

CASE STUDY FIVE

COMFIFAST™ EASYWRAP™ GARMENTS



“The Comfast Easywrap Garments are a godsend for my daughter”

Geeta Ayer. M.A. MSc, RGN Dip Derm Nursing, Non medical prescriber, Dermatology Nurse Practitioner (Manchester, England)

THE PATIENT AND THE PROBLEM

A four-year-old Caucasian girl presented to the dermatology clinic with generalised dry skin and itching affecting her limbs and torso. The itching had affected the girls sleep every night for many years and this had had a major impact on her overall quality of life.

A skin inspection revealed the patient was covered in small, dry, flaky / branny and semi adherent white or grey scales with upturned edges. The scaling was most pronounced on the extensor surfaces of arms and lower legs with the upper arms and thighs showing some evidence of keratosis pilaris. Scaling on the forehead was less pronounced and the scalp was not affected. There were fresh scratch marks all over her body.

Based upon the family history, a comprehensive skin inspection and the results of a tissue biopsy, the patient reported with a mixed diagnosis of mild ichthyosis vulgaris, atopic eczema and keratosis pilaris.

THE TREATMENT GOAL

The treatment goal was to obtain initial remission of the skin conditions and then to maintain and control them. This would improve the sleep pattern of the patient which would in turn lead to improvements in her quality of life.

THERAPY RECEIVED

To descale and hydrate the skin the patient was treated with greasy heavy duty emollient. This was applied daily prior to wet wrapping with **Comfast Easywrap Garments**. After 6 weeks the greasy heavy duty emollients were replaced with Hydromol ointment. This was applied daily and covered by dry wrapping - again using the **Comfast Easywrap Garments**. After six months the treatment was stepped down from daily to weekly. This continued for a further 3 months. By the end of the treatment the emollient (Hydromol) in association with dry wrapping was used as and when required as maintenance therapy.

Comfast Easywrap vests, leggings and socks were used for both wet and dry wrapping the patient.

The patient and her family were supervised, educated, supported and helped by the community paediatric team until the condition was brought under control.



CLINICAL OUTCOME

After six weeks of intense emollient therapy and wet wrapping, the patients skin conditions had improved significantly. This improvement had continued at the 3 month review and by 6 months her skin was well moisturised and she was completely free of scales. The improved skin condition was maintained through to the 12 month review.

Using **Comfifast Easywrap Garments** for both the wet and dry wrapping helped keep the skin well moisturised, prevented staining of clothing and bedding, reduced the itching and also acted as a physical barrier to help reduce the impact of any scratching.

The patients mother said;

‘What’s great about the [Comfifast Easywrap] garments is that they stopped my daughter feeling ”different” at school because she could wear them discretely under her normal school clothes. She has started to lead a normal life like the other children in school. You know how cruel Children can be? She used to get picked on before. This garment is a godsend for my daughter.’

The paediatric nurses supervising the skincare treatment remarked that the garments were far easier (and quicker) to use compared with more traditional tubular bandages. The nurses said;

‘It can be extremely difficult to keep a child still for long enough to get the [tubular] bandages on which can be distressing for both the children and the nurses.’

‘The [Comfifast Easywrap] garments are a big stride forward in skin care management. Compared with tubular bandages, they were significantly quicker to apply which meant the treatment was less unsettling for the patient’

At the 12 month follow-up the patients skin was soft and still free of scales. ‘In a nut shell, we met a happy and contented child.’

Key benefits of using Comfifast Easywrap Garments for wet or dry wrapping:

- ✓ Acts as a physical barrier to help reduce the impact of any scratching
- ✓ Unobtrusive when worn under clothing
- ✓ Ready made so no need to ‘customise’ bandages or wraps
- ✓ Remains in place without the requirement for additional fixation (pins / tape / ties etc)
- ✓ Prevents the transfer of emollients, creams and paste to the patients clothes and bedding
- ✓ Easy to use and quick to apply for the patient / carer
- ✓ Aids absorption of emollients / creams etc to help keep skin moisturised and hydrated
- ✓ Increases patient concordance with treatment due to simplicity of use, comfort and effectiveness