

## CARE PLAN ADOPTED TO PEMPHIGUS ULCERS

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**Introduction:** The pemphiguses are essentially bullous dermatoses, most often generalized and chronic evolution. In Brazil, almost every disease of pemphigus group occur<sup>1</sup>. A hallmark of the disease is the formation of intraepidermal blisters located between the cornea and spinous layers. This framework brings intense tissue loss, exposing patients to the risk of infection, hypothermia, and sometimes adhesions in articular skin folds leading to movements limitation<sup>2</sup>. There are few studies that evaluate the best treatment of injuries caused by pemphigus, and the usual treatment consists of applying rayon sterile compresses with vaselin on these<sup>3</sup>. This practice often causes pain, bleeding and prevents re-epithelialization. Studies about the effect of linoleic acid in lesions demonstrate the various beneficial effects of its use in the healing hrocess<sup>4,5</sup>, which motivated its use in these two cases.

**Objectives:** This study aims to report the experience of the care plan adopted to patients with Pemphigus ulcers treated at a state hospital in the city of São Paulo and its results.

**Method:** After approval of the IIER ERC No. 052/2012, in compliance with Resolution 196/96 of CONEP, were identified by secondary data, the care plan adopted to a patient with pemphigus admitted to a State Hospital in São Paulo. Skin lesions were initially treated with sterile rayon with vaselin and after with linoleic acid (LA), meaning that they were their own controls, at the time of admission and after intervention.

**Results:** All lesions healed in 21 days after the beginning of the use of AL, without areas of adhesion.

**Discussion:** The use of AL identified the absence of secondary infection, even with the confirmation of colonization by *S. aureus* prior to using AL, despite the use of systemic therapy, indicating possibly the protective effect of AL on infection. It was observed important reduction of pain by visual analog scale score, when compared to the use of rayon with vaseline.

**Conclusions:** Despite the possible confounding biases, it can be inferred that the use of AL in pemphigus lesions when compared to traditional treatment with rayon vaselinado, has better clinical outcomes, optimizing the healing process.

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