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INNOVATIVE STRATEGY TO PREVENT INCONTINENCE DERMATITIS

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Aim: Our facility aims to develop an innovative, evidenced based continence care program, with specific perineal skin care system to prevent incontinence dermatitis, and pressure ulcers in our residents. Incontinence is a common and costly clinical problem in long-term care. However, many nursing homes use only soap and water, or continent product inconsistently for perineal care. Clinically soap and water interfere with skin PH resulting in dryness of skin, which can precipitate skin break down.

Methods: A purposeful sampling of 20 residents, suffer from slightly red to highly irritated skin conditions, was selected as study group. The control group consisted of five residents from a different complex continuing care units. Initial assessment was done on all 20 residents as a baseline for post trial comparison.

Results: Skin condition had improved moderately in 19 residents after two weeks; one resident declined any skin product use. In the control group, three residents experienced worsening skin condition, one has improved with medicated cream use, and one remained the same.

Discussion: Application of a three-product-option system including skin cleanser, durable barrier cream, and liquid barrier film helped to maintain skin integrity in the elderly population. A custom designed plastic caddy system was an effective organizer to store products at designated residents' bedside. This system also helps to reduce risk of cross infection, control wastage/cost, prevent extra products left opened at bedside, and to eliminate excess product use.