Chapter 2
Integumentary System Conditions
Acne Vulgaris
Definition

• Many small localized infections in pilosebaceous units
• Face, neck, upper back
Definition

• Most common skin disease in US
• 90% of adolescents
• Some adults continue
Pathophysiology

• Multifactorial
  • Genetic predisposition
  • Androgens and accelerated sebum production
  • Overactive sebaceous glands + blocking keratin
  • Colonization with *P. acnes* bacteria
    • May be related to disruption in skin microbiome
Signs and Symptoms

- Pimples: raised, red, painful papules
  - May accrue pus
- Cysts: deep in dermis
  - May develop draining sinus, permanent scarring
- Open comedones (blackheads)
- Closed comedones (whiteheads)
Acne Vulgaris
Treatment

• Aim for a healthy level of sebum production
  • Don’t touch the face
  • Some dietary adjustments may help
  • Wash twice daily with gentle soap
  • Medical intervention if necessary
  • Manual extraction, chemical peels, aesthetic repairs
Medications

- Benzoyl peroxide, sulfur, salicylic acid, other topicals
- Topical retinoids alone or in combination with other medications
- Oral antibiotic for moderate-to-severe cases
- Hormonal therapy
• Inflammation and open sores locally contraindicate massage
• Be careful about lubricants – some may aggravate this situation
Apply What You Know

Benefits

• Nonjudgmental touch is especially useful
• No worries regarding previous scarring
Apply What You Know

Accommodations

- Consider a water-based lotion
- Suggest that the client shower soon
- (Do not remove excess oil with alcohol)