

Itching

Itching can result in restlessness, anxiety, skin sores and infection. Common causes of itching include dry skin, toxins in the blood, allergies, side effects of medications, chemotherapy, radiation therapy and tumor growth.

What to Do:

- Apply skin creams with a water-soluble base two to three times a day, especially after a bath when the skin is damp.
- Use warm water instead of hot water for bathing.
- Add baking soda or bath oil to the bath water.
- Wash skin gently using a mild soap.
- Use baking soda instead of deodorant.
- Keep nails clean and cut short.
- Encourage the person to wear loose clothing made of a soft, natural fabric.
- Change bed sheets often.
- Keep the room cool (70–78 degrees Fahrenheit) and well ventilated.
- Encourage drinking fluids often and as tolerated.
- Provide diversions like television, radio or books.
- Consider offering medications for itching as ordered by a doctor.

What Not to Do:

- Do not use hot water for bathing.
- Do not scrub the skin.
- Do not cover the person with a lot of bedding.
- Avoid using scented and alcohol-based skin products.
- Avoid harsh detergents.
- Avoid alcohol and coffee.

Call Empath Health if:

- A rash develops.
- Skin is red and hot to the touch.
- Sores develop.
- Itching is causing distress.

Call Empath Health with any questions (888) 855-2838: _____

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