Rash Decisions – A new solution to the management of ‘gravel rash’

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Background
- Noble’s Hospital Accident and Emergency Department has over 30,000 attendances annually
- World famous TT and Grand Prix motorcycle races
- Gravel rash is a common injury following a cycle or motorcycle accident

Historically
- Gauze
- Scrubbing brush
- Picked out by hand
- Painful and time consuming
- Topical lignocaine
- Multiple attendances
- Higher risk of wound infection as some grit left in for longer

New solution
- Mechanical debridement*
- Single ‘sweeps’ removed most grit
- Quick and simple
- Wound bed clearly visible
- Reduced patient pain and discomfort, simple analgesics only e.g. Paracetamol
- No further grit, therefore single attendance in all 11 cases

Results
Results from 11 patients with gravel rash or abrasions - 9 males and 2 females
- Time taken for treatment mostly between 0-5 minutes
- Pain scores (VAS)
  - 7 patients score 0, 1 or 2
  - 3 patients score 3-4
  - 1 patient score 6
- 1 patient was a 6 year old boy and the grit was removed with very little trauma or emotional upset

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