Peripherally Inserted Central Catheter Cushioning: A Pilot Study Comparing Gauze With Silicone Foam

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A pilot study was conducted to compare gauze with silicone foam that may be left in place for as long as seven days. Adult patients who were receiving treatment via peripherally inserted central catheters were recruited and alternately assigned to either the gauze or silicone foam group. Patient-reported itch and discomfort, nurse-reported ease of removal, and skin status were recorded for four weeks at each weekly dressing change.

At a Glance
- Peripherally inserted central catheters (PICCs) usually remain in place for the duration of chemotherapy treatment with dressings changed on a weekly basis.
- A gauze cushioning barrier may be used to protect the skin against the PICC hub; however, guidelines recommend that gauze is changed every 24–48 hours.
- Silicone foam may be superior to gauze as a cushioning barrier and is appropriate for weekly dressing maintenance.

A gauze dressing and changed every two days is used to prevent pressure on the skin, which can result in pressure areas and loss of skin integrity. Therefore, a cushioning barrier often is used to prevent pressure on the skin caused by the PICC.

Literature Review

Gauze is one of the materials used in Australia as a cushion under the PICC hub; however, little evidence exists to support its widespread use internationally. The practice is mentioned in guidelines produced by one children’s hospital in the United States to assist parents in the care of their child’s PICC at home (Muñoz, Vesper, & Schroeder, 2010). Although this practice is not evidence-based, it has most likely developed in an attempt to enhance comfort and reduce skin irritation for patients who are required to maintain a long-term PICC.

PICCs require weekly dressing maintenance (Kutzscher, 2012). Evidence-based guidelines for PICC maintenance and dressing change recommend the replacement of transparent dressings every 5–7 days and gauze dressings every 24–48 hours (Adams et al., 2007; Dougherty et al., 2010; Infusion Nurses Society, 2011; O’Grady et al., 2011). Although the guidelines do not refer specifically to the use of gauze as a cushioning material under the PICC hub, the Infusion Nurses Society’s (2011) standards of practice state that “placement of a gauze dressing under a transparent dressing should be considered a gauze dressing and changed every two days” (p. 865). Based on the recommendation to change gauze every 24–48 hours and the anecdotal evidence from practice...