



CLINICAL POLICY

Phototherapy: Care of the Patient

A. EFFECTIVE DATE:

April 7, 2021

B. PURPOSE:

To define the parameters care provided to patients receiving Phototherapy, CT Psoriasis Center, Canton Dermatology

C. POLICY:

1. All patients who are candidates for phototherapy treatment must be evaluated by a Provider prior to treatment. The Provider will determine a patient's phototherapy orders.
2. Appropriate eyewear for phototherapy will be provided for staff, patients, and other individuals present during light treatment.
3. Signage indicating rooms have been cleaned or are requiring cleaning will be placed on all entrances and exits to the rooms where light treatment is being used.
4. The Phototherapy Director will approve phototherapy for patients under 12 years of age.
5. Patients under 12 years old receiving phototherapy will not be left alone in a treatment room during time of treatment administration. Accompanying adults will be requested to supervise patient's behavior during treatment. Only, if ordered, parent or guardian should accompany child in the photo unit.

D. SCOPE:

CT Psoriasis Center, Canton Dermatology

E. DEFINITIONS:

None

F. PROCEDURE:

1. The RN will review the treatment order and confirm with the patient the area(s) to be treated. The RN will review the signed consent to treat and the post-treatment compliance requirements with the patient.
2. For the first time phototherapy appointments, the patient will be oriented to the phototherapy room, assigned a place to store protective eyewear, lotion, and personal belongings.
3. The provider will assess for any changes in medications or response to light which may affect phototherapy.
4. The RN will confirm the room has been cleaned prior to bringing the patient into the treatment room. Designated signage indicated the room has been cleaned will be placed on the entrance/exit to the treatment area. After treatment designated signage indicating the room needs cleaning will be displayed on the entrance/exit to the treatment area.
5. The RN will confirm the patient's name and DOB prior to treating the patient.
6. The RN will review with the patient the outcome of their last treatment and assess for any untoward treatment effects (severe erythema, burning, blistering, and severe pruritus). The RN will notify the Provider of any new findings. The RN will hold treatment, document findings in the patient chart and refer to the Provider for further advisement if untoward effects noted from previous treatment. The RN will review with the patient that there should be no pain or burning at any point during phototherapy treatment and to let the nurse know immediately if any is experienced.
7. The RN will confirm patient's locker and personal belongings with the patient. The patient will be asked to undress, if indicated, and don appropriate shielding for the treatment. The RN will stay in the room during this process and provide adequate privacy for the patient.
8. The RN will remind the patient to remove all makeup, medicated ointments and any other products containing sunscreen or sun block to treatment area (if they have not: have them remove with mild cleanser; impress upon them that there is to be no alcohol applied to treatment areas). The RN will remind the patient to apply specified lotion to treatment areas of the skin. The RN will assist as needed with the application upon patient request.
9. The RN will review the following safety measures with the patient:
 - a. To step into the center of the phototherapy booth
 - b. How to open the door during a treatment and ask for assistance if needed
 - c. How to use the intercom in the room
 - d. How to hold onto the safety grab bars if needed
 - e. How to shield designated areas of the body and be consistent with shielding

Note: If the parent of a child needs to go into the booth, the parent will need to wear protective eyewear, face protection and full body clothing including gloves.

10. The RN will ensure the patient's protective eyewear is worn correctly and offer assistance if needed.
11. The RN will ensure the patient is wearing appropriate shielding designated during the entire light treatment.
12. The RN will program the phototherapy machine based on the Provider order and the patients unaffected skin response to the last treatment if previously treated.
13. The RN will tell the patient the projected length of treatment time prior to the start of the treatment.
14. The RN will ensure the patient tolerated the treatment and all personal belongings are placed back in the correct patient appointed locker.
15. The RN will review with the patient the expected post-treatment skin responses and discharge instructions after first appointment and as needed.
16. The RN will indicate the room needs cleaning once the patient has vacated the room by using designated signage place on the entrance/exit.
17. The RN will document procedure performed and patient response to treatment.

PATIENT TEACHING:

- a. Expected response: a slight skin reaction is expected that includes light pink to pink color (not red) of the treatment area and/or mild warmth (not hot) or sensitivity for approximately 24 hours or less.
- b. Report any severe reactions such as pain or blistering of the treatment area.

G. ATTACHMENTS:

None

H. REFERENCES:

Zanolli, Deldman; Phototherapy Treatment Protocols. 2005.

I. SEARCH WORDS:

None

J. ENFORCEMENT:

Violations of this policy or associated procedure may result in appropriate disciplinary measures in accordance with University By-Laws, General Rules of Conduct for all University Employees, applicable collective bargaining agreements, the University of Connecticut Student Code, other applicable University Policies, or as outlined in any procedures document related to this policy.

K. STAKEHOLDER APPROVALS:

On File

L. COMMITTEE APPROVALS:

None

M. FINAL APPROVAL:

- | | |
|---|---------------------------|
| 1. <u>Andrew Agwunobi (Signed)</u>
Andrew Agwunobi, MD, MBA
UConn Health Chief Executive Officer | <u>04/16/2021</u>
Date |
| 2. <u>Anne Horbatuck (Signed)</u>
Anne D. Horbatuck, RN, BSN, MBA
Clinical Policy Committee Co-Chair | <u>04/16/2021</u>
Date |
| 3. <u>Scott Allen (Signed)</u>
Scott Allen, MD
Clinical Policy Committee Co-Chair | <u>04/15/2021</u>
Date |
| 4. <u>Caryl Ryan (Signed)</u>
Caryl Ryan, MS, BSN, RN
VP Quality and Patient Service & Chief Nursing Officer | <u>04/13/2021</u>
Date |

N. REVISION HISTORY:

Date Issued: 03/15

Date Reviewed:

Date Revised: 04/21