

Nursing Care of Patients with Severe Pemphigus

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Abstract: Pemphigus is a stubborn and an autoimmune dermatology disease which causes skin erosion, with the characteristics of relapse chances, leading to a long-time suffers of patients. Currently, pemphigus is mainly treated by blood transfusion, and correction of water and electrolyte balance, etc. In treating process, non-expected conditions may occur, such as complications and uncontrollable illness. It would be difficult to achieve satisfactory curative effect only by such treatment. Therefore, it is critical to monitor and nurse patient's clinical conditions. In view of this, this article explores the nursing methods of patients with severe pemphigus, hoping to improve the treatment effect through clinical observation and nursing intervention.

Keywords: Sever Pemphigus; Clinical Monitoring; Clinical Nursing

Pemphigus is an autoimmune and stubborn dermatology disease, which will cause skin erosion and relapse. Besides, there are many complications. Patients who get skin erosion can easily be infected. Even some patients will get septicemia because of the illness, which will eventually threat their lives^[1]. Therefore, effective nursing measures during treatment processing are of great significance.

1. Data and methods

1.1 General information

This study included 30 patients with severe pemphigus who received treatment during May 2017 to 2019 in our hospital. There were 15 male and 15 female patients, aged between 25 and 83. All of them were given glucocorticoid after admission, dexamethasone 15-20mg/d was added to 250-500ml of normal saline, and prednisone was taken orally after their condition was

under control^[1].

1.2 Methods

1.2.1 Treatment methods

All 30 patients received intravenous infusion and injection of glucocorticoid after admission. They were given oral prednisone tablets and live methylprednisone tablets for continuous treatment. Besides, targeted symptomatic treatment is given in time when patients have symptoms, such as infection and allergy^[2]. Immunity and supplement albumin were adjusted for patients; wet dressing and dressing changes are took measures for patients, too.

1.2.2 Nursing methods

1.2.2.1 Environmental disinfection and isolation

Most of patients with severe pemphigus have skin erosion similar to burn, and exposure therapies are needed at this time. Patients need be in separate wards which are clean and tidy. Nurses should let patients lie

on the hospital bed with the protective frame put up, and put sheets on the frames on both sides. The ventilation in the ward is should be take care of and regularly ventilating is also a necessity^[3]. Nurses need to pay attention to the temperature when opening windows in order to prevent patients from catching cold due to the low temperature in the ward. In addition, they also need to help patients change bed sheets and clothes with regularly disinfection. They need to strictly control the sterile environment to minimize the infection probability of patients through the multi-component mixed disinfection of high pressure, ultraviolet rays and chlorine-containing disinfectants.

1.2.2.2 Illness observation

Long-term and large-scale hormones and immunosuppressants are usually adopted in the treatment of severe pemphigus patients. This treatment, however, will seriously inhibit patient's immune system and reduce the immunity system, eventually leading to serious adverse reactions, such as hypertension, hypokalemia and electrolyte disturbance. At the same time, a large volume of body fluids will lost due to the skin erosion. In this case, nurses are required to focus on patient's loss of body fluids and take rehydration measures in time. In addition, nurses should pay close attention to whether the patients have adverse reactions after taking the medicine, and observe the new occurrence of blisters every day. The skin erosion area, secretion and peculiar smell are needed to record on whether it is smaller than the previous day. Besides, nurses need to pay attention to the patient's time planning, check their blood, urine, stool, liver and kidney function regularly, pay attention to the vital signs and indicators at all times, and strictly record them to ensure the real-time clinical monitoring and nursing of patients.

1.2.2.3 Skin nursing

Severe pemphigus patients will suffer from massive erosion of the whole body skin. A large scale of skin erosion will not only bring pain to the patient's physical body, but also cause a large volume of loss of body fluids, even electrolyte imbalance, which threatens their life. Therefore, special care for the patient's skin is necessary. In order to prevent the loss of body fluids and reduce the infection caused by skin erosion, nurses need to carry out targeted care in the specific operation. For example, a blister with a diameter less than 1cm or of

less liquid can be disinfected and wait for its absorption and recovery to avoid infection. For blisters with a diameter over 1cm, aseptic technique should be adopted for disinfection operation in time if turbid liquid appears; the turbid liquid in the blisters should be extracted with aseptic syringe on the premise of keeping the blister wall intact, and then hydrocolloid dressing should be pasted on the blisters to avoid the possibility of infection. Meanwhile, for patient's skin with large erosion surface and more exudation, nurses should clean and disinfect the position thoroughly and carefully; then wet dressing need to be used on the position with berberine. Purple grass oil should be used after drying the position. This method can not only promote the absorption of exudate, reduce the infection probability at the patient's blister position, but also can lubricate the position and reduce the patient's physical pain. Nurses also need to clean and dry the position regularly in a long period to avoid infection. The changing frequency of dressing depends on the amount of seepage at the blister. For the erosion position that is under pressure for a long time, nurses needs to help the patient turn over regularly and gently to avoid the decubitus caused by the long-term compression of the erosion surface. When the skin is eroded, the patient will feel itchy in different degrees, nurses need to pay attention to the scratch of patients, help them cut nails short, and persuade them to wear gloves to avoid infection due to scratching. In addition, nurses can play music or audiobooks to catch patient's attention. When the skin erosion tune for the better, nurses need to persuade patients to wear some loose cotton clothes, thus promoting the rapid healing of blister wounds with the cooperation of dressing change^[4].

1.2.2.4 Nursing of broken blister

(1) Oral care: patients with severe pemphigus are prone to fungal oral infection due to long-term use of drugs that inhibit the immune system. Therefore, nurses should guide patients to pay attention to oral hygiene, gargle more and drink more appropriately. Nurses also need to observe patient's oral cavity every day. Once the oral cavity has fungal infection, such as ulceration and white membrane, patients should establish communication with their attending doctors in time and cooperate with treatment plans.

(2) Eye care: nurses need to help patients clean their eyes with 0.9% sodium chloride solution every day.

When difficult-to-wash secretions appear in patients' eyes, nurses can use dry cotton swabs to help gently wipe their eyelids and wipe off the secretions^[5]. In addition, the 3-4 times eye drop are also need for the patient in one day. When it is difficult for the patient to close his eyes before going to bed, nurses can use gauze coated with vaseline to cover their eyelid to avoid damage to the cornea.

(3) Perineal care: due to the skin will be eroded, nurses should help the patient to reduce the pubic hair of the perineum, make the wound exposed as much as possible, and scrub the vulva with iodophor cotton balls regularly. For patients with decayed vulva, nurses should wash the skin with 0.9% sodium chloride solution, and pay attention to keep it dry in order to reduce the probability of possible infection.

1.3 Observation indicators

The occurrence of complications during hospitalization is the observation index in this study.

2. Results

During nursing and observation of patients with severe pemphigus, 17 patients were cured; 8 patients had obvious curative effect; 5 patients showed a curative effect, and none of them is completely ineffective. Therefore, the cure effective rate is 100.00%. Meanwhile, there were 3 cases of skin infection, 2 cases of hypertension and 1 case of hyperglycemia in the treatment with the 20.00% incidence of complications.

3. Discussion

Patients with severe pemphigus are prone to infection during treatment, and even induces septicemia if it is serious, which threatens the lives of patients. Therefore, it is necessary to pay attention to cooperating with clinical observation and nursing when treating patients with severe pemphigus to promot rapid recovery and recovery

of patients by implementing comprehensive treatment and nursing^[5].

Patients with severe pemphigus were treated with strict nursing operation. Careful nursing measures, such as strict observation of patient's conditions, regular disinfection and ventilation of environment, careful skin care, and constant attention to the blister nursing, can prevent the occurrence of complications and reduce the incidence of infection effectively. Patients need to keep a happy mood and be in a comfortable and grateful environment to relieve the pain caused by illness. Observing the patient's condition at every moment can help nurses find out any conditions and start treatment in time. Skin and blister care can help patients to speed up the recovery of their illness and reduce the incidence of complications. It can be seen from the study results that the cure rate is 100.00% under the careful care of nurses; the incidence of complications is 20.00%, and the patient's condition has been effectively controlled. Therefore, nursing and observation on patients with severe pemphigus can control illness and complications significantly, which is worth learning and promoting.

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