

# Adult Skin Care Guidelines

Assess patients skin

Is patient incontinent?

YES

Perform bladder/bowel assessment

Implement a skin care regime for skin cleansing and skin protection

NO

Is skin dry or fragile?

NO

## Social Cleansing

- Using patients choice of cleanser
- At times decided with the patient
- By method agreed with patient e.g. Wash/bath/shower

YES

## Social Cleansing and Skin Care

- Use simple, non perfumed pH balanced moisturising soaps, soap substitutes or bath emollients (see box below)
- Do not use bubble bath or bath salts
- Ensure water is at 37 °C
- Ensure all traces of soap are rinsed off skin
- Use emollients after washing

## Incontinence Skin cleansing

- Cleanse after every episode of incontinence
- Use gentle technique with minimal friction, avoid rubbing/scrubbing of skin
- Avoid standard alkaline soaps
- Use a no rinse foam skin cleanser, if need to use wet wipes ensure these are indicated for incontinence care (do not use normal skin cleansing wet wipes as do not moisturise or protect skin)
- Use soft disposable non woven dry wipes with the foam cleanser

## Skin protection

- Minimise exposure to irritants
- Do not apply thick occlusive products which may limit the absorbency of the incontinence products
- Place a barrier on the skin to prevent direct contact with urine and/or faeces
- Apply the skin protectant at a frequency consistent with its ability to protect the skin and in line with manufacturers instructions

Social cleansing for the rest of the body

## Barrier products

- Cavilon Barrier Cream—moisturises and protects use on intact or broken skin
- Cavilon Barrier film—use on intact or broken skin
- Cavilon Advanced Skin Protectant—apply twice a week (use on specialist recommendation only)

## Emollients- Lothian Joint Formulary ADULT - 13.2.1 Emollients (moisturisers)

- Ointment base e.g. 50/50, Hydromol or Emulsifying ointment
- Cream base e.g. Zerobase, Oilatum cream, Zerodouble gel or Zeroveen
- Soap substitutes e.g Zero AQS, Emulsifying ointment, Zerocream or Hydromol
- Bath/Shower Without Antiseptic - Oilatum Bath/Shower (slippery, falls risk)
- With antiseptic - Oilatum Plus Bath, Dermol 200 shower emollient, Dermol 500

## Properties of foam cleansers

- Contains a surfactant that reduces the surface tension of the skin and allows debris to be removed with minimum force, making cleansing more comfortable for the patient and quicker for the carer
- Contains dimethicone (silicone) which protects the skin from acid in urine
- Contains moisturiser/emollient to prevent skin drying and reduces the risk of cracking

## References:

Perineal Skin Cleansers for Adults with Urine Incontinence in Long-Term Care or Hospital Settings: A Review of the Clinical Effectiveness and Guidelines. Ottawa: CADTH;2019 Oct.

Beekman D et al. Proceedings of the Global IAD Expert Panel. Incontinence associated dermatitis: moving prevention forward. Wounds International 2015. Available to download from [www.woundsinternations.com](http://www.woundsinternations.com)