## Contents

*Acknowledgements*  ix

**Chapter 1  Introduction**  1
What is skin?  1
Skin health  2
What is in this book  7
Conclusion  8
References  8

**Part 1  Fundamental principles of managing the skin**  9

**Chapter 2  Biology of the skin**  11
Introduction  11
Skin structure  11
Functions of the skin  20
Skin and ageing  24
Conclusion  28
References  28

**Chapter 3  Assessment and planning care**  29
Introduction  29
Assessment  30
Planning care  42
Intervention  44
Evaluation  45
Conclusion  46
References  46

**Chapter 4  Protecting the skin and preventing breakdown**  49
Introduction  49
The concept of skin vulnerability  49
What causes skin breakdown?  50
Preventative practices  55
Nursing intervention to support behavioural change (prevention) in relation to sun exposure  60
Nutrition to support skin integrity  61
Preventing skin damage by scratching  63
Conclusion  64
References  64

**Chapter 5  Emollients**  71
Introduction  71
Definition  71
 Constituents of emollients  72
Potential side effects  73
Emollient formulations  75
How emollients work?  80
Considerations that will effect how patients use emollients  82
Conclusion  83
References  83
# Contents

Chapter 6  Psychological and social aspects of skin care 85
- Introduction 85
- Social impacts 85
- Psychological impact 88
- Nursing interventions 92
- Conclusion 100
- References 100

Chapter 7  Helping patients make the most of their treatment 103
- Introduction 103
- Self-management and patient support 103
- The challenge of promoting treatment adherence 109
- Prescribing skin-related products and opportunities for medicines education 112
- Conclusion 115
- References 115

Part 2  Principles of illness management 119

Chapter 8  Psoriasis 121
- Introduction 121
- History of psoriasis 121
- Who gets psoriasis? 122
- Biology of psoriasis 122
- Comorbidities associated with psoriasis 123
- Clinical variants of psoriasis 124
- Physical symptoms that accompany psoriasis 128
- Trigger factors in psoriasis 130
- Treatments for psoriasis 131
- Measuring quality of life 145
- Conclusion 145
- References 147

Chapter 9  Eczema 151
- Introduction 151
- What is eczema? 151
- Atopic eczema 154
- What is eczema commonly mistaken for? 157
- Eczema severity assessment 158
- Caring for children with eczema 159
- Other forms of eczema in adulthood 160
- Contact dermatitis 161
- Treatment options for eczema 163
- Conclusion 173
- References 173

Chapter 10  Acne 179
- Introduction 179
- What is acne? 179
- Who gets acne and distribution 184
- Treatments 185
- Psychological impact 192
- Conclusion 193
- References 193

Chapter 11  Skin cancer and its prevention 195
- Introduction 195
- Skin cancer epidemiology: the scale of the problem 195
- Pre-malignant skin lesions 196
- Non-melanoma skin lesions 198
- Introduction to melanoma 202
- Surgery 207
- Causation, risk prevention and early detection 208
- Nursing intervention and promoting self-examination 209
- Conclusion 213
- References 214

Chapter 12  Infective skin conditions and infestations 221
- Introduction 221
- Bacterial skin infections 222
- Viral infections 226
- Fungal infections 233
- Infestations 240
- Conclusion 242
- References 243

Chapter 13  Less common skin conditions 247
- Introduction 247
- Blistering conditions 247
- Connective tissue disorders 251