

**URTICARIA
(Hives)**

Level I

Skill Level: RN

Definition: Itchy, red, raised papules or welts with a characteristic appearance. Although usually representing an allergic reaction (drugs, foods, insect bites, inhalants, or injections). No cause is found in 70 percent of cases.

<p>Subjective:</p> <ul style="list-style-type: none">• Denies difficulty breathing.• Complaints of itching and rash.• Complaints of stinging/paresthesia.• Lesions come and go.	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in skin integrity/Urticaria (Hives).
<p>Objective:</p> <ul style="list-style-type: none">• Red, raised papules or welts with sharp borders present. Usually on trunk and extremities, varying in number and size.• Will blanch with pressure.• No respiratory distress.• No angioedema.• Vital Signs normal, lungs clear.	<p>Plan:</p> <ul style="list-style-type: none">• Cool shower/compresses may decrease itching.• Instruct patient to avoid irritant if known.• Instruct patient to get prompt recheck if difficulty breathing, chest tightness, feeling faint, or throat feels like it is swelling.• If respiratory distress/angioedema present go to appropriate emergency protocol.(Anaphylaxis and/or Asthma)

Nursing Education:

1. Urticaria is a common allergic reaction of the skin; usually (70% of the time) no cause is ever found. Symptoms and signs can come and go.
2. Ask patient about new exposures to medications, toxins, soaps, etc.
3. Stress often may cause urticaria.
4. Rarely does urticaria progress to Anaphylaxis.

Urticaria (Hives) – Level I

APPROVED:

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