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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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CONFLICTS OF INTEREST:

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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.

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| **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:  
  1. establish peripheral venous access  
  2. if patient cannot maintain adequate nutrition orally, insert a nasogastric tube and institute nasogastric feeding  
  3. 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** | • Calculate SCORTEN within the first 24 hours  
(Strength of recommendation C) |
| **Care setting** | • 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** | • 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)) |
| **Applicable to all patients in all settings** | **Skin management regimen 2** | **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** | 
• 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 in situ 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)) |
| **Nutrition regimen** | - 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) |
| **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 benzylamine 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 |
| 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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