

## ACNE

Level I

(If subjective data sufficient, no exam is necessary.)

**Skill Level:** RN

**Definition:** A skin condition caused by increased activity of the sebaceous glands, usually beginning at puberty. Dead skin cells form plugs, becoming either closed comedones, "whiteheads", or open comedones, "blackheads". **ODOC does not treat superficial acne.**

MILD	
<b>Subjective:</b> <ul style="list-style-type: none"><li>• My face is breaking out.</li><li>• I have acne.</li><li>• History of chronic acne flare-ups.</li></ul>	<b>Assessment:</b> <ul style="list-style-type: none"><li>• Alteration in skin integrity: Acne.</li></ul>
<b>Objective:</b> <ul style="list-style-type: none"><li>• Scattered pustular eruptions (whiteheads/ blackheads) on face, trunk, shoulders and/or back.</li></ul>	<b>Plan:</b> <p><b>Self-care items are available in the canteen or on the housing units. Self-care items for this protocol include:</b></p> <ul style="list-style-type: none"><li>• Soap</li><li>• Acne cream</li></ul> <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none"><li>• Washing (not scrubbing) with soap and water TID often helps and may need to be reinforced.</li><li>• Provide patient teaching handout.</li><li>• Education regarding lifestyle, diet, stress.</li><li>• For acne with <b>infected cystic components</b>, refer to practitioner, otherwise use self-care only.</li></ul>

### Nursing Education:

1. Cystic acne is characterized by: indurated cysts/nodules under the skin of the face, neck, shoulders, chest or back
2. These cysts are usually tender to touch and may be red or purulent. They are usually 0.5cm-2.0cm in size.
3. Scarring is sometimes present. If scarring alone is present, antibiotic treatment does not help.

**APPROVED:**

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Health Services Manager

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Date

\_\_\_\_\_  
Chief Medical Officer

\_\_\_\_\_  
Date

*Stan Shumway*  
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Medical Director

*4/9/09*  
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Date

Effective Date *May 2009*

Revised: March 2009