

CASE STUDIES TO DEMONSTRATE THE USE OF MEDIHONEY® BARRIER CREAM TO TREAT BLISTERS

Abdul Seckam, Academic Associate PhD Student – Cardiff Metropolitan University, Cardiff School of Health Sciences, Llandaff, Cardiff, UK

INTRODUCTION

Blisters normally form when a small pocket of serum fluid forms in the upper layers of the skin (Blisters, NHS, 2014) and can occur anywhere on the body. In detail the outer layer of the skin had been damaged and fluid collects. This fluid cushions and protects the tissue underneath. Normally blisters are filled with serum however they may also be filled with blood or pus if inflammation or infection is present (Blisters, NHS, 2014)

The causes of blisters include:

- Friction to the skin
- Contact with chemicals such as detergent
- Heat from a scald or sunburn
- Conditions such as chickenpox and impetigo (Blisters, NHS, 2014)
- Attention is required to avoid infection, pain and reoccurrence.

METHODS

MEDIHONEY® Barrier Cream is used to protect the skin from breakdown due to skin damage (Gothier & Cooper, 2011) The cream can be applied according to manufacturer's instructions and is beneficial in maintenance of the skin integrity caused by shear and friction while maintaining the skins pH. These two case studies demonstrate the results with twice daily applications of MEDIHONEY® Barrier Cream to blistered areas.

RESULTS

Three patients presenting with blisters were treated using MEDIHONEY® Barrier Cream. Patch testing for 24 hours was performed prior to administering treatment twice daily to the affected area.

CASE STUDY 1

A 32 year old male with diabetes presented with a blister on the left 5th toe. The blister was formed due to friction to skin by wearing tight shoes. The serum filled pocket was grazed when removing the shoes which left an open wound.

MEDIHONEY® Barrier Cream was applied to the open wound twice daily to promote wound healing and maintain skin integrity to surrounding skin. The patient complained that the wound was painful prior to the application of the barrier cream. After 5 days of the treatment the patient reported a reduction in pain and complete closure of the wound with minimal scarring. The patient also commented on the soothing effect when MEDIHONEY® Barrier Cream was applied to the wound and on the quick healing time experienced. He wanted to avoid possible infection in light of his diabetes. It was felt that the product was a safe and effective choice for this patient.

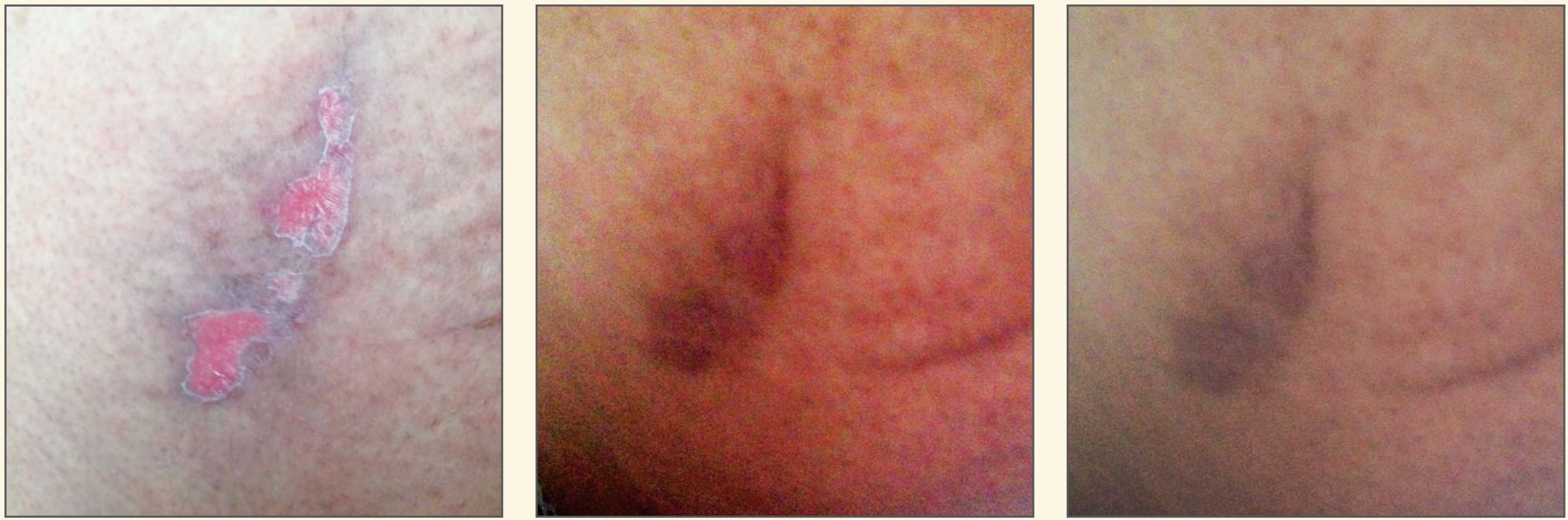


CASE STUDY 2

A 50 year old patient presented with blistering on lateral aspect of left buttock. The blisters formed while patient was lying in a supine position for 48 hours post breast reconstruction surgery.

MEDIHONEY® Barrier Cream was applied to the affected area of skin twice daily to promote healing of the skin and maintain integrity of surrounding skin.

After 4 days of treatment the patient reported healing of the wound although pigmentation had not yet returned to normal. The patient also mentioned a soothing effect when the barrier cream was applied to the blistered area. The patient did not mind the pigmentation observed as long as the skin stayed intact and remained smooth and supple. It was concluded that this product was a safe and effective choice for this patient.



CASE STUDY 3

A 35-year-old male patient with uncontrolled diabetes presented with blistering on the left index finger. The blister formed due to patient being burnt by boiling water.

MEDIHONEY® Barrier Cream was applied to the affected area of skin twice daily to help with skin integrity and relief.

The blister formed into an open wound. MEDIHONEY® Barrier Cream was applied to maintain skin integrity and aid in keeping the area clean. After 9 days of treatment the wound healed, however pigmentation is evident where there was blistering (Figure 3). The patient also mentioned a soothing effect when the barrier cream was applied to the blistered area. It was felt that the product was a safe and effective choice for this particular patient.



DISCUSSION

These three cases represent the positive outcomes seen with the usage of MEDIHONEY® Barrier Cream to treat blistered areas of the skin. In these two cases where MEDIHONEY® Barrier Cream was applied twice daily to the affected area, the patients noted soothing effects to the skin. MEDIHONEY® Barrier Cream has most frequently been utilized to manage areas of incontinence however the results seen in these cases may introduce another area of benefit using MEDIHONEY® Barrier Cream.

CONCLUSION

Patients with blistered areas experienced healing of their skin and soothing effects using the MEDIHONEY® Barrier Cream. Skin integrity improved in 4-5 days with twice daily applications. Further research is recommended.

References:

Grothier, L & Cooper, R. (2011). Medihoney Dressings: Products for practice made easy. Wounds UK, 7 (1):1-6.
NHS (2014), Blisters, Available from <http://www.nhs.uk/conditions/blisters/pages/introduction.aspx> (accessed on 15.07.14)