

# URTICARIA

(Hives)

Level I

Skill Level: RN

Definition: Itchy, red, raised papules or welts with a characteristic appearance. Although usually representing an allergic reaction (drugs, foods, insect bites, inhalants, or injections). No cause is found in 70 percent of cases.

## MILD

**Subjective:**

- Denies difficulty breathing.
- Complaints of itching and rash.
- Complaints of stinging/paresthesia.
- Lesions come and go.

**Assessment:**

- Alteration in skin integrity/Urticaria (Hives).

**Objective:**

- Red, raised papules or welts with sharp borders present. Usually on trunk and extremities, varying in number and size.
- Will blanch with pressure.
- See pictures in Nursing Education Online (on U Drive).

**Plan:**

- Cool shower/compresses may decrease itching. PUSH FLUIDS (at least 2 liters/d)
- Instruct patient to avoid irritant if known.
- Instruct patient to get prompt recheck if difficulty breathing, chest tightness, feeling faint, or throat feels like it is swelling.
- Return for evaluation if new or worsening symptoms.

**Nursing Education;**

1. Urticaria is a common allergic reaction of the skin; usually (70% of the time) no cause is ever found. Symptoms and signs can come and go.
2. Ask patient about new exposures to medications, toxins, soaps, etc.
3. Stress can cause the condition in itself.
4. Sometimes can progress to Anaphylaxis when severe systemic allergic exposure.

**APPROVED:**

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Health Services Manager

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Date

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Chief Medical Officer

\_\_\_\_\_  
Date

  
\_\_\_\_\_  
Medical Director

3/3/09  
Date

Effective Date 3/09

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