

# DOES PRESSURE GARMENT THERAPY REDUCE SCAR PRURITUS IN BURN VICTIMS?



*PO 198*

*CONFLICT OF INTEREST  
Medical Z Invitation*

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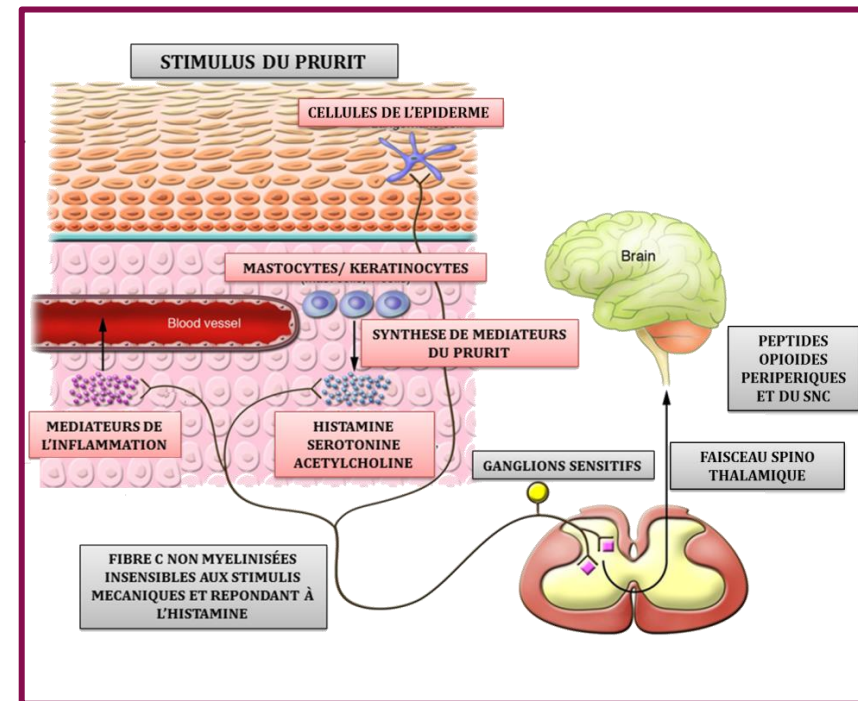
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# INTRODUCTION

- ▶ PRURITUS => SEVERE SCRATCHING LESIONS
- ▶ DEGRATED QUALITY OF LIFE
- ▶ POLYMODAL THERAPY
  - PHARMACOLOGICAL TREATMENT
    - ❑ ANTIHISTAMINE TREATMENT
    - ❑ ANTIDEPRESSANT
    - ❑ OTHER
  - NON PHARMACOLOGICAL TREATMENT
    - ❑ PRESSURE GARMENTS THERAPY (25-30 MMHG -12H/D)
    - ❑ HYDROTHERAPY



# MATERIAL & METHODS

## ITCH RATING SCALE

- 0.....NO ITCH PRESENT.
- 1.....SLIGHT ITCH, JUST NOTICABLE
- 2.....MINIMAL DISCOMFORT. FEEL LIKE SCRATCHING BUT CAN TOLERATE ITCH.
- 3.....MODERATE DISCOMFORT FROM ITCH, INCLINED TO ASK FOR MEDICATION BUT CAN WAIT TILL IT IS DUE IF ON REGULAR DOSE.
- 4.....CONSIDERABLE DISCOMFORT FROM ITCH. NEED MEDICATION, CANNOT WAIT.
- 5.....MAXIMUM DISCOMFORT, ITCH THAT NO SCRATCH CAN RELIEVE. YOU CAN NOT SLEEP AND IT IS DRIVING YOU CRAZY.

## EVALUATE IMPACT OF WEARING PRESSURE GARMENTS ON PRURITIS AND QUALITY OF LIFE IN BURN PATIENT

- ▶ OBSERVATIONAL STUDY
- ▶ N= 4 BURN PATIENTS

### ➤ PRURITIS EVALUATION TOOLS

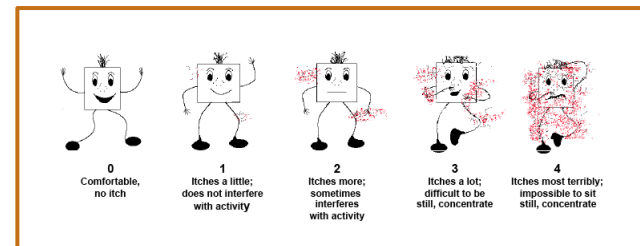
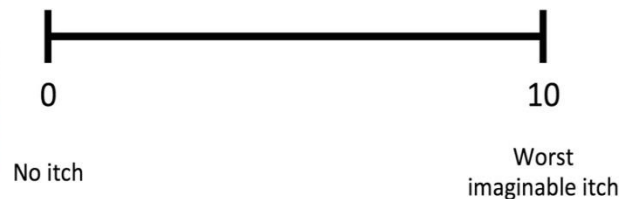
- EVA
- PRURITIS SCALE
- 5 ID SCRATCHING

## 5-D Pruritus Scale

1. **Duration:** During the last 2 weeks, how many hours a day have you been itching?  
 Less than 6hrs/day  6-12 hrs/day  12-18 hrs/day  18-23 hrs/day  All day
2. **Degree:** Please rate the intensity of your itching over the past 2 weeks  
 Not present  Mild  Moderate  Severe  Unbearable
3. **Direction:** Over the past 2 weeks has your itching gotten better or worse compared to the previous month?  
 Completely resolved  Much better, but still present  Little bit better, but still present  Unchanged  Getting worse
4. **Disability:** Rate the impact of your itching on the following activities over the last 2 weeks  

	Never affects sleep	Occasionally delays falling asleep	Frequently delays falling asleep	Delays falling asleep and occasionally wakes me up at night	Delays falling asleep and frequently wakes me up at night
Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	N/A	Never affects this activity	Rarely affects this activity	Occasionally affects this activity	Frequently affects this activity
Leisure/Social	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housework/Errands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work/School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. **Distribution:** Mark whether itching has been present in the following parts of your body over the last 2 weeks. If a body part is not listed, choose the one that is closest anatomically.  

Head/Scalp	<input type="checkbox"/>	Present	Soles	<input type="checkbox"/>
Face	<input type="checkbox"/>		Palms	<input type="checkbox"/>
Chest	<input type="checkbox"/>		Tops of Hands/Fingers	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>		Forearms	<input type="checkbox"/>
Back	<input type="checkbox"/>		Upper Arms	<input type="checkbox"/>
Buttocks	<input type="checkbox"/>		Points of Contact w/ Clothing (e.g. waistband, undergarment)	<input type="checkbox"/>
Thighs	<input type="checkbox"/>		Groin	<input type="checkbox"/>
Lower legs	<input type="checkbox"/>			
Tops of Feet/Toes	<input type="checkbox"/>			



# RESULTS

	PATIENT 1		PATIENT 2		PATIENT 3		PATIENT 4	
% BURN	50 %		20%		70%		10%	
BEFORE /AFTER PGT	BF	AFT	BF	AFT	BF	AFT	BF	AFT
VAS	8	6	5	3	5	4	3	0
PRURITIS REDUCTION	2 (25%)		2 (40%)		1 (20%)		3 (100%)	
IRS	2	2	3	3	2	2	2	0
5D PS	NC	NC	EVOLUTION ↗ SLEEP ↗		EVOLUTION ↗ DEGREE ↗		EVOLUTION ↗ DEGREE ↗	
TREATEMENT	ANTI-HISTAMINE+ GABAPENTINE /PREGABALINE		ANTI-HISTAMINE+ GABAPENTINE /PREGABALINE		ANTI-HISTAMINE+ GABAPENTINE /PREGABALINE		BROMAZÉPAM	

# DISCUSSION



- ▶ **32,5 % REDUCTION OF ITCHING SENSATION**
- ▶ **IMPROVEMENT QUALITY OF LIFE**
  - ❑ IMPROVEMENT OF ITCHING SENSATION OVER TIME
  - ❑ ITCHING INTENSITY DECREASE
  - ❑ BETTER SLEEP
- ▶ **PROTECTIVE EFFECT**
- ▶ **VAS MORE SENSITIVE SCALE THAN IRS**
- ▶ **TREATMENT HAS NOT BEEN CHANGE TO PRESSURE GARMENT THERAPY**

***THANK YOU FOR YOUR ATTENTION***

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- 4-PRURITUS INTENSITY ASSESSMENT: CHALLENGE FOR CLINICIANS ADAM REICH & JACEK C SZEPIETOWSKI (1746-9872)