




NURSING GUIDELINES ON THE APPLICATION ON WET WRAPS	
Version Number	V1
Date of Issue	3 rd December 2015
Reference Number	NGAWW-12-2015-DCNSp-V1
Review Interval	3 yearly
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Document Review History		
Review Date	Reviewed By	Signature
2018		

Document Change History	
Change to Document	Reason for Change

Our Lady's Children's Hospital, Crumlin		
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1.0 Introduction

Wet Wraps can be used on any degree of eczema which is not infected and which does not improve with daily emollients and topical steroids. They cool and soothe the skin, thus reducing the itch and promoting healing (Robinson 2011). They also relieve inflammation by increasing the absorption of emollients and topical steroids. For this reason only a mild steroid (Hydrocortisone 1%) is used under wet wraps (unless otherwise prescribed by a dermatologist and under close observation of a Dermatology CNS and relevant Dermatology team)

2.0 Definition of Guidelines

Wet Wraps are warm, wet, occlusive dressings constructed from Tubifast bandages in conjunction with emulsifying ointment (Lawton 1999).

3.0 Equipment

Tubifast appears to be the best available tubular bandage for the 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).

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 2 inches. Cut 4 lengths.

Legs: Measure from top of thighs to the tips of the toes and add 2 inches. Cut 4 lengths.

Vest: Measure from base of neck to base of bottom. Cut 2 lengths and cut 2 armholes in each. Make 8 ties from three-quarter inch strips of Tubifast

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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 emulsifying ointment prior to application of wet wraps. (see Atopic Eczema Guideline 2011)</p> <p>Apply topical steroid as prescribed. Only mild topical steroids are used under wet wraps.(unless a more potent steroid is 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> on to the skin.</p> <p>Starting with the trunk, one length of tubifast is soaked in WARM 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 warm water using hand spray or sponge.</p> <p>If eczema is severe wet wraps can be left in place for 24 hours a day.</p>	<p>To help reduce anxiety of child and parents, by appropriately informing them of the procedure (Trigg & Mohammed 2010).</p> <p>To maintain dignity in accordance with Guidelines for Good Practice (OLHSC 2002).</p> <p>All topical therapy is more effective on moist skin after a bath (Harper et al 2011).</p> <p>Wet wrap can increase the absorption of topical steroids into the blood stream, and if present in sufficient concentration may have undesirable effects in the body (Harper et al. 2011) (Robinson J 2011)</p> <p>Occlusion can increase the permeability of the steroid absorption (Trigg & Mohammed 2010).</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>

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<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 patient has a chest infection.</p> <p>Document care given and evaluate effectiveness of treatment provided.</p>	<p>A moist environment is an ideal medium for the multiplication of organisms. (Trigg & Mohammed 2006).(Robinson J 2011)</p> <p>To facilitate communication, to provide evidence of delivery of quality care, and to ensure evaluation of the effectiveness of care provided (An Bord Altranais 2002, NHO 2009, 2010)</p>
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