




Moisture damage guide

The pH of the skin normally stands at between 4.4 and 5.5. Changes occur in the skin of elderly patients, which may predispose them to skin damage. We need to maintain the normal pH of the skin and the normal bacteria found on the skin of elderly patients.

Antiseptics should not be used routinely.

Barrier products should not be used routinely. Careful assessment should be undertaken to identify any reversible causes of skin irritation before a decision is made to use a cream or lotion.

The reason for excess moisture should be addressed in the first instance e.g. more regular change of pads. Barrier preparations should only be used where there is a need to reduce contact with moisture. Barrier preparations should not be used solely as a moisturiser.

Healthy Low Risk Skin	At risk skin	Moisture lesion
		
Pink Well perfused Normal Bowel Habit Continent or Catheterised No other risk factors	Pink Well perfused Dry or scaly to touch Loose stools Urinary incontinent No other risk factors	Red / blotchy / irregular / lumpy Shiny May be hot May be painful Areas of broken skin
Treatment <ul style="list-style-type: none"> Regular cleansing using emollient as a soap substitute as part of the normal daily routine 	Treatment <ul style="list-style-type: none"> Emollient as a soap substitute Mediderma S cream daily As a general guideline Medi Derma-S can be reapplied after every third wash, although may require more frequent application if skin is being exposed to higher levels of moisture from incontinence. 	Treatment <ul style="list-style-type: none"> Proshield Spray – only to be used for incontinence that cannot be removed with soap substitute. Proshield Plus. Continue for 5 days – if no improvement refer to CN or TV Once resolved return to At Risk Pathway Proshield needs to be reapplied after every encounter of incontinence. Acute prescription only (not repeat)
Application Guide: <ul style="list-style-type: none"> Medi derma S and Proshield: pea-sized amount of cream will cover an approximate area the size of a palm Do not over-apply, skin should always be clearly visible after application. Apply an even coating to clean skin and allow to fully dry before reapplication of incontinence pads or adhesive devices. 		
The following treatments are not recommended and should not be applied: <ul style="list-style-type: none"> Sudocream (blocks skin pores) Conotrane (contains antiseptic) 		

