

# Quality of Life Improvement for a Patient Facing Multiple Challenges

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## Abstract

There is a high incidence of peristomal skin complications, with more than half of all people living with an ostomy experiencing a peristomal skin issue at some point in their lifetime.<sup>1</sup> The types of complications, the reasons for them, and the solutions used to treat them can vary widely. For clinicians, managing these peristomal skin complications takes time and effort. For patients, sore peristomal skin can have a huge impact on their quality of life. Peristomal skin complications are the most common post-operative complication following creation of a stoma.<sup>2</sup>

## Aim

To visibly improve and maintain peristomal skin integrity by finding a suitable skin barrier formulation to support skin health for the patient, and ensuring a proper skin barrier fit around the stoma.

## Patient Overview

The patient is a female adult with Systemic Lupus Erythematosus (SLE). Systemic lupus erythematosus, often abbreviated as SLE or lupus, is a systemic autoimmune disease in which the body's immune system mistakenly attacks healthy tissue.<sup>3</sup>

The patient lives with her adult son in a ground floor flat as she is wheelchair bound. The patient had a cystectomy and formation of a urostomy for bladder cancer. The patient had been using the same two-piece extended wear pre-sized skin barrier for three years with a wear time of two-three days, before she developed peristomal skin complications.

## Problem

The patient contacted the stoma care nurse to say the two-piece skin barrier she was using would no longer adhere to her skin and her peristomal skin had become sore, wet and itchy. (See *Figure 1*) She was experiencing leaks as the skin barrier would not stick to her skin, which in turn was exacerbating the skin complaint. Wear time had significantly reduced to only a few hours.

Initially a skin swab was taken. The result of this was inconclusive. As she suffered with systemic lupus erythematosus (SLE) it was thought that her skin complaint could be a manifestation of her lupus, known as acute cutaneous lupus, as she was also experiencing kidney problems due to a lupus "flare-up".

Some people with lupus can develop a type of skin disease called acute cutaneous lupus. The most typical form presents as a "butterfly rash" or flattened areas of red skin on the face. However, this skin complication can also appear on other areas of the body. The rash does not typically produce scarring, although changes in skin colour may occur<sup>4</sup>.

## Interventions

After unsuccessfully trying different barrier preparations on the peristomal skin, the decision was made to use the two-piece CeraPlus™ cut-to-fit, flat skin barrier\*.

## Outcomes

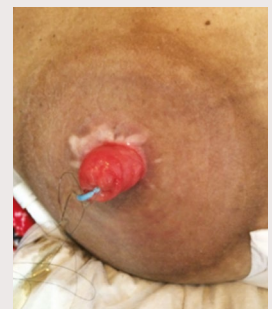
Visual improvement was seen to the peristomal skin after one week. The peristomal skin was drier and the patient reported a reduction in itching and soreness. (See *Figure 2*) Continued improvement to the peristomal skin was noted after three weeks. At this time, the patient no longer complained of itching or soreness. (See *Figure 3*)



**Figure 1** Peristomal skin is moist with areas of redness. Patient complained of itching and soreness.



**Figure 2** Visual improvement seen to the peristomal skin after one week.



**Figure 3** Continued improvement visually seen to the peristomal skin after using the CeraPlus™ skin barrier for three weeks.

## LEVEL OF EVIDENCE - CASE STUDY

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### Conclusion

Use of a CeraPlus™ skin barrier as part of the overall plan of care for this patient provided a positive outcome. She felt a sense of confidence and reassurance due to the adhesion and increased wear time. The peristomal skin returned to normal condition and the symptoms of pain and itching were eliminated.

Many people with ostomies experience peristomal skin issues and accept them as a normal aspect of having a stoma.<sup>5</sup> Thankfully, this patient sought help and there was visible improvement of the peristomal skin. Achieving a good fit around the stoma and preventing leakage as a means of mitigating skin irritation may not be enough to keep the peristomal skin healthy. The formulation of a skin barrier also has an impact on the health of the peristomal skin. Finding the right combination of skin barrier formulation to support skin health, and a secure skin barrier fit is essential to maintaining a healthy peristomal skin environment.



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\*Contains the Remois Technology of Alcare Co., Ltd.

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Disclaimer: This case study represents this nurse's experience in using the CeraPlus™ skin barriers with the named patient, the exact results and experience will be unique and individual to each person.

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