


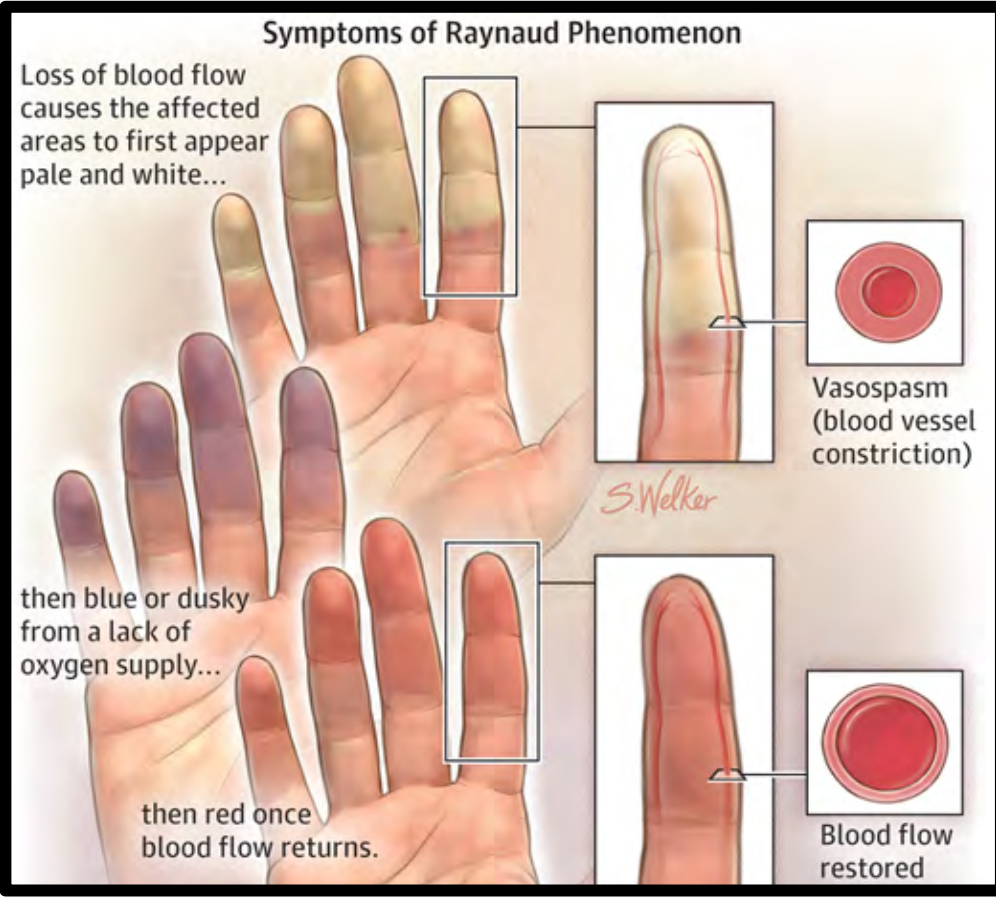


What is Raynaud's Phenomenon (RP)?

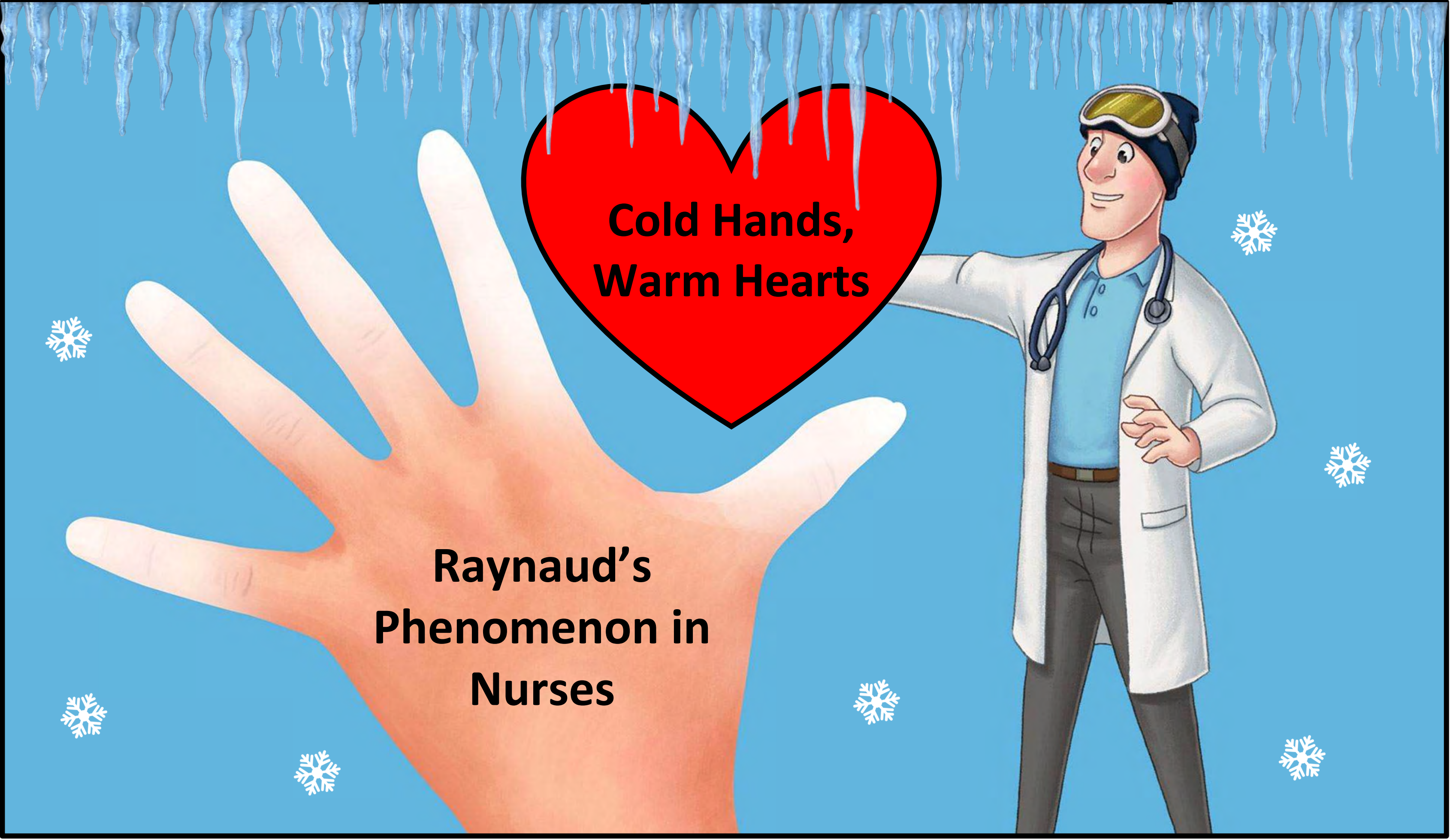
Common Triggers of Raynaud's Phenomenon

RP is a painful vessel spasm (vasoconstriction) within the extremities, which causes numbness and limited function (Frostie, 2015).

-  Cold Environments
-  Increased Stress
-  Repetitive Hand Movements



- ### Common Symptoms
- Tricolor change
 - Numbness
 - Tingling
 - Pain
 - "Prickly" sensation
 - Cold skin
 - Limited function during attack



9 out of 10 nurses are female (Nursing Statistics, 2021).



-Simply being female places an individual at an increased risk of developing Raynaud's.
-90% of nurses are females.

Why should we focus on nurses with Raynaud's?

1. Cold Environments (operating rooms).
2. Increased Stress (critically ill patients, short-staffing).
3. Repetitive Hand Movements (CPR, rigid handheld instruments)

Nurses are subjected to many triggers in the workplace!

It can be assumed that there is a credible likelihood that nurses are often subjected to either cold temperatures, high-stress scenarios, or rigid and repetitive movements of the hands when working as a nurse.

If it is understood that there is a high probability that nurses work under the limitations of Raynaud's phenomenon, perhaps more resources are required for nurse-specific sufferers of Raynaud's.



Nurses provide care in a multitude of ways, most of which require fully-functional hands with optimal sensation. Understanding how Raynaud's impacts nursing care can help nurses and enhance quality of patient care.

By: Blair Wenrich

Reminder: do NOT change the dimensions of the poster, as all posters must be 18"x36". Also, do NOT add anything over the green areas of the poster, as it will not print very well no matter what the coloring.