



Skin Integrity and Continence Guideline for Adults

Guideline developed by NHS
Tayside Tissue Viability Steering
Group/ Wound Management
Formulary Group.

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**THIS IS A GUIDANCE DOCUMENT FOR HEALTH CARE PRACTITIONERS ONLY, THIS IS NOT A
PATIENT INFORMATION LEAFLET.**

If you are reading this and have questions regarding your care or your relatives care, please contact your Registered Nurse or Doctor for further information.

The purpose of the guidance is to aid Registered Health Care Practitioners to provide evidence based care when caring for people with incontinence and preventing skin breakdown from Moisture Associated Skin Damage (MASD).

Evidence suggests that there is a strong link between incontinence and the development of Moisture Associated Skin Damage (MASD) and Pressure Ulcer development (Section 8, NHS Tayside Wound Formulary)

It is vital that the correct skin care and continence products are used and used appropriately.

Please note that the products depicted may be subject to change as per NHS Scotland Wound Management Framework NP59921 and other relevant product frameworks.

NATIONAL TOOLS AVAILABLE TO AID ASSESSMENT:

- **Scottish Excoriation and Moisture Related Skin Damage Tool**
- **Scottish Adaptation of European Pressure Ulcer Advisory Panel (EPUAP) Pressure Ulcer Classification Tool.**

These are available on Staffnet /Tissue Viability Webpage, Right Decisions app and the Care Inspectorate Hub.

GUIDANCE SECTION

PREVENTION: FOAM CLEANSERS



Foam cleansers are a continence care product. They are soap free and PH balanced.

For episodes of urinary or faecal incontinence on vulnerable or excoriated skin or a person at risk of MASD, a foam cleanser **should** be used.

Do not use soap and water or cleansing wipes as they can be detrimental to the skin and cause further damage.

Foam cleansers are designed to be directly applied to the skin, they loosen and lift faecal soiling and remove urine from the skin.

Label cans of foam cleanser for the individual person/patient, do not share cans of foam cleanser.

PREVENTION: SKIN PROTECTION



Healthy Skin

Durable barrier creams provide a barrier to the skin from all body fluids. Barrier products are PH balanced and work well with continence products such as pads. Use of durable barrier creams should be considered before the skin is showing signs of redness or damage from to prevent damage and skin breakdown.

Cavilon durable barrier cream: https://www.3m.co.uk/3M/en_GB/p/d/b00042133/

(Copy and paste into search engine)

Application Guide for Cavilon barrier cream

Apply morning and evening, pea sized amount in a thin layer.

Always refer to manufacturer's guidance for full information.

NORMAL CLEANSING OF HEALTHY SKIN (for people with NO risk factors from MASD)

Gentle soap and warm water are adequate to cleanse the skin if there is no risk of excoriation and the skin is completely healthy.

Points to consider

In the prevention of MASD it is not recommended to use pastes and ointments as they are occlusive on the skin and there is a minimal evidence to compare the efficacy of products. It is recommended to avoid the use of Zinc Paste, Sudocrem, Conotrane, Metanium or similar napkin barrier cream products **unless** there is a clinically justifiable reason to select the product.

This Guideline supports the use of nationally contracted barrier products as they have the advantage of being both breathable and waterproof and support evidence based practice (International Best Practice Recommendations, Wounds UK, 2020).

PREVENTION OF SKIN DETERIORATION AND TREATMENT OF MASD



There are two product ranges available in NHS Tayside to prevent further deterioration of MASD/excoriated skin and products to treat the skin damage, Cavilon and Flamigel.

Product choice will depend on your clinical judgement and clinical indications for use.

They are both suitable for use in intact and broken skin.

Mild excoriation/MASD

Cavilon durable barrier cream https://www.3m.co.uk/3M/en_GB/p/d/b00042133/

Always refer to manufacturer's guidance for full information.

Application guide for Cavilon barrier cream

Apply morning and evening, use a pea - sized amount, apply in a thin layer.

Flamigel Hydrocolloid Gel <https://www.flenhealth.co.uk/products/flamigel>

Always refer to manufacturer's guidance for full information.

Application guide for Flamigel

Apply after each episode of incontinence to damaged skin.

FLAMIGEL HYDROCOLLOID GEL – NEW PRODUCT, ADDITIONAL INFORMATION

- Heals damaged skin from incontinence associated skin damage (MASD)
- Prevents skin damage deteriorating.
- Soothes the skin and reduces pain from MASD/excoriation
- Self application possible following assessment by a Registered Healthcare Professional
- Order via PECOS: **Flamigel 50g: SKU 288366**. 100g coming soon.
- Order Flamigel, **NOT** Flamigel RT (this is for use in radiotherapy skin damage only).
- For ordering support, log calls with the Procurement Help Desk.



Moderate excoriation/MASD

Cavilon No Sting Barrier Film: https://www.3m.co.uk/3M/en_GB/p/d/b00042019/

Always refer to manufacturer's guidance for full information.

Application Guide for Cavilon No – Sting Barrier Film

Apply daily or maximum twice daily, apply an even coat of the film to the entire area to be treated.

Flamigel Hydrocolloid Gel <https://www.flenhealth.co.uk/products/flamigel>

Always refer to manufacturer's guidance for full information.

Application guide for Flamigel

Apply after each episode of incontinence to damaged skin

Severe excoriation/MASD

For severe episodes of MASD, refer to Tissue Viability Service as per Tissue Viability Service, Service Specification

For non – infected severe excoriation/MASD a specialist product is available on the advice of a Tissue Viability Nurse for incontinence related issues, Cavilon Advanced. You will not be able to order this without the recommendation of a Tissue Viability Nurse or Colorectal specialist nurse for stoma care related issues.

OTHER TREATMENT OPTIONS: There are several options for prescribed products such as steroid creams to treat damaged and infected skin from MASD, consult the nurse or medical prescriber for advice on prescription treatments.

CONTINENCE MANAGEMENT

Continence Advisory and Treatment Service (CATS) Contact Details

Refer to Staffnet-Our Webpages-Continence Advisory and Treatment Service page.

Drumhar Health Centre, Perth (01738) 564258

Wallacetown Health Centre, Dundee (01382) 443528

Whitehills Health and Community Centre, Forfar (01307) 468383

CONTINENCE ASSESSMENT

COMMUNITY NURSING AND RESIDENTIAL CARE HOMES:

Registered nurse to complete EMIS Continence Assessment form and send to CATS via EMIS message.

NURSING CARE HOMES:

Registered nurse complete MR555 (form available from CATS)

HOSPITAL IN-PATIENTS:

Complete MR555 form (order on PECOS), send to CATS once completed. Following review by CATS, allocated products can then be ordered via PECOS

DISCHARGE FROM HOSPITAL

On discharge send form to CATS with discharge date. Issue the patient with a 7 - day supply of products. Refer to Hospital and Discharge Admission Procedure Standard Operating Procedure

TOP TIPS FOR CONTINENCE MANAGEMENT

- Be aware of patient sensitivity to products
- Frequency volume charts aid assessment and will need to be completed if requesting higher volume products than indicated on form
- Body worn pads should be held in place by snug fitting pants
- If using disposable pants, the correct size must be used to prevent pants 'digging in' to skin and causing pressure damage

- Pads are only one option for urinary containment, further product advice available from CATS nurses.

PROCEDURE PADS



These pads are for managing fluid during procedures only, they should not be used to contain urine or manage incontinence. They only hold 100ml of fluid and do not wick the fluid away from the skin in the same way as appropriate continence products. They can cause further skin damage if used inappropriately.

ADDITIONAL SKIN CARE ADVICE

- For recommendations on soap substitutes and emollients access the following link: [Tayside Area Formulary Formulary \(scot.nhs.uk\)](https://www.scot.nhs.uk/af/formulary/)
- For steroid recommendations access the following link: [AF topical steroids summary.pdf \(scot.nhs.uk\)](https://www.scot.nhs.uk/af/topical-steroids-summary.pdf)
- NHS Tayside Wound Formulary, access the following link: [nhstaysideadtc.scot.nhs.uk/wound Formulary/Wound Formulary Front page.htm](https://nhstaysideadtc.scot.nhs.uk/wound-formulary/wound-formulary-front-page.htm)

You may need to copy and paste web addresses into your browser to access the links

EDUCATIONAL SUPPORT FROM INDUSTRY PARTNERS

Industry partners whose products are contracted for use in NHS Tayside are permitted to provide education on those products to clinical teams as part of contract agreement. For further advice on this please contact the Procurement Help Desk.

Resources: Tissue Viability Webpage, Continence Webpage (Staffnet), right decisions app, NHS Tayside Wound Formulary.

