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### HYDROCELLULOSE BASED DRESSINGS (HCBD) IN THE MANAGEMENT OF CHILDREN WITH LOCALISED EPIDERMOLYSIS BULLOSA SIMPLEX (EBS)

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The term epidermolysis bullosa represents several disorders each having a wide range of severity.

The common factor is an extreme fragility of the skin and mucous membranes and a susceptibility of these to blister or break down in response to minimal everyday friction and trauma.

In its mildest form, Localised EBS, painful blistering is limited to the hands and feet with the development of chronic wounds being uncommon in this group.

**Aim:** To reduce pain from blister sites in children with Localised EBS

Dressing evaluation to reflect;

Pain reduction (FLACC and Wong Baker scores)

Mobility

Ease of application/removal

Integrity of peri-blister skin

Duration of blister

**Method:** Children with Localised EBS who had blistering to their hands and feet were chosen for the study. Localised EBS is generally more troublesome in children who are walking, therefore infants under one year old were excluded from this initial study

**Results:** The dressing was easy to apply and offered immediate and sustained pain relief. Problems with the dressing drying out in advance of daily dressing changes were solved by the addition of lipidocolloid dressings.

**Discussion:** The study demonstrated effective pain relief and increased mobility in all cases. An added benefit has been the reduction of itch. Improvement in the rate of healing of blister sites has not been noted; however there is reduction in trauma from adhesion of the blister site to footwear enabling healing to take place.