



The importance of skincare and skin health

Skin becomes vulnerable with age. This means the skin of elderly individuals is more prone to skin problems and the need for proper skincare increases. TENA can help maintain a care routine that promotes healthy skin.

Age

The skin of elderly residents is at particular risk because aging skin:

- Heals slowly and is prone to friction and shearing
- Can be susceptible to degradation, causing irritation, itching, infection, or pain
- Is sensitive to excessive moisture and prolonged contact with urine and feces

Soap and Water

Frequent cleansing with soap and water can also disrupt the skin's integrity, reducing its ability to prevent infection. Soaps contain cleansing ingredients called surfactants that can cause irritation if left on the skin, even after rinsing.

Incontinence

The skin of individuals who have incontinence is vulnerable to a variety of threats, including incontinence-associated dermatitis and pressure ulcers.

- Incontinence-associated dermatitis has been estimated to occur in 7% to 11% of incontinent nursing home residents [1]
- Urinary incontinence increases the incidence of pressure ulcers more than five times [2,3]
- Fecal incontinence increases the incidence of pressure ulcers more than 20 times [1,2]
- Furthermore, the breakdown of skin arising from incontinence can have a considerable impact on an individual's physical and psychological well-being. [5]

Prevention is Key

With care and management, many of these issues can be prevented or minimized. For example, the incidence of pressure ulcers, which are very expensive to manage, can be reduced by as much as 50% by following proper care routines. [6–8]

A good hygiene routine, especially designed for fragile elderly skin, can help prevent skin irritation and infection. When following each episode of incontinence, an optimal routine helps

to prevent the occurrence of incontinence-associated dermatitis; it should include gentle cleansing, application of a moisturizer and the use of a skin barrier or protectant if necessary. [5]

TENA, now Essity, is a leading provider of innovative incontinence and skincare products, and a vendor partner with Value First. To speak with a TENA representative to learn more contact Rob Ervin at Rob@leadingagemi.org.



¹Bliss DZ et al. (2006). Prevalence and correlates of perineal dermatitis in nursing home residents. *Nurs Rev*, 55, 243–251.

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⁶Gunningberg L, (2004). Risk, prevalence and prevention of pressure ulcers in three Swedish health-care settings, *Journal of Wound Care*, 13(7), 286–290.

⁷Cole L, (2014). A three-year multiphase pressure ulcer prevalence/incidence study in a regional referral hospital, *Ostomy Wound Management*, 60(5), 16–26.

⁸Lyder CH et al. (2002). A comprehensive program to prevent pressure ulcers in long-term care: exploring costs and outcomes. *Ostomy Wound Management*, 48, 52–62.