

## **Pemphigoïde transcript (French video)**

### **Wound care and blister treatment for bullous pemphigoid (BP) patients**

The video starts with a general introduction into what BP is... and goes on to say that blister care is paramount for improving the disease.

**The dermatologist** again explains briefly what auto immune diseases in general and BP in particular are...

In the past high doses of steroids were used to treat BP, which proved to be an effective treatment but had lots of side effects, particularly for older patients.

High doses of oral steroids have now been replaced with the application of topical steroid creams on the affected areas. This treatment is much better tolerated than the oral steroids, and at the same time more efficient.

It is very important that the blisters are treated correctly, and this video explains how to do this to patients and their families and carers.

#### **Step 1: Preparation for material and patient**

You need a clean working area, e.g. a tray or a table on wheels. Wash your hands. Any material necessary is prescribed to you by your doctor. It consists of

- A sterile needle to pierce blisters with (one a day)
- A disinfectant for avoiding the infection of blisters
- Compresses
- non-adhesive plasters
- sharps bin
- bin
- single use gloves
- blister treatment diary

Blister treatment will take around 45 minutes a day, depending on how many blisters are present. Therefore the patient should be made as comfortable as possible, on a bed that has been covered with an absorbent disposable sheet (if there is a lot of liquid in the blisters), or a clean towel.

Blister treatment should be after a shower with a mild soap. The shower will also help to soak off any plasters and make them easier to remove.

#### **Step 2: Blister treatment**

Start by counting the blisters and recording how many there are in your diary. It is important to do this every day in order to monitor the progression of the disease. Do this methodically by dividing the body into several sections or counting from head to feet.

Before treatment, put on the single use gloves. Then pierce every blister at its base, from 2 sides, in order to empty it. Press gently and absorb any liquid with a compress. It is very important to empty the blister well whilst leaving the roof of the blister intact, as the roof protects from infection. This also helps to avoid re-filling of the blister and makes distinguishing between old and new blisters easier. The blister can then be covered with a compress that has been soaked with disinfectant. Once all the blisters have been emptied, dispose of the needle in the sharps bin.

### **Step 3: Application of topical treatment**

The cream used for treatment contains steroids. In France, this will be Dermoval or Clarelux. Each tube contains 10g of cream. The quantity of cream used is prescribed by the doctor, in this case 3 tubes per day. If the treatment is applied by anybody other than the patient, they should wear non-sterile disposable gloves in order to avoid steroid absorption through the hands. Put the cream on your hands and rub your hands together in order to warm up the cream and make it spread more easily. Spread the cream lightly and evenly, before rubbing it in very gently. It is important to use all of the prescribed cream and treat blisters as well as skin that currently does not have any blisters. Do not put cream on the face or currently infected areas. Keep all used tubes of cream and take them to your next doctor's appointment.

In case of bleeding or weeping, cover the blister with a non-adhesive plaster in order to protect the blister. Continue the treatment of blisters as long as prescribed, even if all the blisters have healed and there are not any new blisters.

Healing of the blisters and therefore treatment can last for weeks or months. Premature abandonment of the treatment without consultation can cause a flare up.

### **Step 4: Diary**

Every day, note how many blisters are present, how much cream was used and any other details you think might be important.

Please bring this diary with you to every appointment with your dermatologist.

**A *retenir*:** This is a recap of the most important points mentioned:

- Daily blister count
- Even application of cream over the body, no application on the face
- Application even after blisters have healed over
- Keep used tubes of cream and bring them to the next appointment
- Use as much cream as prescribed
- Do not use cream on infected areas or the face
- Fill in your diary daily
- Follow this regime diligently

The video then goes on to say where to find help in France.

French patient organisation: [www.pemphigus.asso.fr](http://www.pemphigus.asso.fr)

<https://www.youtube.com/watch?v=AYR6q3eofXM&t=343s> link to video