

SKIN INFECTIONS, FUNGAL
(Dermatophyte)
Level II

Skill Level: RN

Definition: External body, non-mucosal, superficial skin infections with common yeast or fungal elements not responding to Level I treatment plan. Compromised individuals with dermatophytic processes require special attention to treatment needs.

MODERATE (Ringworm)	
<p>Subjective:</p> <ul style="list-style-type: none"> • "I have ringworm." • "These little round things itch." 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in skin integrity. • Ringworm.
<p>Objective:</p> <ul style="list-style-type: none"> • Ring shaped pink scaling, itchy lesions spreading in circular fashion 1-3 cm in size, few in number. 	<p>Plan:</p> <ul style="list-style-type: none"> • Lotrimin (Clotrimazole) Cream to affected area BID x 30 days. • Recheck in 2 weeks, if resolving, instruct patient to continue treatment with antifungal cream. If not resolving, schedule with practitioner.

MODERATE (Athlete's Foot/Groin Rash/Skin Folds)	
<p>Subjective:</p> <ul style="list-style-type: none"> • This medicine isn't helping my athlete's foot/groin rash. • This foot or groin rash is spreading. • "This rash hurts", or "is draining". 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in skin integrity. • Moderate athlete's foot/groin rash.
<p>Objective:</p> <ul style="list-style-type: none"> • Dry, flaky skin involving more than limited areas of between toes/groin. • Interdigital spaces inflamed, scaly and soggy tissue. • May be swollen, tender to palpation, cracked and/or inflamed. • Painful fissures between toes. • Involved area may be macerated. • Affected area reddish brown color extending from folds of the groin down to one or both thighs, may extend to the anus. • Does not involve scrotum or penis. • No evidence of bacterial infection. 	<p>Plan:</p> <ul style="list-style-type: none"> • Lotrimin (Clotrimazole) Cream to affected area BID x 30 days. • If not resolving after 2 weeks or not completely resolved with continuous 4 week treatment with Lotrimin cream schedule with practitioner. • Schedule with provider if Diabetic or Immune Compromised and not improving.

Severe (Athlete's Foot/Groin Rash)	
<p>Subjective:</p> <ul style="list-style-type: none"> • "This medicine isn't helping my athlete's foot/groin rash." • "This rash (feet/groin) is spreading, hurts, is draining." • "It looks like pus now". 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in skin integrity. • Athlete's foot/groin rash, with second bacterial infection.
<p>Objective:</p> <ul style="list-style-type: none"> • Skin areas swollen, tender, cracked or inflamed. • May be developing pustules. May involve extended areas. • Serous crusting at edges. • Involves scrotum and penis. • No evidence of bacterial infection. 	<p>Plan:</p> <ul style="list-style-type: none"> • Lotrimin cream BID x 30 days. • If evidence of cellulitis (bacterial skin infection), refer to Bacterial Skin Infection protocol. • May schedule with practitioner.

Patient Education:

1. Change into clean white socks as allowed.
2. Wash and dry affected area(s) frequently.
3. Put on socks first to prevent fungus from spreading from feet to groin.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

Steve Shelton M.D.

Medical Director

2/24/2015
Date

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