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UK guidelines for the management of Stevens-Johnson syndrome/toxic epidermal necrolysis in adults 2016

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UK guidelines for the management of Stevens-Johnson syndrome/toxic epidermal necrolysis in adults 2016 (print summary - full guidelines available at <http://dx.doi.org/10.1016/j.bjps.2016.01.034>)

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Footnote:

This is a new set of guidelines prepared for the British Association of Dermatologists (BAD) Clinical Standards Unit, which includes the Therapy & Guidelines Sub-committee. Members of the Clinical Standards Unit that have been involved are: PM McHenry [Chairman T&G], JR Hughes, M Griffiths, K Gibbon, AJ McDonagh, DA Buckley, I Nasr, VJ Swale, CE Duarte Williamson, NJ Levell, T Leslie, E Mallon, S Wakelin, S Ungureanu, P Hunasehally, M Cork, K Towers [British National Formulary], J Donnelly [British National Formulary], C Saunders [British Dermatological Nursing Group], LS Exton [BAD Information Scientist], AG Brain [BAD Clinical Standards Administrator], MF Mohd Mustapa [BAD Clinical Standards Manager].

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Key words: Stevens-Johnson syndrome, toxic epidermal necrolysis, drug hypersensitivity, management, guidelines

NICE has accredited the process used by the British Association of Dermatologists to produce guidelines. Accreditation is valid for 5 years from May 2010 and has been extended by agreement to May 2016. More information on accreditation can be viewed at www.nice.org.uk/accreditation.

For full details of our accreditation visit: www.nice.org.uk/accreditation.

Initial assessment on presentation	- Take a detailed history from the patient and/or relatives - Perform a full physical examination, including baseline body weight and record the vital signs, including oxygen saturation - Order a set of investigations: FBC, U&E, LFT, glucose, magnesium, phosphate, bicarbonate, mycoplasma serology, CXR, skin biopsy and baseline body weight - Initiate a primary management plan: - establish peripheral venous access - if patient cannot maintain adequate nutrition orally, insert a nasogastric tube and institute nasogastric feeding - insert a urinary catheter if urogenital involvement is causing significant dysuria/retention (Strength of recommendation D (GPP))
Determination of drug causality	Identify causative agent and withdraw immediately (Strength of recommendation D)
Prognostic scoring Care setting	- Calculate SCORTEN within the first 24 hours (Strength of recommendation C) - A multi-disciplinary team should be convened, co-ordinated by a specialist in skin failure, usually dermatology and/or plastic surgery, and including clinicians from intensive care, ophthalmology and skin-care nursing - Patients with greater than 10% BSA epidermal loss should be admitted without delay to a Burn Centre or ICU with experience of treating patients with SJS/TEN and facilities to manage the logistics of extensive skin loss wound care - Patients must be barrier-nursed in a side room controlled for humidity, on a pressure-relieving mattress with the ambient temperature raised to between 25° and 28°C (Strength of recommendation D (GPP))
Skin management regimen 1 <i>Applicable to all patients in all settings</i>	- Employ strict barrier nursing to reduce nosocomial infections - Take swabs for bacterial and candidal culture from three areas of lesional skin, particularly sloughy or crusted areas, on alternate days throughout the acute phase - Administer systemic antibiotics only if there are clinical signs of infection (Strength of recommendation D (GPP))
Skin management regimen 2 <i>This may involve a conservative and/or surgical approach based on the specialist multi-disciplinary team's daily review of the individual needs of the patient</i>	Institute a conservative approach in all patients as follows: - Regularly cleanse wounds and intact skin by irrigating gently using warmed sterile water, saline or an antimicrobial such as chlorhexidine (1/5000) - Apply a greasy emollient, such as 50% white soft paraffin with 50% liquid paraffin (50/50 WSP/LP), over the whole epidermis, including denuded areas - Apply a topical antimicrobial agent to sloughy areas only (choice should be guided by local microbiological advice). Consider Ag-containing products/dressings. - The detached, lesional epidermis may be left <i>in situ</i> to act as a biological dressing. Blisters should be decompressed by piercing and expression or aspiration of tissue fluid. - Apply non-adherent dressings to denuded dermis (suitable dressings include Mepitel™ or Telfa™). - A secondary foam or burn dressing should be used to collect exudate (suitable dressings include Exu-Dry®). Consider transfer to a Burn Centre in patients with TEN (>30% BSA epidermal loss) and evidence of the following: clinical deterioration, extension of epidermal detachment, sub-epidermal pus, local sepsis, wound conversion and/or delayed healing. In a Burn Centre conservative measures may be supplemented with a surgical approach.

Fluid replacement regimen	- Remove necrotic/loose infected epidermis and clean wounds using a topical antimicrobial agent (e.g. betadine or chlorhexidine) under general anaesthetic - Consider debridement with Versajet™ - Physiological closure with Biobrane/ allograft /xenograft skin in patients with early presentation involving non infected and large confluent areas (Strength of recommendation D (GPP)) - Site venous lines through non-lesional skin, whenever possible, and change peripheral venous cannulas every 48 hours - Monitor fluid balance carefully: catheterize if appropriate/necessary - Establish adequate intravenous fluid replacement initially. Fluid replacement can be guided by urine output and other endpoint measurements. Individualized fluid management should be adjusted on a daily basis. - With improvement of SJS/TEN mouth involvement, oral administration of fluids should be progressively increased (Strength of recommendation D)
Nutrition regimen	- Provide continuous enteral nutrition throughout the acute phase - Deliver up to 20 to 25 kcal/kg/day during the early, catabolic phase and 25 to 30 kcal/kg/day during the anabolic, recovery phase (Strength of recommendation C)
Analgesia	- Use a patient appropriate validated pain tool to assess pain in all conscious patients at least once a day - Patients should receive adequate analgesia to ensure comfort at rest, with the addition of supplementary opiates, as required - Additional analgesia may be needed to address increased pain associated with patient handling, re-positioning and dressing changes (Strength of recommendation D (GPP))
Supportive Therapeutic Measures	- Immobile patients should receive low molecular weight heparin - Patients in whom enteral nutrition cannot be established should receive a proton pump inhibitor to reduce the risk of stress-related gastro-intestinal ulceration - Neutropenic patients may benefit from recombinant human G-CSF (Strength of recommendation C)
Treatment of eye involvement	- Daily ophthalmological review is necessary during the acute illness - Apply an ocular lubricant (e.g. non-preserved hyaluronate or carmellose eye drops) every two hours through the acute illness - Ocular hygiene must be carried out each day by an ophthalmologist or ophthalmic-trained nurse - Application of topical corticosteroid drops (e.g. non-preserved dexamethasone 0.1% twice a day) may reduce ocular surface damage - Administer a broad-spectrum topical antibiotic as prophylaxis (e.g. moxifloxacin drops four times a day) in the presence of corneal fluorescein staining or frank ulceration - In the unconscious patient, prevention of corneal exposure is essential (Strength of recommendation D (GPP))
Treatment of mouth involvement	- Daily oral review is necessary during the acute illness - Apply white soft paraffin ointment to the lips every two hours through the acute illness - Clean the mouth daily with warm saline mouthwashes or an oral sponge - Use an anti-inflammatory oral rinse or spray containing benzydamine hydrochloride every three hours, particularly before eating - Use an anti-septic oral rinse containing chlorhexidine twice a day - Use a potent topical corticosteroid mouthwash (e.g. betamethasone sodium phosphate) four times a day

	(Strength of recommendation D (GPP))
Treatment of urogenital involvement	• Daily urogenital review is necessary during the acute illness • Apply white soft paraffin ointment to the urogenital skin and mucosae every four hours through the acute illness • Use a potent topical corticosteroid ointment once a day to the involved, but non-eroded, surfaces • Use a silicone dressing (e.g. Mepitel™) to eroded areas (Strength of recommendation D (GPP))
Treatment of airway involvement	• Respiratory symptoms and hypoxaemia on admission should prompt early discussion with an intensivist and rapid transfer to an ICU or Burn Centre, where fibre-optic bronchoscopy should be undertaken (Strength of recommendation D (GPP))
Active therapy	• If active therapy is instituted it should be given, ideally, under the supervision of a specialist skin failure MDT in the context of clinical research and/or case registry (Strength of recommendation D)
Discharge and follow-up	• Give the patient written information about drug(s) to avoid • Encourage the patient to wear a MedicAlert bracelet • Drug allergy should be documented in the patient's notes; all doctors involved in the patient's care should be informed • Report the episode to the national pharmacovigilance authorities • Organize an out-patient clinic appointment, and if required an ophthalmology out-patient appointment, within a few weeks of discharge • Refer for review to unit with appropriate sub-speciality interest (Strength of recommendation D (GPP))
Diagnostic testing	• Routine drug hypersensitivity testing is not recommended following an episode of SJS/TEN. • Seek specialist advice on hypersensitivity testing where: 1. the culprit drug is not known or 2. medication avoidance is detrimental to the individual or 3. accidental exposure is possible (Strength of recommendation D (GPP))

SUPPORTING INFORMATION

Additional supporting information including the search strategy may be found in the full online version of this article here: <http://dx.doi.org/10.1016/j.bjps.2016.01.034>.

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