

Pediatric Rashes: To Play or Not to Play

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Objectives

- Identify rashes commonly encountered among school-aged children.
- Complete an accurate rash assessment including history and physical exam.
- Familiarize school nurses with common treatments for rashes in school-aged children.
- Utilize assessment findings to determine whether the child can safely stay at school or should they go home.

Assessment: History

- When and where did rash start? Where has it spread to?
- Any exposures to contagious skin conditions?
- Does the rash itch or is it painful?
- Has child eaten a new food or used any new skin/soap/products ?
- Have any treatments been started?
- Does anything make rash improve or worsen?

Assessment: Exam

- Location
- Size
- Color
- Elevation
- Distribution
- Discomfort

Type of lesion

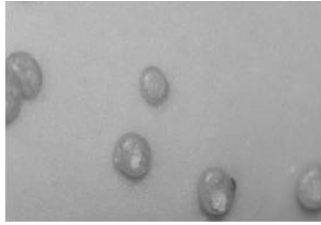
- Macule
- Papule
- Vesicle
- Bulla
- Pustule
- Wheal

Macule



- Flat
- Pigmented
- Well defined
- Less than 1 Cm

Papule



- Elevated
- Well defined
- Less than 1 cm

Vesicle



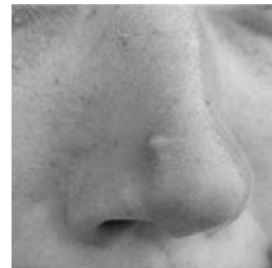
- Elevated lesions
- Up to 1 cm
- Contains fluid
- Blister like

Bulla



- Elevated Lesion
- Larger than 1 cm
- Containing fluid
- Blister

Pustule



- Pus filled
- Elevated
- Well defined

Wheal



- Raised
- Itchy
- Reddish Hue
- May come and go
- Smooth and elevated

Assessment of rash distribution

- Annular- Circular
- Confluent- Connect or Overlap
- Discrete- Separate
- Grouped- Cluster Like
- Linear- Straight Line
- Generalized- Entire Body
- Localized- Specific Area

Annular



- Circular
- Begin in center and spread outward.

Confluent



- Lesions that Overlap or connect

Discrete



- Lesions that Remain Separate.

Grouped



- Lesions appear in a cluster like appearance

Linear



- Resembles a straight line.

Generalized



- Occurs over the entire body

Localized



- Limited to a defined area.

The Culprits:

- Viruses
- Bacteria
- Fungi
- Allergic
- Bites & Stings

Viral

- May be benign and self limiting
- Often blanch
- May be due to a contagious childhood illness

Common Viral Rashes

- Measles
- Varicella
- Coxsackie Virus
- Parvovirus B19
- Herpes Simplex 1

Bacterial Rashes

- Requires antibiotic treatment

Common Bacterial Rashes

- Impetigo
- Scarlet Fever
- MRSA

Fungal Rashes

- Commonly seen in school age children
- Spread by direct contact
- Incubation period uncertain

Common Fungal Rashes

- Tinea Corporis
- Tinea Capitis

Allergic Rashes

- Often hive like
- Result of histamine release of an allergen due to medication, food or pollen.
- Itchy round or oval lesions.
- Prevention: Future avoidance with the allergen if identified.

Common Allergic Rashes

- Hives
- Eczema
- Contact Dermatitis

Bites and Stings

- Variety of causes
- Bees are most common

Bites and Stings

- Lyme Disease
- Rocky Mountain Spotted Fever
- Scabies
- Bee Stings
- Spider Bite
- Bed Bugs
- Flea Bites

Implications for school nurses

- At least 25% of students today are diagnosed with a chronic condition making them vulnerable to infections.
- Hand washing, skin hygiene and immunization are the backbone to preventing the spread of infectious rashes.
- Viral rashes may be spread by respiratory droplet prior to appearing ill.

Implications for school nurses

- School nurses must educate the community about prevention, signs and symptoms and treatment of rashes.
- Vaccine compliance protects all children.
- Increased school nurse knowledge will decrease the spread of infectious rashes in their schools.

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Assessment Reminders

- What is the **location** of the rash?
- What is the **size** of the lesion/rash?
- What **color** is the rash?
- Is the rash **elevated**?
- What is the **distribution** of the rash on the body?
- Is the child complaining of any **discomfort**?
- Does the child have a **fever**?



Want More Information?

- Jakubowski, T., & Perron, T., (2015) Podcast for the National Association of School Nurses *Rashes in the School: Should They Stay or Can They Go?* NASN, August, 2015. (Featured Article) <http://www.podcastchat.com/podcasts/sage-nursing-and-other-health-specialties/episodes/a-nasn-school-nurse-september-2015-podcast-rashes-in-school-can-they-stay-or-should-they-go>
- Jakubowski, T., Perron, T., & Teixeira, E. (2015). Rashes in school: Can they stay or Should they go? *NASN School Nurse*, 3 (5), 274-282.