

Decrease Severe Pain with Peristomal Skin Breakdown

ANNETTE GWILLIAM, BSN, RN, CWON, ACHRN *Intermountain Health, Home Care and Hospice, Provo, UT*

No conflicts of interest to disclose.



BACKGROUND

Peristomal skin breakdown can be traumatic and painful to the ostomate. Patients complain of unbearable pain with care and cannot tolerate peristomal cleaning. This delays the care of the already busy WOC nurse.

METHODS

Our quality improvement program involved instituting a new product to decrease pain in the peristomal breakdown. The patient's appliance is gently removed, and the topical lidocaine hydrochloride/benzalkonium chloride gel is immediately applied. Within minutes the burning, stinging and pain decreased, and we can proceed with the care needed.

RESULTS

Five patients had severe peristomal breakdown and pain. Most rated the pain at 9 or 10 out of 10. After applying the gel, patients were completely surprised by how much it helped and they tolerate cleaning the peristomal breakdown with just minimal discomfort! The gel was removed during the cleansing and **did not** impact the adherence of the next appliance placed.

REFERENCES

Alvey B, Beck DE. Peristomal dermatology. (2008). *Clin Colon Rectal Surg.* 2008 Feb;21(1):41-4. doi: 10.1055/s-2008-1055320. PMID: 20011395; PMCID: PMC2780183.

Thanks to: Alocane Plus wound gel