



Crumlin | Temple Street | Tallaght | Connolly

CHILDREN'S HEALTH IRELAND

NURSING PRACTICE GUIDELINES ON THE APPLICATION OF WET WRAPS

Area of use:	All of organisation <input checked="" type="checkbox"/>	CHI at Connolly <input type="checkbox"/>	CHI at Crumlin <input type="checkbox"/>
		CHI at Tallaght <input type="checkbox"/>	CHI at Temple Street <input type="checkbox"/>
Lead author & title:	Dermatology Clinical Nurse Specialist		
Approved by & title:	Nursing Documentation Approval Committee		
Version:	Version 1	Approval date:	October 2023
Qpulse reference:	CHINPGAWW-DermCNS-10-2023-V1	Revision due:	October 2026
Version History			
Version:	Date approved:	Summary of changes:	Author:
Practice Variances			
None			

Contents

1.0	Introduction	3
2.0	Definition of Guideline	3
3.0	Applicable to.....	3
4.0	Equipment	3
5.0	Guidance.....	4
6.0	Stakeholder Involvement.....	5
7.0	Implementation plan.....	5
8.0	Monitoring and Evaluation.....	5
9.0	References	5

1.0 Introduction

Wet wrapping is a damp bandaging technique used in patients with moderate to severe Atopic Dermatitis (Eczema). The wraps help to calm and cool the skin by aiding the absorption of moisturisers and also prevent skin damage caused by scratching (NSGCCE 2012). Wet wraps should not be used on infected skin (NICE 2023). Topical steroids can be used under wet wraps to relieve inflammation, but as the occlusion can increase the absorption of steroids this should only be done under supervision of the dermatology team (Eichenfield *et al.* 2014).

2.0 Definition of Guidelines

Wet Wraps are warm, wet, occlusive dressings constructed from Tubifast bandages in conjunction with an emollient ointment (Lawton 2014). This guideline should be used in conjunction with the Atopic Dermatitis guideline.

3.0 Applicable to

This guideline aims to guide nursing staff on wards who are looking after patients with Atopic Dermatitis and for whom wet wraps have been prescribed.

4.0 Equipment Required

Tubifast appears to be the best available tubular bandage for wet wraps. It has the right degree of elasticity, conforming to the child's contours without being too tight. It is absorbent and so can hold enough water to remain moist for several hours. Tubifast is not cotton – and a small number of children may react to the dressings (Atherton 1999), therefore for these children an alternative bandage should be used and the reaction to the Tubifast should be clearly documented.

Tubifast Colour Code:

Red	3.5cm	small arm
Green	5cm	medium arm, small leg
Blue	7.5cm	large arm or leg
Yellow	10.75cm	medium trunk
Purple	17.5cm	large trunk

Measuring for Tubifast:

Arms: Measure from the shoulder to tips of fingers and add 5 cm. Cut 4 lengths.

Legs: Measure from top of thighs to the tips of the toes and add 5 cm. Cut 4 lengths.

Vest: Measure from base of neck to base of bottom. Cut two lengths and cut two armholes in each.

Make eight ties by cutting 10cm thin lengths of Tubifast.

Convenient eczema garments are available for families to buy instead of tubular bandages e.g. Clinifast garments.

These garment are quick and easy to use on children as they are ready made and do not require cutting or tying. The garments can be dampened and cotton pyjamas can be used as the outer dry layer

5.0 Guidance

ACTION	RATIONALE & REFERENCE
<p>Explain the procedure to the child and parents.</p> <p>Ensure privacy for the child throughout the treatment.</p> <p>Bath the child with a moisturizing product prior to application of wet wraps. (see Atopic Eczema Guideline 2023)</p> <p>Apply topical steroid if prescribed under the supervision of a dermatologist.</p> <p>Leave steroid to absorb for 30 minutes before applying the suit.</p> <p>Emollients, e.g. Emulsifying ointment, should be applied liberally all over the body, not rubbed in but <u>BUTTERED</u> in a downward direction on to the skin.</p> <p>Starting with the trunk, one length of tubifast is soaked in TEPID water, gently squeezed out then applied. The dry layer is applied over this. Repeat for limbs in the same way.</p> <p>Ties are passed through holes made in the tubifast to keep the suit in place.</p> <p>Light cotton clothing can be worn over wet wraps.</p> <p>Check bandages at intervals and if the inner layer is dry take down outer layer and wet inner layer with tepid water using hand spray or sponge.</p> <p>If eczema is severe, wet wraps can be left in place for up to 24 hours a day.</p> <p>The length of time wraps are required depends on the child’s response to treatment</p> <p>Never apply wet wraps to broken or infected skin and never use wet wraps on the trunk if the patient has a chest infection.</p> <p>Document care given and evaluate effectiveness of treatment provided.</p>	<p>To help reduce anxiety of child and parents, by appropriately informing them of the procedure (NICE 2023).</p> <p>To maintain dignity of patient when care is being attended to (CHI 2020)</p> <p>Daily emollient baths are essential and effective in the management of eczema (NICE 2023).</p> <p>All topical therapy is more effective on moist skin after a bath (White <i>et al.</i> 2011). Skin pores are open and receptive to treatment. (Mc Aleer <i>et al.</i> 2012)</p> <p>Occlusion can increase the permeability of the steroid absorption (Eichenfield <i>et al.</i> 2014).</p> <p>Emollients are the cornerstone of eczema care. They prevent water loss from the skin, increase hydration, reduce itch and redness, and help to repair the skin barrier. (Eichenfield <i>et al.</i> 2014)</p> <p>Buttering is the generous spreading of ointment, which is essential if treatment is to succeed. Avoid rubbing as this may further irritate the skin and increase itch.</p> <p>This depends on the patient’s tolerance and comfort (Eichenfield <i>et al.</i> 2014).</p> <p>A moist environment is an ideal medium for the multiplication of organisms. (Robinson 2011)</p> <p>To facilitate communication, to provide evidence of delivery of quality care, and to ensure evaluation of the effectiveness of care provided (CHI 2020b, NIMBI 2015)</p> <p>NIMBI (2015)</p>

6.0 Stakeholder involvement

Name	Grade	Hospital
Bernie Evans	CNS	Crumlin
Annette Durkan	CNS	Crumlin
Anmarie Ormond	CNS	Crumlin
Sent to the CNSs in CUH and TUH for review 26-06-2023		
Approved by the CHI Nurse Practice Committee July 2023		

7.0 Implementation plan

The CNS responsible for the care and management of children requiring wet wraps will be aware of the guideline and will communicate to ward staff as required. Document will be published on the internet for CHI, Q Pulse in CUH and TUH.

8.0 Monitoring and evaluation

The use of this guideline will ensure streamlined care. Regular review of practice will take place.

9.0 References and Bibliography

1. Children's Health Ireland (2020b) *Documentation Guidelines for Nursing Staff*. CHI, Dublin
2. Children's Health Ireland (2022) *Nursing Practice Guidelines on Intimate Care*. CHI, Dublin.
3. Children's Health Ireland (2023) *The Hospital Formulary and Prescribing Guide*, CHI, Dublin.
4. Eichenfield *et al.* (2014) Guidelines of care for the management of atopic dermatitis. Section 2. Management and treatment of atopic dermatitis with topical therapies. *Journal of American Academy Dermatology* 71:116-132.
5. <https://eczema.org/information-and-advice/treatments-for-eczema/paste-bandages-and-wet-wraps/>
6. <https://eczema.org/wp-content/uploads/Bandages-and-Wet-Wraps-2023.pdf>
7. https://www.bmj.com/bmj/section-pdf/187593?path=/bmj/345/7867/Clinical_Review.full.pdf
8. Lawton S. (2014) *Atopic Eczema: nurse Led Care- 2*. Treatments. *Journal of Family Health Care*. Vol 15 No.2.
9. McAleer M A., Flohr C., Irvine A D. (2012). *Management of difficult and severe eczema in childhood*. (Online)Available at:
10. National Institute for Health and Clinical Excellence (2023) *Atopic eczema in under 12s: diagnosis and management*. Clinical Guideline NICE (CG 57), London.
11. Nottingham Support Group for Carers of Children with Eczema (NSGCCE) (2012) *Wet Wrapping*. NSGCCE, Nottingham. Available from <http://www.nottinghameczema.org.uk/documents/wet-wrapping.pdf> (Accessed 16th May 2022) Internet.
12. Nursing & Midwifery Board of Ireland (2015) *Code of Professional Conduct and Ethics for Registered Nurses and Registered Midwives*. Dublin: Nursing & Midwifery Board of Ireland.

13. Nursing & Midwifery Board of Ireland (2020) *Guidance to Nurses and Midwives on Medication Management*. Dublin: Nursing & Midwifery Board of Ireland.
14. Nursing and Midwifery Board of Ireland (2015) *Recording Clinical Practice: Professional Guidance to Nurses and Midwives*. NMBI, Dublin
15. National Eczema Organisation (2023) *Paste bandages and Wet wraps*. <https://nationaleczema.org/eczema/treatment/wet-wrap-therapy/> Accessed Jan 2021.
16. Robinson J. (2011) *Assessment and management of atopic eczema in children*. Nursing Standard 26(1), 48-56.
17. White, J *et al.* (2011) *Nursing Care of Paediatric Skin*. In Harper's Textbook of Dermatology Vol 2. 3rd edn. (Irvine AD, Hoeger PH & Yan AC Eds) Wiley-Blackwell, Chichester, 192.1-192.19.

Children's Health Ireland 2023. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Every effort has been made to ensure that the information provided is accurate and in accord with standards accepted at the time of printing.