Skin Care Guidelines

Assess patient’s skin

Is patient incontinent?

Yes

Is skin dry or fragile?

No

Social Cleansing
- Using patient’s choice of cleanser.
- At times decided with the patient.
- By method agreed with patient e.g. wash / bath / shower.

Social Cleansing & Skin Care
- Use simple, unperfumed 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 (see box below).

Continence Skin Care
- Use Foam Cleansers (see box below) on affected skin.
- as required for urinary incontinence
- at each change for faecal soiling
- Use Cavilon barrier film for broken / excoriated areas (see box below).
May require dressing if more extensive.
- Social cleansing for rest of body.

Continence Assessment
Each patient should have a full continence assessment and appropriate continence aids supplied.

NB: Procedure pads should not be used as a continence aid.
Can be used during procedures, e.g. suppositories, for max. 30 min.

Is skin intact?

Yes

No

Emollients
Test patch on good skin and check at 48 hours before using
Creams - e.g. Diprobase®
Ointments - e.g. 50/50 Ointment, Emulsifying ointment, Epaderm®.

Soap Substitutes / Bath Emollients
Dry fragile skin - Aqueous cream, Emulsifying ointment, Epaderm®, Oillat®M, Dermol® 500.

Ordering Information
- Available via Pharmacy (Hospital) or FP10 (Community).
- check with local Pharmacist / Formulary.

Barrier Products
Cavilon® Barrier Cream - red but intact skin.
Cavilon® No Sting Barrier Film - broken / excoriated skin.
If problems with these products contact Tissue Viability or Dermatology for advice.

Ordering Information
- Available via NHS supplies, or Pharmacy (Hospital) or FP10 (Community).
- Check with local Pharmacist / Formulary.

For further information or advice contact your local Tissue Viability Nurse or Continence Advisor.

References:
- Best Practice Statement (2005). The Treatment / Management of Pressure Ulcers; NHSQIS.