

# Use of Spycra Protect in Epidermolysis Bullosa (EB)

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## Introduction

EB is a group of inherited fragile skin disorders for which there is no known cure. There are 4 main types ranging in severity however the commonalities are characterised by blister formation in response to the slightest friction or trauma. Treatment is aimed at minimising pain & reducing risk of infection.

EB Simplex (EBS) often perceived as a milder form of EB but can be very disabling, affecting the quality of life. A major problem for those affected is protection of vulnerable areas such as hands, feet & bony prominences.

Good protection can reduce the number of blisters & severity of skin damage. Removal of many adhesive medical products can cause further damage. Soft silicone products are mostly well tolerated as can usually be removed without further pain & damage to fragile skin.

## Method

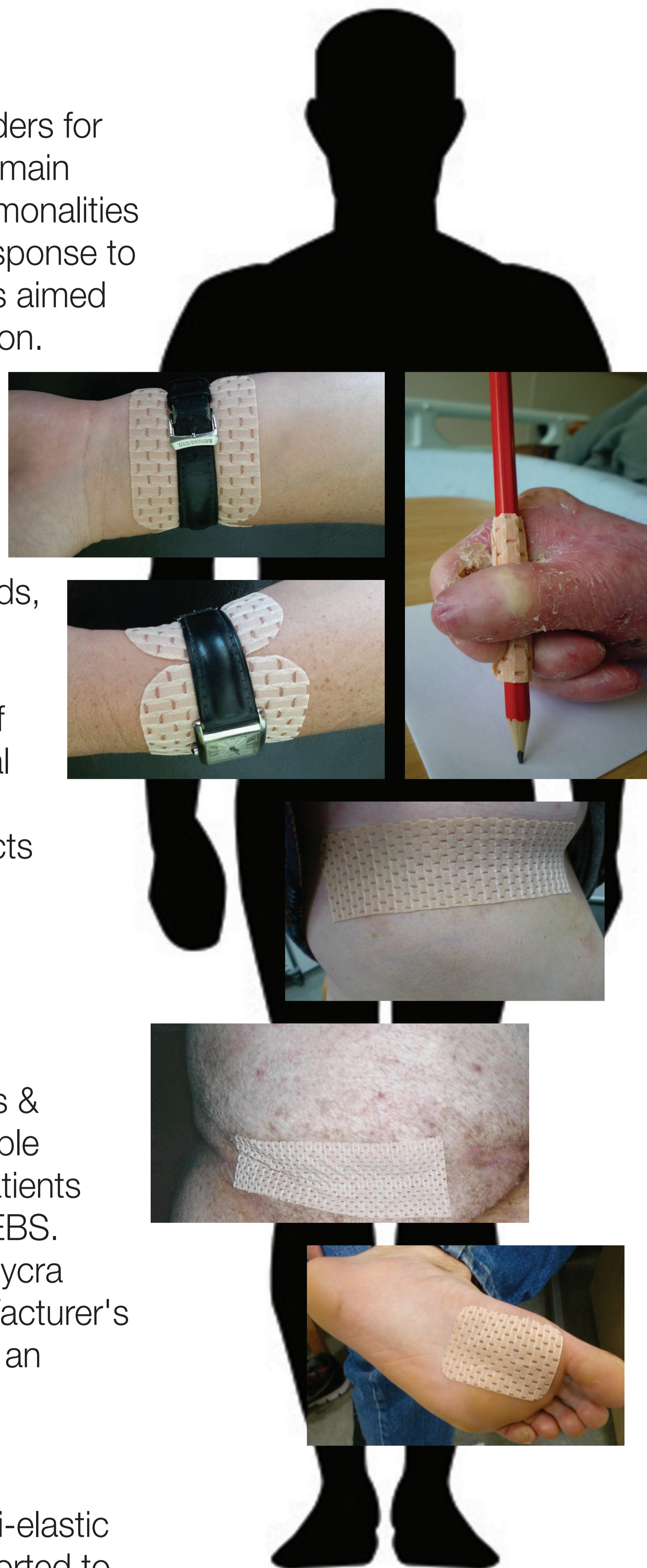
This evaluation was to assess effectiveness & tolerability of Spycra Protect in this vulnerable group, whilst maintaining comfort. Most patients who evaluated Spycra Protect suffer with EBS. Patients were provided with a supply of Spycra Protect & instructions on use as per manufacturer's instructions. They were asked to complete an evaluation & provide comments.

## The product

Spycra Protect a soft, one-sided silicone bi-elastic adhesive dressing. The bi-elasticity is purported to reduce friction through complex 3D weave of the fabric thus reducing risk of blistering from shearing forces. The non adherent dressing can be easily removed or repositioned without pain or further skin damage. It can be used directly onto intact skin, minor wounds or blister sites. It is not designed to absorb, if the wound is wet an alternative dressing would be required.

## Discussion

A big advantage of Spycra Protect is its conformability; the thinness allows the dressing to be used on areas such as the feet. Feedback suggested the dressing could be a stickier. However there is a fine balance between a dressing not sticking & falling off or being too sticky it causes further skin damage.



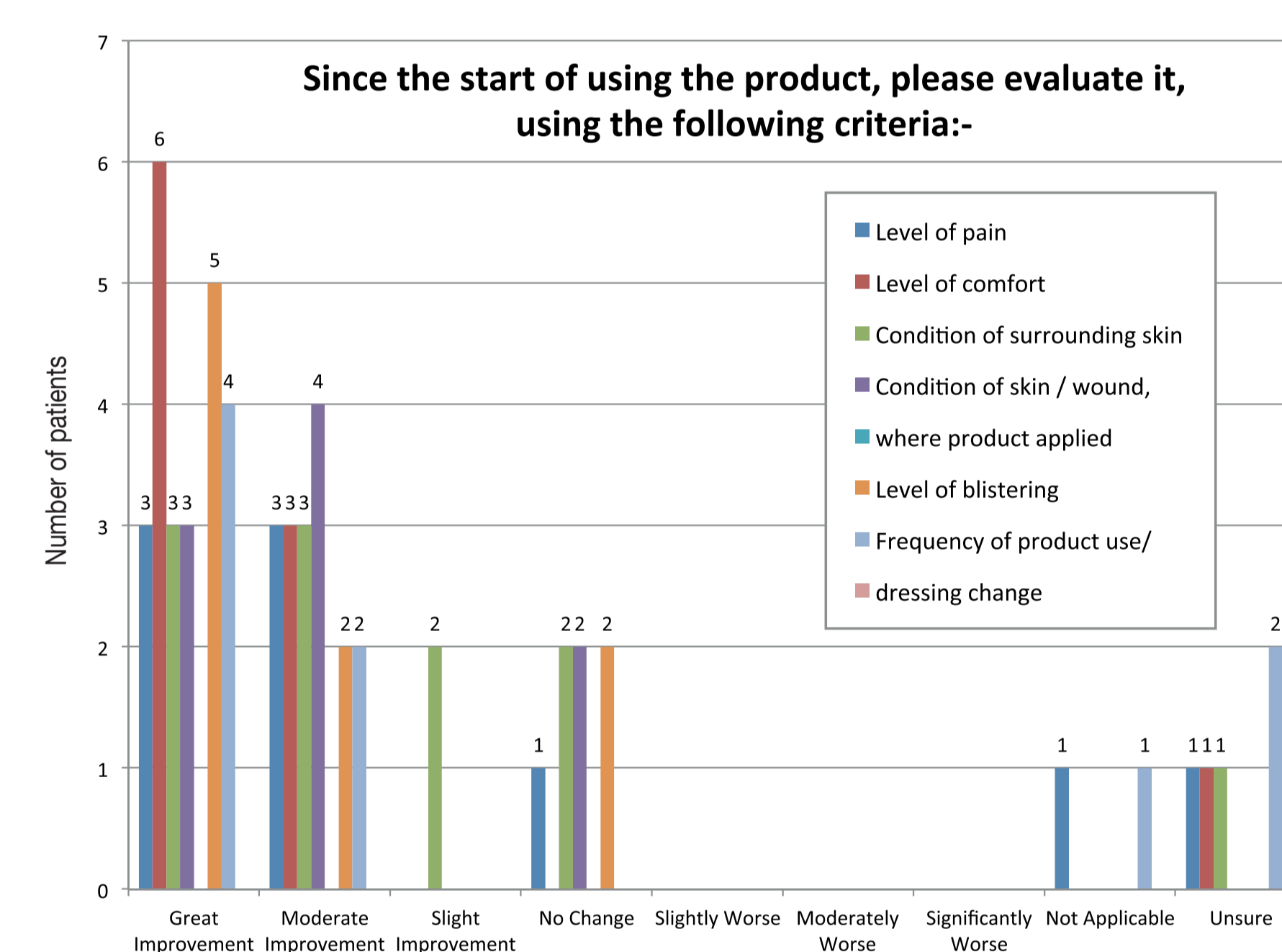
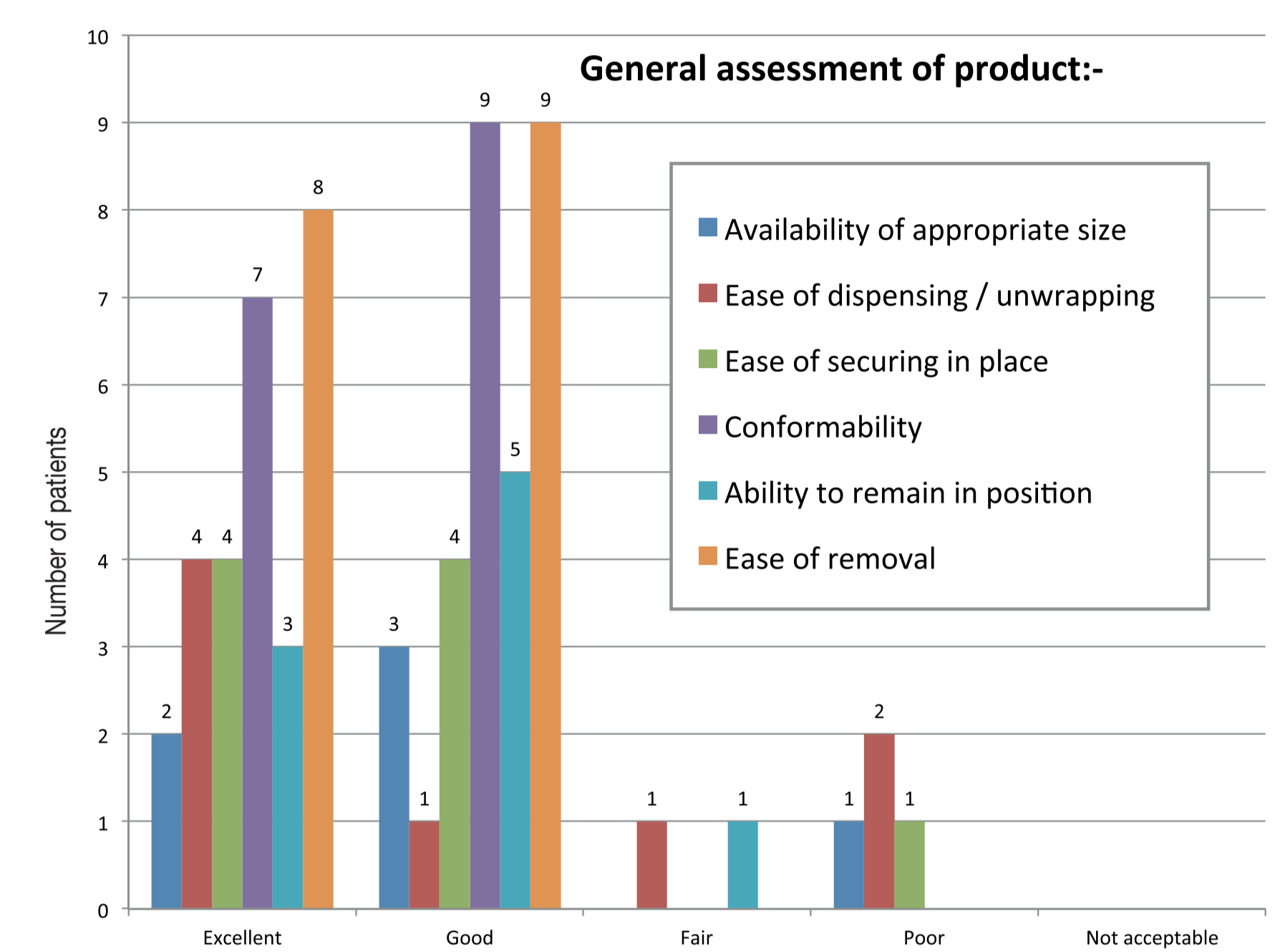
*'Since using Spycra Protect it has transformed my life. No longer do I remove socks to find they are sticking to cuts on the back of my legs. I have not had one blister on my ankle even though I have a Springer Spaniel who's always causing me to bash my ankles together.'*

John, who has Dystrophic EB

This Poster was supported by Bullen Healthcare, the distributor of Spycra Protect.



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## Results

Spycra Protect was used on feet, ankles, bony prominences & areas where clothing would rub. Most patients changed the dressing daily although 2 patients reused it if it had been placed on intact skin. Innovative & interesting uses were also identified such as securing dressing post operatively in difficult areas

## Conclusion

Results demonstrate the dressing is well accepted & comfortable. Most patients found it excellent, protecting their fragile skin, some found it eliminated skin damage from friction altogether. This dressing is a valuable addition to people with EB.

- Very impressed by improvement of being able to have less discomfort with close fitting under ware & footwear
- Surprised how good it is
- Greatly improved rubbing under bust, stays in place even with perspiration in hot weather