**Skill Level:** RN

**Definition:** Superficial burn involving epidermis only. May be caused from over exposure to the sun, heat source or chemical.

### MILD

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| - Patient will complain of pain and tenderness.  
- "I have a sunburn."  
- "I burned myself." | - Impaired skin integrity: superficial burn, sun exposure, heat source or chemical irritant. | - Patient educations and self-care items for this protocol include:  
  --Ibuprofen 200mg 1-2 tablets, 4 times a day as needed from unit  
  --Acetaminophen or ASA 325 mg 1-2 tablet, 4 times a day as needed from unit.  
  **Naproxen, aspirin, and ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patient to use acetaminophen (available in housing units) for minor pain management.**  
  --A variety of lotions.  
  --Sun block lotion  
  --Chapstick Lip Balm  
  • Cool water immersion or cool compress of affected body area.  
  • Any eye involvement, blistering, or extensive burn or if no improvement go to Level II protocol. |
| Objective: | | |
| - Redness to exposed skin and tenderness to touch. Limited to the epidermal layer. Blanching with pressure, normal skin texture intact.  
- No blistering or eye involvement. | | |
Patient Teaching:

1. Avoid outdoor activities between 10:00 am - 2:00 pm.

2. Warn that some drugs such as Tetracycline or psychotropic meds can cause increased susceptibility of the skin to sunburn.

3. Advise that sunscreen may be purchased and should be used especially during the summer months.

4. Wear protective clothing when possible.

Nursing Education:

1. For further help with identification on degree of burns, refer to: U:\Health Services\All Staff-Public\Nursing Protocols\2015 Revised Protocols\Nursing Education

2. Naproxen, Aspirin, and Ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patients to use Acetaminophen (available in housing units) for minor pain management.

APPROVED:

_____________________________  __________________________
Medical Services Manager                  Date

_____________________________  __________________________
Chief Medical Officer                  Date

Clinical Medical Director

Effective Date: __________________________
Revised: November 2017
Supersedes: February 2015