

PERSONAL PROTECTIVE EQUIPMENT (PPE): PREVENTION & TREATMENT RECOMMENDATIONS FOR SKIN INJURY

The continuous use of personal protective equipment (PPE) including masks, safety goggles/glasses and gloves may cause adverse skin reaction (1, 2). Skin injuries are being reported over the nose, forehead, cheeks, the back of the ears and hands related to increased use of PPE during COVID-19 pandemic. (1)

Information	Prevention and treatment recommendations for skin injury
Why am I at risk?	Skin on the hands is at additional risk due to the frequency of hand washing and hand sanitizer use; glove use that produces friction and sweating/hyper-hydration of the skin.
What type of skin injury?	Adverse reactions to the face may include pressure injury, itching, contact dermatitis, skin dryness and aggravation of pre-existing skin conditions. Adverse reactions on the hands may include redness, dryness, and aggravation of pre-existing skin diseases, mainly eczema.
How does skin injury on the face happen?	Several contributing factors, such the length of wear time, pressure, friction, sweating/hyper-hydration and the use of products that could cause additional sensitivity problems.
How to prevent?	Attached is the Provincial Skin and Wound care committee poster of general tips. Prevention is key; remember to use moisturizer. Please see the Connecting Learners with Knowledge: Skin & Wound/Product Information Sheets (clwk.ca) for product use instructions
How to treat if skin breaks down?	Health Care Workers are encouraged to contact their health care provider for medical direction, especially if there is a specific skin care condition that requires assessment.
How do I notify my employer?	FNHA employees need to ensure their safety at work and will need to notify their manager if this is becoming a concern. As skin conditions could be impacted by PPE use and increased hand washing during COVID-19 please contact the FNHA OHN for additional support at email: OHN.clinic@fnha.ca .

References:

1. Guideline for Skin Protection: Face (mask and eyewear); COVID-19. Fraser Health, April 6, 2020.
2. Guideline for skin Protection: Hands; COVID-19. Fraser Health, April 6, 2020.

Developed by the British Columbia Provincial Nursing Skin & Wound Committee: Adapted from the NSWOCC: Nurses Specialized in Wound Ostomy and Contenance Canada



Prevention & Treatment Recommendations - Personal Protective Equipment (PPE) Skin Injury

At Home: Hands & Face - Prevention and Treatment Options

Prevention/Treatment of Moisture Associated Skin Damage (MASD):
moisturizer or barrier cream with dimethicone, silicone (e.g. Hydraguard), ceramides (CereVa) or ointment with petrolatum (e.g. Vaseline)

Treatment of acne breakouts: wash face well with mild soap (Dove, Ivory), pat skin dry. If using an acne treatment, apply and allow to dry. Do not apply make-up over affected areas.

At Work: Hands - Prevention and Treatment Options

Concern: Moisture Associated Skin Damage (MASD)

Goal: Prevention

- Regular, frequent moisturizing
- Ensure hands are dry prior to donning gloves
- Avoid jewelry & wrist watches

Intact hands

1. Deb Moisturizer
2. Remedy Nourishing Cream (moisturizer)

Fissures/cracks

- S&N No-Sting Skin Prep (barrier film) in cracks or fissures

At Work: Face - Prevention and Treatment Options

Concern: a pressure injury with/without MASD.

Goal: minimize the friction, pressure and the moisture (sweat) as much as possible. Follow HA policy regarding when to remove PPE during your shift:

- Remove PPE. After proper hand washing, face/neck should be gently cleansed using soap and water. Do not rub areas.
- Inspect pressure areas (nose, cheekbones, ears & forehead) for injury:
 - Intact skin: Pat skin dry and then apply moisturizer or barrier, allow to absorb/dry.
 - Non-intact skin: Pat intact skin dry, do not apply moisturizer.

Tissue Damage	Surgical Masks, Face Shields, Goggles	N95 Mask
Level One/Prevention <ul style="list-style-type: none"> • For prevention of Moisture Associated Skin Damage (MASD) 	Escalate PRN: <ol style="list-style-type: none"> 1. Deb Moisturizer 2. Remedy Nourishing Cream (moisturizer) 3. S&N No-Sting Skin Prep (barrier film) Allow time for the product to dry before donning PPE	Mask should only be worn during AGMP times; wearing during non-AGMP times ↑ risk of skin damage. Escalate PRN: <ol style="list-style-type: none"> 1. Deb Moisturizer 2. Remedy Nourishing Cream (moisturizer) 3. S&N No-Sting Skin Prep (barrier film) Allow time for the product to dry before donning PPE and ensure the mask fits properly.
Level Two/Treatment <ul style="list-style-type: none"> • Stage 1 Pressure Injury (intact, non-blanchable) • MASD mild 	Escalate PRN: <ol style="list-style-type: none"> 1. If the above Prevention options were not used; then choose one of them 2. S&N No-Sting Skin Prep with Tegaderm Transparent Film (not IV version): nil - scant exudate 3. Duoderm Extra Thin (hydrocolloid): nil - scant exudate 	
Level Three/Treatment <ul style="list-style-type: none"> • Stage 2 Pressure Injury (open wound) • MASD moderate/severe 	<ol style="list-style-type: none"> 1. Mepilex (non-border) 	

Tips for Application of Dressings - choose the most appropriate for your PPE

<p>Forehead →</p> <p>Cheeks, Bridge of Nose →</p> <p>Cheeks/Ears →</p>		<p>Surgical Mask, Face Shield, Goggles</p> <p>Duoderm Extra-Thin</p> <p>Mepilex Non-Border</p>
--	--	---

- Duoderm, Transparent Film or Mepilex can be cut into the same shapes as above
- Secure Mepilex Non-Border with paper or silicone tape
- If dressing is needed, leave in place for as long as possible. Use these dressings sparingly. Store remaining pieces for future use.

IF none of the above is working, then please contact HA OH&S