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The effectiveness of baking soda as mouth wash in reducing oral mucositis among Pemphigus vulgaris patients

Pemphigus vulgaris is a chronic autoimmune intra epithelial blistering disease. Usually affects the oral mucous in 80% of cases leading to significant decrease in patient's daily functioning of oral cavity and quality of life. This is because of the bad odor, tastelessness, difficulty or inability to eat, drink or speak. Objective of the study is to assess the pre-interventional level of oral mucositis, to assess the effectiveness of baking soda as mouth wash in reducing oral mucositis, to find out the association between the post-interventional level of oral mucositis with the selected demographic variables. Method adopted was quantitative approach, pre-post control design randomized and conducted in the dermatology OPD and the dermatology ward of Christian Medical College, Vellore. A sample of 60 subjects was selected for the study using purposive sampling technique. Effectiveness of baking soda as mouth wash in reducing oral mucositis was assessed using Saraswat oral Pemphigus score, by the research assistant blinded to group assignment on 1st and 7th day. Descriptive and inferential statistics was used for data analysis. Results shows no evidence to conclude that baking soda mouth wash is effective than normal saline in reducing oral mucositis among pemphigus vulgaris. There is no association ($p=0.68$) between the post interventional oral mucositis and the selected demographic variables. Conclusion is dermatology nurses should recognize the need for assessment of oral mucositis on a daily basis and provide the most appropriate and cost effective interventions. These interventions could be prepared in simple way at home for their long term use, in alleviating the pain and discomfort.

Biography

Anandha Ruby Jacob is a Professor in Nursing (Medical-Surgical Nursing) at the College of Nursing, Christian Medical College, Vellore, India. She has pursued certification course in Dermatology Nursing in Singapore. She is currently working as Nurse Manager in Dermatology ward.

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