

# Preventing IAD

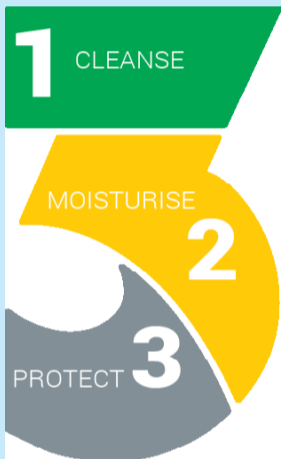
(Incontinence Associated Dermatitis)



## What is IAD?

- Incontinence Associated Dermatitis (IAD) is a condition that occurs when the skin is damaged as a result of exposure to urine (with a high pH) and/or faeces (with faecal enzymes).

## How to prevent IAD:



1. Use breathable continence products
2. Follow a structured IAD Skin Care Regimen
3. Wash the skin without water
4. Conduct a skin assessment review for redness, inflammation, rash, pain, or itching
5. Avoid friction around the perineal skin
6. Choose products with a skin-neutral pH ( $\pm$  5.0)



## How to choose the right product?

### Application form:

- **Wash Without Water Gloves:** no-rinse cleansing. Easy to use and gentle on skin, leaving a thin layer of lotion
- **Lotion:** spreads easily to large areas without leaving the skin greasy and sticky. Suitable for areas with hair and that can rub together.
- **Spray:** minimises friction with the skin as rubbing is not needed
- **Ointment:** semi-solid preparations useful in dry skin conditions



## Ingredients:

- **Allantoin:** promotes healthy skin stimulation
- **Glycerin:** acts as a moisturiser
- **Zinc Oxide:** has antiseptic properties, calms skin & creates a barrier



## IAD Skin Care Regimen

		Normal skin	First signs of IAD	Mild degree of IAD
1 <b>Cleanse</b> (Wash-without-Water)	Wet Wash Gloves	✓	✓	✓
	Washing Lotion	✓	✓	✓
2 <b>Moisturise</b>	Skin Care Lotion 500 ml, 14% lipid	✓	✓	
	Zinc Oxide Ointment 4% Spray-on		✓	
3 <b>Protect</b>	Zinc Oxide Ointment, 10% Spray-on		✓	✓
	Skin Care Ointment 41% lipid	✓	✓	✓

*Our barrier creams contain moisturising ingredients and therefore you do not need to apply additional moisturiser.*

### NORMAL SKIN:



- Healthy skin, no redness or irritation, but prone to development of IAD due to faeces and/or urinary incontinence.

### FIRST SIGNS OF IAD:



- Erythema (redness) with or without oedema (swelling).
- Skin is still intact.

### MILD DEGREE OF IAD:



- Beginning breakdown and appearance of skin wounds
- Erythema (redness) with or without oedema (swelling).
- First signs of skin erosion or denudation might appear.

**CLEANSE (WASH WITHOUT WATER)**

**■ Washing Lotion, Product Code. SA6657**

Abena's Washing Lotion is mild and effective with cleansing properties. A good alternative to traditional washing with water and soap. The washing lotion is the ideal solution for bed-bound clients.

- Gentle cleaning with little friction
- Removes perspiration salts and unpleasant body odours effectively
- Leaves a protective layer
- Contains Allantoin (reduces inflammation)

**Application:**

- Apply carefully and wipe excess lotion away with a soft Wash Glove or similar alternative product.



Normal skin ✓  
First signs of IAD ✓  
Mild degree of IAD ✓

**CLEANSE (WASH WITHOUT WATER)**

**■ Wet Wash Gloves, Product Code SA540051**

Abena's disposable Wet Wash Gloves have a pleasant cleansing and moisturising effect, and are a good alternative to a traditional bath with water and soap. The gloves remove perspiration and bad odours and are very hygienic to use.

**Application:**

- Gently wash each part of the body with the gloves
- The gloves can be used on both sides
- Dispose of gloves after use



Normal skin ✓  
First signs of IAD ✓  
Mild degree of IAD ✓

**MOISTURISE**

**■ Skin Care Lotion, Product Code. SA6653 / SA7753**

Abena Skin Care Lotion for normal to dry skin is a lightweight hydrating lotion for daily use. Suitable for hands, body and face. It contains 14% lipids and is quickly absorbed into the skin.

Tests have shown that Abena Skin Care Lotion provides significant hydration for up to 8 hours.

Clinically proven product (\*Carville K et al 2014)

\* The effectiveness of a twice-daily skin-moisturising regimen for reducing the incidence of skin tears Carville K et al (2014) International Wound Journal ISSN 1742-4801

**Application:**

- Apply and distribute carefully. Dosage according to need.
- 14% Lipid content
- Contains Olus Oil (Moisturiser)
- Contains Shea Butter (Nourishing)
- Contains no colorants or perfume



Normal skin ✓  
First signs of IAD ✓

**PROTECT**

**■ Zinc Oxide 4% Spray-On, Product Code SA3932**

Abena's Zinc Oxide Cream Spray protects and regenerates the skin, promoting natural skin restoration for up to 24 hours. Thanks to its spray applicator friction is minimised and the applicator also helps to prevent contamination.

- Contains Calendula & Chamomile
- No colourants or perfume

**Application:**

- Use where redness is detected and first signs of IAD is visible.
- Shake well before use
- Use a spraying distance of approximately 5 to 10 cm. It is not necessary to rub the cream in further
- Apply only a thin layer
- Use at every continence product change
- Dosage according to need
- Do not apply to cracked or broken skin



First signs of IAD ✓

**PROTECT**

**■ Zinc Oxide 10% Spray-On, Product Code SA3933**

Abena's Zinc Oxide Cream Spray protects and regenerates the skin, promoting natural skin restoration for up to 24 hours. Thanks to its spray applicator friction is minimised and the applicator also helps to prevent contamination.

- Contains Calendula & Chamomile
- No colourants or perfume

**Application:**

- Use where first signs of IAD are detected and also in mild/moderate IAD incidents
- Shake well before use
- Use a spraying distance of approximately 5 to 10 cm. It is not necessary to further rub in the cream
- Apply a thin layer
- Use at every continence change
- Dosage according to need
- Do not apply on cracked or broken skin



First signs of IAD ✓  
Mild degree of IAD ✓

**PROTECT**

**■ Skin Care Ointment, Product Code SA6659, SA6673**

Abena Skin Care Ointment is ideal for dry and/or irritated skin. Tests have shown that its formula has outstanding, long-lasting moisturising properties to help maintain the natural moisture level of the skin.

- 41% lipid content
- Contains no colorants or perfume

**Application:**

- Apply and distribute carefully in a thin layer
- Dosage according to need
- May be used frequently
- Allow a longer absorption time due to high lipid content
- Do not use on cracked or broken skin



Normal skin ✓  
First signs of IAD ✓  
Mild degree of IAD ✓