

Preventing IAD

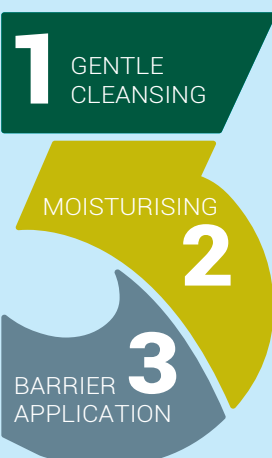
(Incontinence Associated Dermatitis)



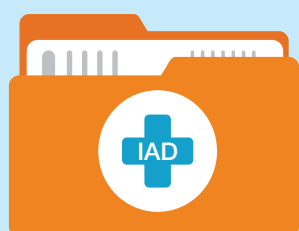
What is IAD?

- 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 (± 5.0)



How to choose the right product?

Application form:



- **Wash Without Water - Wipes/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 Cleanse (Wash-without-Water)			
 Wet Wipes / Wash Gloves	✓	✓	✓
 Washing Lotion	✓	✓	✓
2 Moisturise			
 Skin Care Lotion 500 ml, 14% lipid	✓	✓	
3 Protect			
 Zinc Oxide Ointment, 10% Spray-on		✓	✓
 Skin Care Ointment 41% lipid	✓	✓	✓

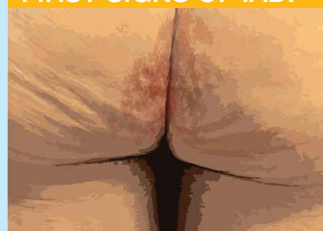
Our barrier creams contain moisturising ingredients and therefore you do not need to apply additional moisturiser.

NORMAL SKIN:



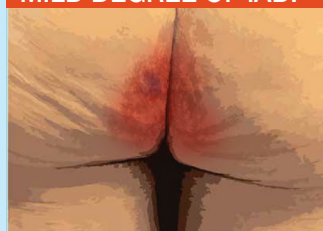
- Healthy skin, no redness or irritation, but prone to development of IAD due to faeces and/or urinary incontinence.

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).

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 consumers.

- 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 wipe, wash glove or similar alternative product.



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

CLEANSE (WASH WITHOUT WATER)

■ Wet Wipes/Wash Gloves, Product Codes SA659410/SA540051

Abena's disposable Wet Wipes and Wet Wash Gloves have a cleansing and moisturising effect, and are a good alternative to a traditional bath with water and soap. Removes perspiration and body odours and are very hygienic to use.

Application:

- Gently wash each part of the body
- Dispose of wipes/gloves after use



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

MOISTURISE

■ Skin Care Lotion, Product Codes SA1999905322/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)
- No colourants or perfume



Normal skin ✓
First signs of IAD ✓

PROTECT

■ Zinc Oxide 10% Spray-On, Product Code SA1999905321

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



First signs of IAD ✓
Mild degree of IAD ✓

PROTECT

■ Skin Care Ointment, Product Codes SA1999905323/SA7759

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
- No colourants 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



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