

SHINGLES PATHOCHART

PATOPHYSIOLOGY

Herpes Zoster (Shingles) is an infectious condition of the same virus that causes chickenpox. After having chickenpox, the virus lies dormant in the nerve tissue until it is reactivated as shingles. The disease may be reactivated due to immunocompromise. It causes a painful, itchy vesicular rash that occurs unilaterally along nerve pathways. The disease is very contagious and can be passed to anyone through direct contact with the open sores of a shingles rash.



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ASSESSMENT FINDINGS

- Vesicular rash
- Follows nerve pathway (dermatome)
- Usually unilateral
- Painful, itchy
- Fever
- Malaise
- Fatigue

DIAGNOSTICS

- Blood culture
- Wound culture
- Clinical Findings

NURSING PRIORITIES

- Promote Integrity of Skin
- Promote Comfort
- Prevent and Manage Infection

THERAPEUTIC MANAGEMENT

- Contact Isolation
- Airborne Isolation if rash bilateral
- Oatmeal bath or anti-itch cream for itching
- Shingles Vaccine

MEDICATION THERAPY

- Antivirals
- NSAIDs
- Antihistamines