

Choosing the Right Continence Pads

Incontinence can diminish the quality of life for those affected, but this can be minimised, simply by choosing the correct continence product.

Correct Size - It is important to use a pad that fits properly. A pad that does not fit properly can leak and cause skin rashes and abrasions, as well as inconvenience.

Correct Absorbency - Pads offer different absorbencies - light to moderate to heavy. Pads must provide the right absorbency to suit individual needs.

Correct Style - Products need to suit your lifestyle. For example, pants are suitable for people with active lifestyles or dementia. Alternatively an all in one pad is more suitable for bed bound or chair fast clients who require assistance.

The above are basic requirements when selecting a continence pad and whilst technological development continually improves the pads' performance, such as absorbency level and dryness, surprisingly little attention has been focused on the skin friendliness of adult type of absorbent continence pads. The technological developments in this area are just as important and can have a major impact on the wearer comfort and overall satisfaction.

Why effective skin protection is important?

Incontinence associated skin irritations and infections can cause pain, discomfort as well as an increased risk of pressure ulcers and open wounds that can lead to critical medical conditions. 42.5% of all people with incontinence suffer from these types of skin problems, which is why effective clinical skin protection is so important.

Causes:

- Frequent exposure to urine or faeces
- Moist skin
- Increase in skin pH
- Bacteria and enzymes
- Skin sensitivity
- Heat and sweat in the hip area

There are preventive strategies available to minimise the occurrence of skin problems in people living with incontinence

These strategies incorporate the following:

Sophisticated continence pads	Skincare regiments
Maintain pH skin value at a healthy 5.5 and create "antibacterial effect"	Skin care that specifically designed for elderly and sensitive skin as well as incontinence affected area
Create Healthy skin climate	Gentle cleanser, pH 5.5
Dermatological tested and hypoallergenic	Moisture barrier cream
Keeps your skin dry	

Mature skin is fragile and like all fragile things, a better result is achieved when it's handled with care. It is therefore essential to protect the skin while wearing continence pads in order to improve resilience, mobility which will lead to an increased confidence to enjoy everyday life.

This information on Continence Care is proudly brought to you by HARTMANN.



Beguín et al; Improving diaper design to address incontinence associated dermatitis; BMC Geriatrics 2010, 10:86

Source: J Junkin, JL Selekof; J Wound, Ostomy, Continence, Nurse 2007; 34(3): 260 - 269