

# AN CLINICAL EVALUATION OF SPYCRA PROTECT SILICONE DRESSING IN PROTECTING FRAGILE SKIN

## INTRODUCTION

**Spycra Protect** is a soft, one-sided silicone adhesive dressing. The soft silicone layer and bi-elastic top layer protects fragile skin. The bi-elasticity minimises shearing and friction, reducing the opportunity for recurrence or secondary breakdown. The silicone layer means that patients can easily reposition the dressing without loss of adherence and can stay in place for several days.

Newly healed wounds remain fragile and prone to recurrence. Tensile strength of the newly healed wound is lower and other co-morbidities may mean the skin is more vulnerable to breakdown.

The aim of this study was to evaluate the role of Spycra Protect in protecting fragile skin to prevent recurrence/further breakdown of the skin.

## METHOD

Following assessment by the Tissue Viability Specialist Nurse 10 patients with newly healed leg ulcers or with areas of skin vulnerable to damage had Spycra Protect applied.

All clinicians who would be applying the dressings were offered specific guidance on the recommendations for use of the dressing, in accordance with the indications in the product insert leaflet and patients were treated in accordance with the instructions for use. Patients with newly healed leg ulcers were having compression hosiery applied.

The following outcomes were recorded:

- Ease of application and removal
- Conformability
- Patient comfort during wear
- Patient comfort on removal
- Condition of the skin

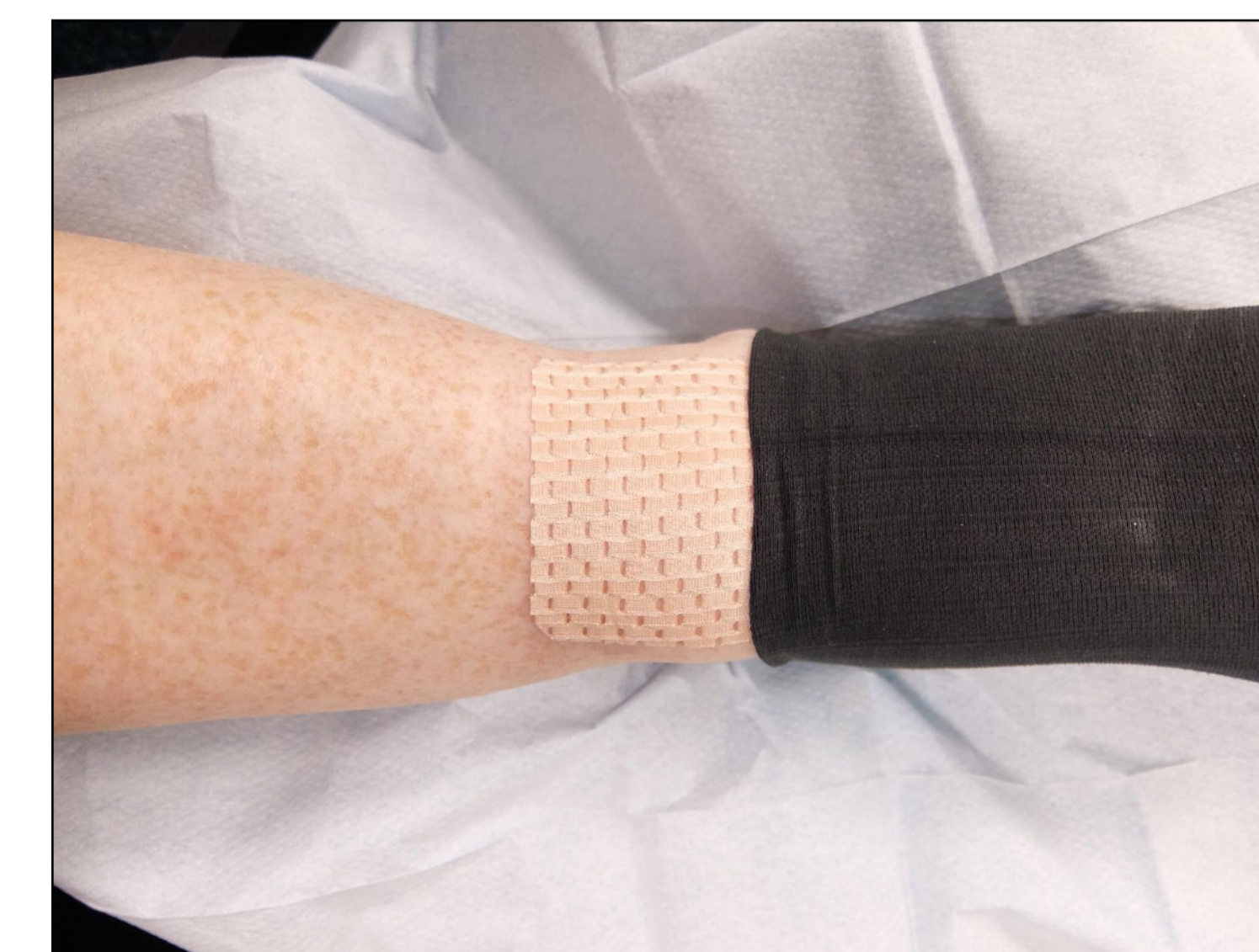


### CASE STUDY 1

87 year old lady that was receiving end of life care. She was nursed on an alternating mattress but due to curvature of her spine she found it difficult to be positioned comfortably. When her skin started to mark she became distressed when conventional dressings were applied and therefore they were removed in between nurse visits.

Spycra Protect was therefore applied over this and any other areas that became vulnerable to breakdown. This dressing stayed in place for seven days. Her family peeled the dressing back for washing and replaced after drying. The image above shows the skin damage and there was no further deterioration to this area after applying Spycra Protect.

Spycra Protect was very well tolerated by the patient and further discomfort was reduced.



### CASE STUDY 2

49 year old lady with a healed venous ulcer. Following healing she had been prescribed a class 3 below knee compression stocking. She had been unable to wear the stocking due to some rolling in a skin crease where the leg ulcer had been located and the leg ulcer had recurred twice.

Spycra Protect was applied over the area. This was reapplied after showering and before the stockings were reapplied. She was able to apply this herself and renew as necessary. Two months following healing Spycra Protect has been discontinued. The ulcer remains healed and she is fully concordant with wearing compression hosiery.

## RESULTS AND DISCUSSION

Feedback on Spycra Protect was obtained from both patients/carers and nursing staff.

The product was used on a number of sites including sacrum, legs, heels and under tracheostomy tubing.

- Ease of application and removal was reported as excellent. Patients reported that they felt confident handling the product.
- Conformability on skin was reported as very good to excellent. The two way stretch improved conformability over bony prominences (98% of respondents).
- Patient comfort was excellent and patients wearing Spycra Protect under compression reported that the stocking was more comfortable with Spycra Protect over the fragile epithelium.
- No adverse reactions were observed

The aim of this work was to evaluate this product to determine the effectiveness of this dressing in protecting fragile skin. The results across all of the measured outcomes were positive and the outcomes of the evaluation were achieved. Both staff and patients were pleased with the outcomes of using this dressing.

## CONCLUSION

Spycra Protect performed well during this evaluation. It was well accepted by both patients and staff and going forward we will be exploring the role of Spycra Protect in our pressure ulcer prevention programme.