

# SHI - Shingles

## SHI-C            COMPLICATIONS

**OUTCOME:** The patient or family will understand common complications of shingles.

### **STANDARDS:**

1. Explain that irritation of nerves may cause post-herpetic neuralgia (or PHN). This causes the skin to become unusually sensitive to clothing, to a light touch, even to temperature. Pain may continue for long period of time after the rash has healed.
2. Explain that if the virus invades an ophthalmic nerve it can cause painful eye inflammations that can impair the vision.
3. Explain that if shingles appears on the face and affects the auditory nerves, it can lead to complications in hearing.
4. Explain that infections of facial nerves can lead to temporary paralysis.
5. Explain that shingles sometimes develops a secondary infection that may result in scarring.

## SHI-DP            DISEASE PROCESS

**OUTCOME:** The patient/family will understand shingles and will recognize its symptoms.

### **STANDARDS:**

1. Explain that shingles (or herpes zoster) is a reactivation of a childhood chickenpox infection. However, instead of covering large parts of the body, the skin rash usually appears on a small area of skin, in rows like shingles on a roof.
2. Discuss the symptoms of shingles:
  - a. Burning, tingling, or numbness of the skin.
  - b. Flu like symptoms such as fever, chills, upset stomach or headache
  - c. Fluid-filled blisters
  - d. Skin that is sensitive to touch
  - e. Mild itching to extreme and intense pain
3. Explain that a typical shingles rash follows the path of certain nerves on one side of the body, generally on the trunk, buttocks, neck, face, or scalp, and usually stops at midline.
4. Discuss the cause of reactivation is usually unknown, but seems to be linked to aging, stress, trauma, or an impaired immune system.

5. Explain that contact with Shingle lesions can cause Chicken Pox in a non-immune person.

## **SHI-FU FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of shingles.

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Explain signs or symptoms that would prompt immediate follow-up, e.g., redness, purulent discharge, fever, increased swelling, or pain.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **SHI-L LITERATURE**

**OUTCOME:** The parent(s) and family will receive literature about shingles.

### **STANDARDS:**

1. Provide the parent(s) and family literature on shingles.
2. Discuss the content of the literature.

## **SHI-M MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements.

Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **SHI-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **SHI-N          NUTRITION**

**OUTCOME:** The patient will understand the need for balanced nutrition and plan for the implementation of dietary modification if needed.

### **STANDARDS:**

1. Review normal nutritional needs for optimal health.
2. Discuss current nutritional habits. Assist the patient in identifying unhealthy nutritional habits.
3. Discuss nutritional modifications as related to the specific disease state/condition.
4. Emphasize the importance of full participation to the prescribed nutritional plan.

## **SHI-PM        PAIN MANAGEMENT**

**OUTCOME:** The patient will understand actions that may be taken to control pain from shingles.

**STANDARDS:**

1. Explain that after the rash goes away, some people may be left with long lasting pain called post-herpetic neuralgia (PHN). Usually PHN pain will get better with time.
2. Explain that PHN pain is the longest lasting and worst part of shingles and needs to be discussed with the medical provider. There are a number of medications that can be prescribed to help relieve the pain. In addition, alternative approaches such as acupuncture, biofeedback, and hypnotherapy can be beneficial.
3. Discuss that prolonged pain can cause depression, anxiety, sleeplessness, weight loss, and can interfere with activities of daily living. Encourage the patient to discuss any of these problems with a provider. Explain that there are medicines that may help.
4. Explain the need to do things that take mind off pain, e.g., watch TV, read, talk with friends, or work on a hobby, share feelings about pain with family and friends, ask for help.

**SHI-SM      STRESS MANAGEMENT**

**OUTCOME:** The patient/family will understand the role of stress management in the treatment shingles.

**STANDARDS:**

1. Discuss that uncontrolled stress may increase alcohol and other drug use and interfere with treatment.
2. Emphasize the importance of seeking professional help as needed to reduce stress.
3. Discuss the various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic and meaningful goals
  - e. Getting enough sleep
  - f. Making healthy food choices
  - g. Regular physical activity
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities

4. Provide referrals as appropriate.

## **SHI-TX      TREATMENT**

**OUTCOME:** The patient/family will understand the possible treatment for shingles.

### **STANDARDS:**

1. Discuss that in most cases of shingles resolve on their own without specific treatment.
2. Explain that there are many medications that can be prescribed to treat shingles when symptoms are severe. These include medicines that:
  - a. Fight the virus – antiviral drugs
  - b. Lessen pain and shorten the time you're sick – steroids
  - c. Reduce pain – analgesics
3. Explain that when started within 72 hours of getting the rash, these medicines help shorten the length of the infection and lower the risk of other problems.
4. Explain that cool wet compresses can be used to reduce pain. Soothing baths and lotions, such as colloidal oatmeal bath or lotions and calamine lotion, may help to relieve itching and discomfort.
5. Discuss other things that may help to feel better including adequate rest, eating healthy meals, and avoiding stress as much as possible. Try to relax. Stress can make the pain worse.