

Name: Key

CHAPTER 28 WORKSHEET

SKIN DISORDERS

MATCHING: Match each item with the appropriate response.

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|----------------------------------|--------------------------------------|
| <u>G.</u> 1. Hyperhidrosis | A. Callus formation |
| <u>F.</u> 2. Staphylococci | B. Ringworm |
| <u>H.</u> 3. Bulla | C. Goose pimples |
| <u>J.</u> 4. Herpes labialis | D. Inflammation of the hair follicle |
| <u>D.</u> 5. Folliculitis | E. Infections of the hair follicle |
| <u>B.</u> 6. Tinea | F. Bacteria |
| <u>E.</u> 7. Boils | G. Excessive perspiration |
| <u>I.</u> 8. Impetigo Contagiosa | H. Large vesicle |
| <u>C.</u> 9. Arrectores Pilorum | I. Common skin disease |
| <u>A.</u> 10. Hyperkeratosis | J. Cold sore |

SHORT ANSWER

- pg. 914 11. What is the difference between a sebaceous gland and a sweat gland? Sebaceous glands, which surround the hair, secrete sebum, an oily substance which is extruded into the hair follicles. Sweat gland secretions contain antibacterial agents that aid in controlling infection.
- pg. 919 12. How would you treat hyperhidrosis? Use an astringent (alcohol) or an absorbent powder, aluminum chloride (Dryool), electrical current (iontophoresis)
- pg. 916 13. Why do calluses become painful? The subcutaneous fatty layer loses its elasticity, which is an important cushioning effect; can result in epidermal tears/cracks that are painful
- pgs. 916-917 14. How would you treat most calluses? minimize shearing forces; scalpel debridement w/ the regular application of topical keratolytics; a donut pad may be cut to size and placed around the callus.
- pg. 917 15. What condition is most often associated with hard corns? Hammertoes
16. What pathogen is most often involved in skin infection? Bacteria
- pg. 929 17. What are the signs of tetanus? Stiffness of the jaw + mm of the neck. The mm of facial expression prod. contortion + become painful. The mm of the back + extremities become tetanic; Fever; Fatal
- pg. 933 18. How can recurrent attacks of herpes simplex be triggered? By sunlight, emotional disturbances, illness, fatigue, infection or other situations that may stress the organism.
- pg. 926 19. What signs and symptoms will be present with impetigo contagiosa? Mild itching + soreness, which are followed by the eruption of small vesicles and/or pustules that rupture to form honey-colored crusts.
- pg. 927 20. How would you care for a furuncle? Protecting it from additional irritation, referring the pt. to a physician for antibiotic tx and keeping the pt. from contact w/ other team members while the boil is draining.
- pg. 931 21. What conditions help candidiasis grow and spread? weather (hot and humid), tight clothing that rubs and poor hygiene provide the ideal environment for fungal growth
- pg. 939 22. How should one remove a tick from the skin? Mineral oil or fingernail polish is applied to its body at which time it will withdraw its head. Grasping or pulling the tick by its head is an acceptable method of removal.

- 0.936 23. The skin reacts from an allergic contact dermatitis condition by an immunologically mediated reaction to a foreign substance
24. What are some causes of parasitic infestations among athletes? Infestations caused by mites, lice, fleas, ticks, mosquitoes + stinging insects, such as bees, wasps, hornets + yellow jackets
25. What signs and symptoms would you see if an athlete was experiencing a severe allergic (anaphylactic) reaction to an insect sting? Hives, sensation of warmth, asthma sy, swelling of the mouth + throat area, difficulty breathing, vomiting, diarrhea, cramping, ↓ in BP and loss of consciousness.

LISTING

26. List five ways that you can prevent blisters.
- Using baby powder or a lubricant such as Skin Lube or Vaseline can help ↓ friction.
 - Wearing tubular socks
 - Wearing two pairs of socks
 - Wearing moisture wicking socks
 - wearing the correct-size shoe is essential
27. List five signs of infection. (not including symptoms)
- Edema/swelling
 - Erythema (reddening) and warmth around the wound
 - Fever
 - Wound dehiscence (separation; wound edges no longer meet)
 - Delayed wound healing
28. List three problems/conditions associated with fingernails and/or toenails.
- Ingrown toenails (onychocryptosis)
 - Paronychia
 - Onychia

ESSAY

29. What practices can you establish in the athletic training room to decrease the possibility of wound infections?
- Follow all OSHA standards when managing skin lesions; cleanse the wound bed + peri wound tissues as soon as possible c saline or tap water irrigation; use antiseptics c caution; cover wound c a nonocclusive or occlusive dressing based on the type + depth of the wound + amt of exudate; visually inspect the pt, wound bed + peri-wound tissues daily for sx/sy of the develop. of adverse rxns + infection

INJURY ASSESSMENT

30. One of the hurdlers tripped going over the high hurdle and received abrasions on both palms when he fell onto the track. What initial treatment would you give him on the track and what follow-up care would you provide later?
- Cleanse + debride wound bed c saline / tap water irrigation; cleanse periwound tissues c irrigation or scrubbing c sterile gauze soaked c saline / tap H₂O or antiseptic; dry periwound tissues, dress wound according to wound depth + amt of exudate; apply 2nd dressing if needed. Change dressing based on type, visually inspect daily for adverse rxns or infection.