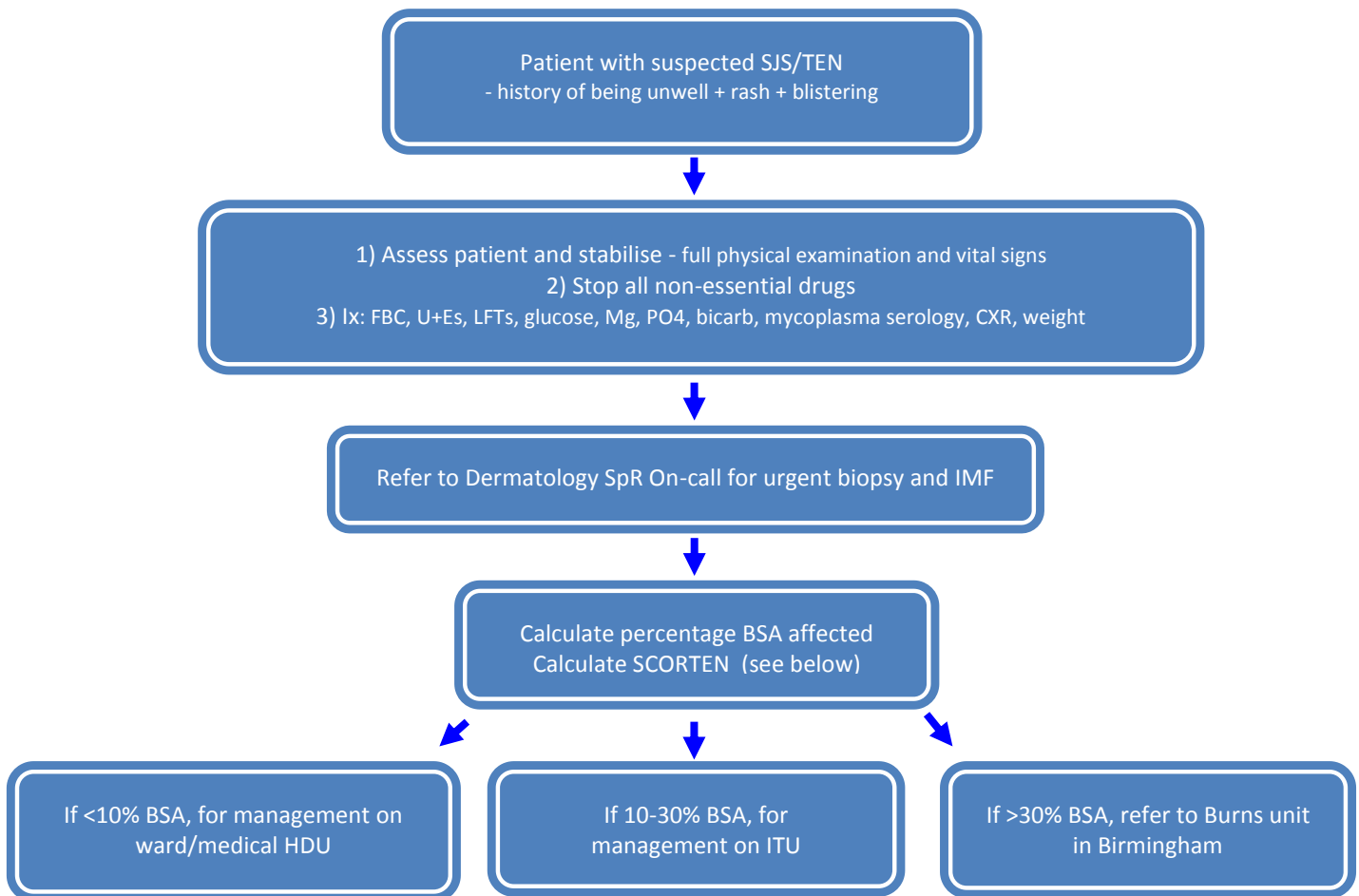


Stevens-Johnson Syndrome and Toxic Epidermal Necrolysis - Summary Clinical Guideline

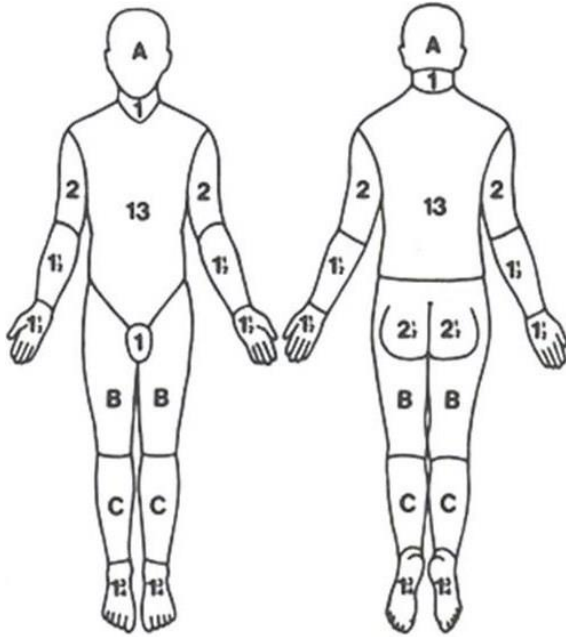
Reference no.: CG-DERM/2019/006

If a patient presents unwell with acute onset large areas of blistering, crusting and oral or genital erosions they may have Stevens-Johnson Syndrome (SJS) or Toxic Epidermal Necrolysis (TEN). Please urgently speak to the On-call Dermatology Registrar or Consultant via switchboard. Follow the below protocol and **refer to the full clinical guideline**.



Key Management Principles:

- * **Skin:** wash with warmed saline; 50:50 emollient; pierce blisters; swabs
 - * **Dressings:** non-adherent dressing e.g. Atrauman; foam e.g. Zetuvit E
 - * **Eye care:** refer ophthalmology; ocular hygiene & lubricant & steroid drops
 - * **Mouth care:** 50:50 to lips; saline, anti-septic, anti-inflammatory and steroid mouth washes
 - * **Urogenital care:** 50:50; silflex to erosions; potent steroid to involved non-eroded mucosa
 - * **Fluid balance:** iv access, fluid replacement & catheter; oral fluids
 - * **Nutrition:** consider NG feeding
 - * **Infection:** side room, barrier nursing; systemic antibiotics only if clinical infection
 - * **Low molecular weight heparin**
- * **Analgesia**
 - * **Thermoregulation**
 - * **Pressure care**

PERCENTAGE TOTAL BODY SURFACE AREA LOSS (%TBSA) MAP AND CALCULATION

REGION	% LOSS
HEAD	
NECK	
ANT. TRUNK	
POST. TRUNK	
RIGHT ARM	
LEFT ARM	
BUTTOCKS	
GENITALIA	
RIGHT LEG	
LEFT LEG	
TOTAL LOSS	

RELATIVE PERCENTAGE BODY SURFACE AREA AFFECTED BY GROWTH

AREA	AGE 0	1	5	10	15	ADULT
A=1/2 OF HEAD	9.5	8.5	6.5	5.5	4.5	3.5
B=1/2 OF ONE THIGH	2.75	3.25	4	4.5	4.5	4.75
C=1/2 OF ONE LEG	2.5	2.5	2.75	3	3.25	3.5

PROGNOSTIC FEATURES AND SCORING MECHANISM IN TEN (SCORTEN)

Uses 7 independent variables each associated with poor prognosis.
Score 1 for each variable

1. Age > 40 years
2. Heart rate > 120 per min
3. Malignancy
4. Body surface affected by blistering at day 1 > 10%
5. Urea level > 10mmol/L
6. Bicarbonate level < 20mmol/L
7. Glucose level > 14mmol/L

SCORTEN	Probability of death
0 – 1	0 – 10%
2	10 – 19%
3	20 – 39%
4	40 – 59%
>5	>60%