



Medical Supplies for Care at Home Since 1957

Summer 2014

In This Issue...

Page 2 IAD Prevention & Care

Top Pericare Products

Page 3 Managing Incontinence
4 Helpful Tips for Caregivers

Page 4 More Helpful Tips

Feature Article

Incontinence-Associated Dermatitis (IAD)

Incontinence-associated dermatitis (IAD) is the clinical manifestation of moisture-related skin damage. IAD is a common complication for patients with fecal and/or urinary incontinence. It occurs when moisture from urine or stool is chronically in contact with the skin.

Among hospitalized patients, the prevalence rate has been found to be as high as 27% and a 2012 study showed that 22.8% of nursing home residents with incontinence had IAD at the time of admission. IAD is clinically and pathologically distinct from pressure ulcers.



Indications of IAD vs. Pressure Ulcer:

IAD	Pressure Ulcer
Affected skin is red or bright red	Affected skin may take on a bluish purple, red, yellow or black discoloration
Skin-damage pattern is usually diffuse	Edges are well defined
Depth of IAD-related skin damage usually is partial-thickness without necrotic tissue	Skin damage depth may vary

Exposure to skin surface irritants may be a predictor and the condition, in turn, may be a factor in pressure ulcer risk because skin integrity is compromised.

Causes of IAD

IAD stems from the effects of urine, stool and heavy, wet incontinence products on the skin. With prolonged contact with the skin, damage can occur. Urine on the skin alters the skin's normal, healthy bacteria making it more susceptible to friction and erosion. Fecal incontinence leads to active fecal enzymes on the skin which contributes to skin damage and risk of a secondary infection. In addition, wet skin has a lower temperature and less blood flow than dry skin and when under pressure from a soaked absorbent product, skin erosion can occur.

When using absorbent products like briefs or disposable underwear, it is beneficial to the skin if it is changed in a timely manner. Poorer quality disposable incontinence products leave the wet surface in contact with the skin, while better quality ones have multiple layers containing super absorbent polymers. The polymers are designed to wick moisture away from skin and trap it directly into the core of the product.

Continued on page 2



Caring for skin through intelligent product solutions



Incontinence-Associated Dermatitis (IAD) (Continued from page 1)

IAD Prevention and Care

Implementation of a structured and consistently applied IAD management program is an effective means for prevention and care. The correct diagnosis and proper treatment are also crucial for the management of IAD.

Treatment goals include protecting the skin from further exposure to irritants, establishing a healing environment and eradicating any cutaneous infection can be accomplished with proper absorbent product use.

◆ Incontinence Level and Functional Status of the Patient

It is necessary to correctly define the level of incontinence and functional status of the patient.

- Is the level of incontinence light, moderate or heavy?
- Is the patient able to move to the bathroom on their own, with help, or not at all? Or are they in transition between these?

Defining the patient's level of incontinence and functional status allows the caregiver to better determine the individual's product needs.

◆ Appropriate Absorbent Product Use

An optimal healing environment can be created through the use of proper incontinence products. A poor quality incontinence product or the misuse of an incontinence product can be a leading contributor to IAD. However, using appropriate incontinence products correctly will aid in the prevention and care of IAD.

- **Product Size:** It is imperative that individuals use incontinence products that fit and serve their needs properly. Fit can be determined by measuring or by trial and error. If a properly sized protective underwear or brief is used and changed after use, the patient is more likely to remain dry.
- **Frequency of Changes:** The more incontinent an individual is, the more likely they are to need incontinence products. The most difficult cases require briefs/adult diapers and the help of a caregiver. Prompt attention to regular changes of soiled incontinence products will assist in the prevention of skin erosion.



Popular Pericare Products for IAD Prevention



Ca-Rezz Original Wash

Ca-Rezz Original Wash is formulated with an antibacterial ingredient to kill most common germs. This pH Balanced, no rinse wash is kind to sensitive skin. Quickly and efficiently removes feces urine. Deodorizes and removes odors associated with incontinence. Alcohol free, no-sting formula intended for daily use.



Ca-Rezz Cream

Ca-Rezz Cream is an all-in-one prevention, protection and treatment. This product is specially formulated with Calamine and Aloe Vera plus Allantoin and Vitamins A D and E to soothe and promote healing of fragile irritated skin. Creates a moisture barrier.



Prevail Adult Incontinence Washcloths

Prevail Adult Washcloths by First Quality now enhanced with lotion for skin health. Made with super strong and super soft fabric. Single hand dispensing ensures that a single unfolded wipe dispenses each and every time for added convenience and less waste. Made with Vitamin E and Aloe to moisturize the skin.

Caregiving at Home: 4 Helpful Tips for Managing Incontinence

Approximately 90 million caregivers in the U.S. are providing in-home care for a family member or friend who is elderly, disabled, or ill with a chronic condition. Managing incontinence in a loved one can be difficult; incontinence is among the top three reasons that families stop providing home care and place a loved one in a nursing facility.*

Whether you are new to caregiving or an experienced caregiver, getting a handle on incontinence may seem overwhelming. Here are a few helpful hints for managing incontinence for a loved one at home.

Caregiver Tip 1

Discuss Incontinence with your Loved One

There is no easy way to discuss incontinence. It can be distressing and embarrassing to deal with at first, causing caregivers and their loved ones a great deal of anxiety. As a caregiver, your role is to be helpful – and it helps to be seen as an advocate, not an adversary. Try to approach the subject with a casual, empathetic and matter-of-fact approach. It is important to remember that incontinence isn't about obstinance, spite or lack of control; it is a medical issue.

Before you begin, know your goal going into the conversation: the first step in managing incontinence involves getting the problem assessed by a physician. There can be many causes of incontinence, including urinary tract infections, medications and prostate problems. In many cases incontinence can be treated and improved. By having a medical professional assess and diagnose the condition, you are not only ensuring that your loved one will get appropriate treatment – you are also positioning yourself as a supporter.

Caregiver Tip 2

Discuss Incontinence with your Health Care Provider

Incontinence is a common condition, affecting approximately 25 million adult Americans. Surprisingly, two-thirds of individuals age 30-70 have never discussed bladder health with their doctor*. Incontinence should be discussed with a health care professional, such as your loved one's physician. The health care professional will discuss the symptoms, and may order tests or refer him or her to a specialist before making a diagnosis.

Once a diagnosis is made, treatment options can be recommended that will help manage symptoms and improve your loved one's quality of life. These treatment options may include diet changes, environmental changes, Kegel exercises, adding or removing medications, bladder retraining, surgery or absorbent products.

Continued on page 4



Incontinence Solutions Program

- On-staff product specialists to provide expertise and support to patients and caregivers managing incontinence
- Incontinence product sample kits to assist in determining suitable products for patients' needs
- Innovative, absorbent products for any level of incontinence and every level of mobility
- Educational in-services for healthcare professionals on a variety of incontinence related topics



Caregiving at Home: 4 Helpful Tips for Managing Incontinence

Continued from page 3

Caregiver Tip 3

Make Small Changes Around the House

Environmental changes in the home can help reduce accidents and improve incontinence management. Individuals who have difficulty getting out of a chair or bed may strain to do so, putting pressure on the bladder. Adding sturdy arms or rails next to the chair or bed can help the person stand up without straining. Lift chairs may also be an appropriate option to help a loved one stand up with little effort.

A clear path to the bathroom can also help to reduce incontinence episodes. Walk the most direct path that your loved one will take to the bathroom, and remove any clutter, furniture or rugs that may be an obstacle. Check to see that there is appropriate lighting on the path to the bathroom. Strategically-placed night lights or glow-in-the-dark tape can help light the way to the bathroom at night.

Caregiver Tip 4

Keep a Schedule

Keep a written log of trips to the bathroom. Every time that your loved one goes to the bathroom, jot down the time of day and the amount they urinated (small, medium or large amount). This will enable your loved one to develop a pattern, and can help you set a bathroom schedule that meets his or her physical needs and reduces accidents. This will also provide you with an incontinence “journal” to show your loved one’s health care provider.

A good beginning schedule is to make a trip to the toilet first thing in the morning, followed by a bathroom trip every 2 hours throughout the day. Bathroom trips are also recommended right before meals or an activity. Over several weeks, gradually increase the time between bathroom trips, until you feel comfortable that the schedule meets your loved one’s needs. On each trip, be sure to give him or her enough time to completely empty the bladder. A partially empty bladder can increase a person’s risk for developing a UTI, as well as increase risk of an incontinence episode.

*Information provided by the National Association for Continence: www.nafc.org

References:

<http://www.ncbi.nlm.nih.gov/pubmed/18184980>

<http://www.ncbi.nlm.nih.gov/pubmed/24053057>

<http://woundcareadvisor.com/how-to-manage-incontinence-associated-dermatitis/>

<http://www.biomedcentral.com/1471-2318/10/86>

Incontinence Associated Dermatitis (IAD) Preventing Complications Through Better Continence Management by Christine Pruneau, RN, BSN, RAC-CT

Connect With Us & See What’s New At...



Call us today, we’re here to help!

California

Fresno 800.675.8842
Inland Empire 800.557.8797
Los Angeles 800.372.6205
Sacramento 800.675.8842
San Diego 800.557.8797
San Francisco 800.675.8840

Colorado

Denver 800.525.8049

Illinois

Chicago 800.675.8847

Texas

Dallas 800.407.8982
Fort Worth 800.407.8982
Houston 800.493.7863
San Antonio 800.495.0999
West Texas 800.495.0999

Washington

Seattle 800.720.7440



Celebrating
Caregiving