

**BITESIZED
TEACHING**



Cellulitis

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Cellulitis is a bacterial infection which appears just below the surface of the skin. The bacteria can infect deeper layers of the skin if it's broken, cut or cracked.



Signs and Symptoms

- Pain and tenderness in the affected area
- Redness or inflammation on the skin
- Skin sore or rash that appears and expands
- Tight, glossy, swollen appearance of the skin
- A feeling of warmth in the affected area
- Discharge (yellow, clear, pus)
- Fever



Ward Based Management

- If a patient appears to have cellulitis, then one way to check if a rash is spreading is to draw around the edges of it with a pen and note the date. It's vital to have the patient's consent to do this
- Encourage the patient to rest, especially if they are mobile due to a deterioration in their mental health
- Raise the affected limb higher than heart to reduce any swelling
- Clinical observations
- Inform a doctor



Causes

People are more prone to cellulitis if they have any of the following:

- Poor circulation
- Have difficulty with mobility
- Have a weakened immune system due to diabetes or chemotherapy treatment
- Suffer from pressure ulcers
- Have a wound from surgery
- Have previously had cellulitis
- Broken, cut or dry skin

If patient begins to experience deteriorating symptoms with one or more of the following then they will require urgent medical attention:

- High temperature
- High blood pressure
- Infection does not improve with antibiotics
- Feeling cold and shivery, but sweating profusely
- Enlarging or hardening of the reddened area
- Increased pain
- Numbness of the area when touched