

Resolving Itch and Irritation Utilising a Ceramide Infused Skin Barrier

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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.¹ 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.² One such story will be shared in this case study.

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.

Setting

The patient is a 49 year female who underwent a sub-total colectomy and proctectomy with end ileostomy formation.

Patient Overview

After initial difficulties with pouches leaking she settled with a one-piece soft convex pouching system with which she remained leak free. She would change on alternate days and felt confident and able to restart her social activities following a difficult and emotional period.

Problem

At the first annual review she mentioned that her peristomal skin had turned sore and itchy in places. (See *Figure 1*) On reviewing her pouch changing technique, it was observed that she was correct in her product application and removal. She was seen in clinic and had a skin swab taken to rule out infection. This was negative. The inflamed areas did respond to steroid treatment but returned quickly once this was discontinued. She was beginning to feel frustrated, uncomfortable, her mood became low and she began to isolate herself from family and friends. Alternative pouching systems were trialed in case she had developed a sensitivity to the adhesive. None of these pouching systems made any difference to the irritation and she felt they leaked frequently. She went back to her reliable one-piece soft convex pouching system each time.

Interventions

A two-piece pouching system with a CeraPlus™ convex skin barrier* was chosen as she had problems with flat pouching systems leaking in the past. The two-piece pouching system allowed her to change the skin barrier every three days and the pouch daily. Over the course of two weeks, the peristomal skin showed significant visual improvement. She also reported relief from soreness and itching. (See *Figure 2*)

Outcomes

Before trying the two-piece pouching system with a CeraPlus™ convex skin barrier, this patient had become despondent and felt she would have to live with either regular steroid treatment, or irritation. The irritation has not returned and she feels much less anxious. This allowed her to gradually rebuild her confidence and resume her social activities.



Figure 1 Areas of irritated peristomal skin.



Figure 2 Visual improvement seen to peristomal skin after two weeks.

LEVEL OF EVIDENCE - CASE STUDY

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Conclusion

Many people with ostomies experience peristomal skin issues and accept them as a normal aspect of having a stoma.³ Thankfully, this patient sought help and the problem was resolved. Achieving a good fit around the stoma and preventing leakage as a means of mitigating skin irritation is important. 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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