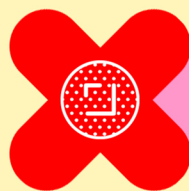


National Nurses Day

Skin Picking Disorder
signs to look for as a

NURSE

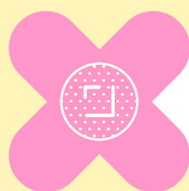
@pickingmefdn



PHYSICAL SIGNS

- **Multiple scars** with differing levels of discoloration signaling on-going open wounds
- Open wounds with red inflammation around perimeter
- **Blood-stained** clothing
- **Raw** nail beds
- **Strained fingers** from prolonged picking
- Repeat infections from **passing bacteria** when picking
- Use of **makeup to hide** effects of skin picking
- Multiple **bandages** covering the body
- **Carpal tunnel**
- Picking for hours during the night leading to **lack of sleep and reduced cognitive ability**

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EMOTIONAL SIGNS

- An **inability to stop** picking
- Canceling plans due to **embarrassment of skin appearance**
- Isolating from **everyday activities** out of shame from picking
- Comorbid Mental Illness such as **ADHD, Anxiety, OCD, BDD**
- Tendency to crave **clear skin**
- In therapy, but may **not have addressed** the skin picking with therapist
- Has multiple reasons to **"explain away"** the scarring or sores on skin