



## The use of DermaTherapy bedding brings encouraging benefits for Epidermolysis Bullosa patients.

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It is estimated that 5000 people in the UK are affected by Epidermolysis Bullosa (EB) a group of genetically determined skin fragility disorders characterised by blister formation in response to minimal trauma or friction. Layers in the skin are not correctly attached together and when exposed to trauma or friction the layers easily separate and blisters form to create open wounds. There is a wide spectrum of severity in EB - ranging from relatively minor disability to death in early infancy in the most severe cases.

Epidermolysis Bullosa Pruriginosa (EBP) is a rare and distinct sub-type of Dystrophic EB. It is characterised by intense itching which accompanies the blistering. Scratching the intensely itchy skin can result in characteristic long, scars on the lower limbs and most patients suffer from sleep disturbance where heat causes them to become more itchy. They scratch in their sleep and often inflict further damage to their skin and it is common for them to awake in blood stained bedclothes. The damaged areas can be prone to repeated infection.

DermaTherapy bedding is a registered medical device that helps to keep patients cooler and drier with the potential of reducing itch and consequent scratching which is so damaging to patients with epidermolysis bullosa.

DebRA Specialist Nurses within St John's Institute of Dermatology have just completed an assessment of 14 patients with EBP over a four week period during which they slept on DermaTherapy bedding. At the beginning and end of the study period patients were asked to complete an evaluation sheet. The results, published in a poster presentation at this month's "Wounds UK" meeting in Harrogate were encouraging.

## **Better Sleep, less itching and fewer infections**

Ten patients completed the study and seven (70%) reported that they were cooler and less itchy as a result of sleeping in DermaTherapy bedding. 60% woke less in the night with the frequency of waking reducing from 3-4 times per night to only once in some cases.

In addition, there was a significant reduction in recorded skin infections during the study period. 60% of patients reported no infections and the remaining 40% reported a reduction in the number of infections. Two patients reported a reduction in the use of dressings worn during the trial period.

## **Exceeded Expectations**

EB Nurse Specialist Karen Snelson said “Although this is a small trial, the results have provided the nursing team with encouraging evidence that DermaTherapy® Bedding can be a useful addition in the care of people with EB associated itch.

The bedding provides a cooler night’s sleep with less itching . A very interesting additional finding was the reduction in the incidence of secondary skin infections. We will continue to recommend the use of DermaTherapy bedding to EB patients with itch. ”

Joint Managing Director of Espère Healthcare Ltd, Chris Steeples said. “This is a very exciting development for us, but more importantly, a significant improvement in the quality of life for these delicate patients and their families. DermaTherapy bedding has been used in the treatment of eczema and night sweats for a number of years now but this small study suggests it has a role to play in other severe skin conditions. We’ve been a supporter of DebRA for a number of years now and I’m glad that we can help.”

Selected DermaTherapy items are available via NHS Supplies or can be purchased by logging on to [www.dermatherapybedding.co.uk](http://www.dermatherapybedding.co.uk) .

Ends

Note to Editor:

*DermaTherapy* therapeutic bedding can help patients enjoy a cooler, restful night thanks to a unique fibre construction that draws heat and moisture away from the body, distributing it evenly to evaporate across the entire bed sheet. The result is a cleaner, drier and smoother sleeping surface and in turn an uninterrupted night’s sleep.

Considerably smoother, lighter and thinner than cotton, the unique weave also prevents loose fibres protruding from the surface and irritating sensitive skin. As soft as the highest percentile Egyptian cotton sheets they feel equally luxurious to touch and, with an average pore size of just 8.5 microns between the fibres they have the added advantage of helping to protect against dust mites.

Washing is also not a problem as a “soil-release finish” aids the removal of all sorts of stains from oils to blood. A non-migrating antimicrobial treatment on the fabric helps to maintain

freshness and eliminate odours caused by bacteria including Staph. Aureus, MRSA and E.Coli.

Initially designed for use in hospitals, DermaTherapy bedding can withstand washing temperatures of up to 90°C but can also be laundered just as efficiently at 30°C.

DermaTherapy Bedding is available from Espère Healthcare Ltd, via their website [www.dermatherapybedding.co.uk](http://www.dermatherapybedding.co.uk) . For more information please contact Chris Steeples on 01234 834614

The logo for Espère Healthcare Ltd features the word "Espère" in a large, blue, cursive script font. Below it, the words "Healthcare Ltd" are written in a smaller, orange, sans-serif font.