriorated when the monofilament fibre debridement pad was discontinued at the end of the study. Happy with overall results. Skin not as itchy. Would use product again on a regular basis.
3	F / 44	Rt Sole	10	7	No pain or discomfort whilst using product. Seen some improvement initially in skin condition. Skin not as itchy after using product. Feels that creams are absorbed much better. Would try product again.
4	M / 63	Rt Sole	3	0	No pain or discomfort whilst using product. Skin condition remains the same. Exfoliating properties about the same as other cleansing techniques. Moisturisers absorb better. Would use product again.
5	F / 79	Rt Palm	13	5	No pain or discomfort whilst using product. Seen some improvement in skin condition, skin smoother in palm of right hand. Emollients and steroid creams soak in better. Skin improved initially when using product on a daily basis. However when use reduced to twice weekly, skin condition deteriorated. Creams absorb better. Would try product again.
6	F / 67	Rt Sole	7	2	No pain or discomfort whilst using product. Seen some improvement in skin condition. Scale removal about the same result as previous cleansing techniques. Skin feels more comfortable, creams absorbed better. Would use product again.
7	F / 70	Lt Sole	7	2	No pain or discomfort whilst using product. Skin condition remains the same. Seen some improvement in skin condition. Cleansing technique better in some areas, removed scale from top of feet better than soles. Creams soak in a lot better. Would use product again.
8	M / 56	Rt Sole	12	9	No pain or discomfort whilst using product. Skin condition remains the same. Other cleansing techniques better than the monofilament fibre debridement pad e.g. Newton Chiropody Sponge. Cream application about the same as prior to using the monofilament fibre debridement pad. Would use product again.

*"I personally feel the monofilament fibre debridement pad has the potential to enhance PUVA treatment, making it more effective. If we can reduce and keep on top of thickened scaly skin including hyperkeratosis with utilising the monofilament fibre debridement pads, Psoralen soaks and topical therapies have the potential to be absorbed more effectively into the skin."*

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## References

Gwent Phototherapy Guidelines 2001

Finlay, AY, Khan, GK, (1994) Dermatology Life Quality Index (DLQI): A simple practical measure for routine clinical use. Clin Exp Dermatol 19: 210-216

\* Debrissoft® by Activa Healthcare.