

ASSESSMENT OF THE SKIN

Variation in Skin with Age

Infants / Young Children

- Skin smoother-lack of exposure to elements
- Less subcutaneous fat layer, poorer temperature control
- Eccrine sweat glands secrete after 1 month

Common Variations in Newborns

Acrocyanosis

- is persistent blue or cyanotic discoloration of the extremities, most commonly occurring in the hands, although it also occurs in the feet and distal parts of face.

Transient Mottling

- is the appearance of uneven spots



Erythema Toxicum

- characterized by blotchy red spots on the skin with overlying white or yellow papules or pustules.
- Common rash in neonates.



Harlequin Sign

- is unilateral flushing and sweating of the face and neck usually after exposure to heat or strenuous exertion



Mongolian Spots

- also known as "Mongolian blue spot", "congenital dermal melanocytosis", and "dermal melanocytosis"
- is a benign, flat, congenital birthmark with wavy borders and irregular shape



Telangiectatic Nevus (Stork Bite)

- appears as a pink or tanned, flat, irregularly shaped mark on the knee, back of the neck, and/or the forehead, eyelids and, sometimes, the top lip



Jaundice

- Yellowish discoloration



Milia

- also called a milk spot or an oil seed
- is a keratin-filled cyst that can appear just under the epidermis or on the roof of the mouth.
- Milia are commonly associated with newborn babies but can appear on people of all ages.



Variation in Skin with Age

Adolescence

- Apocrine glands enlarge and become more active
- Sebaceous glands increase production causing oily skin and predisposition to acne
- Terminal hair appears in axillae and pubic area for both sexes and on face in males

Terminal Hair and Acne



Skin Variation with Age

Pregnancy increased:

- Blood flow to skin to balance heat production from increased BMR (Basal Metabolic Rate)
- Eccrine sweat gland activity
- Sebaceous gland activity
- Fat deposits
- Pigmentation of face, nipples, areolae, axillary, and vulva

Variation in Skin with Age

Older Adults Decreased:

- Blood flow to skin
- Eccrine sweat gland activity
- Sebaceous gland activity
- Fat deposits
- Pigmentation of skin and hair, first in Whites, later in Blacks and Asians
- Hair production and increased coarseness

Variation in Skin by Race

Asians, Latines, Blacks

- Varying intensity of pigmentation
- Mucous membranes pink to light brown
- Sclera white, gray, light brown, often with pigmented spots
- Mongolian markings common in children
- Visible difference in pigmentation of ventral and dorsal surfaces of extremities

Hair

- Vellus body hair
- Scalp hair varies in texture

Skin texture

- Limited apocrine glands (less sweat)
- Limited sebaceous glands (less body oils)
- Frequent washing causes increased dryness

Picture Guide For Skin Assessment

Mike Jess



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