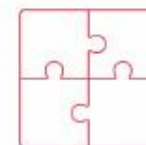




# Essential Steps

of Skin Care



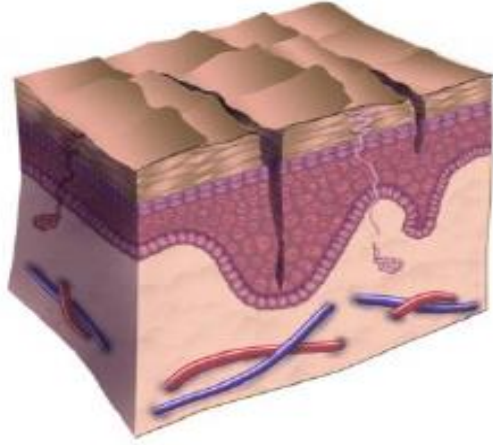
# Objectives

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- Identify the basic steps of proper skin care
- Differentiate between the different types of products utilized for protection
- Understand the key characteristics associated with skin care products

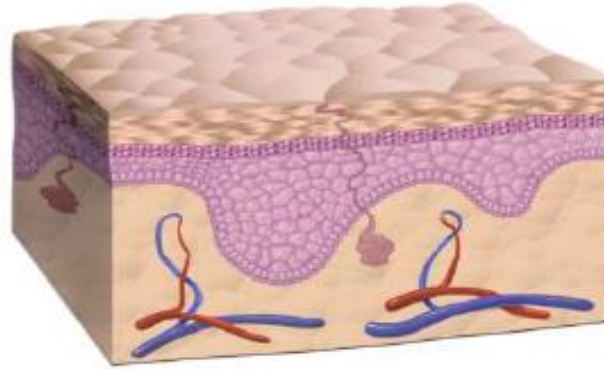
# Healthy Skin Moisture Balance

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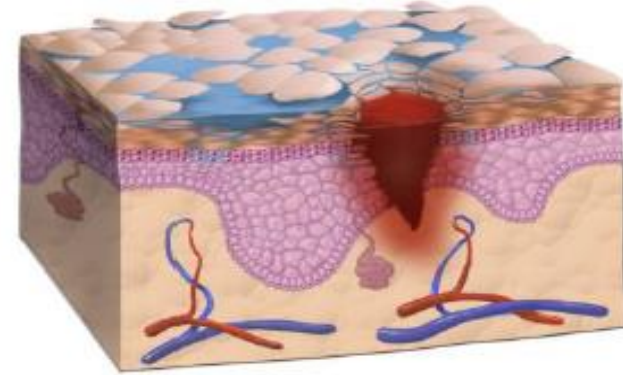
## Dry skin

Cracks or fissures in the epidermis – the “brick” and “mortar” crumbles



## Optimal

Optimal level of moisture – epidermis is healthy



## Wet skin

Overhydrated or excessive water in the stratum corneum causes swelling and disruption of the barrier

# Skin Assessment Components

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- Temperature (warm/cool)
- Color
- Changes in color
- Blanching response
- Texture/turgor – (edema, firm, boggy or mushy)
- Integrity - breaks/blisters
- Nails/hair
- Odor
- Moisture
- Denuded, macerated, “excoriated”, desiccated
- Pain

# Common Terms

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## Terms associated with Skin Care products

- **Surfactant** – Substance that reduces the surface tension and allows debris to be removed with minimal force
- **Emollient** – Lipophilic materials or oils that add moisture to the stratum corneum
- **Humectant** – Substances that draw water and hold it into the stratum corneum
- **Ceramides** – Lipids similar to those found in a healthy stratum corneum and help reduce dryness and restore the lipid matrix

# Common Terms

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## Types of Formulations

- Lotions – liquid that contain suspensions of ingredients
- Creams – an emulsion which is a mixture of lipids/oils and water
- Ointments – semi solid, commonly formulated with petroleum, generally more greasy than creams
- Pastes – mixture of ointments and active ingredients that increase consistently and generally adhere to wet, weepy skin. Often more difficult to remove
- Films – polymer liquid, sometimes dissolved in a solvent. Upon application, forms a transparent coating on the skin



# NPIAP 2019

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## Skin Care

*Maintaining Skin Integrity is essential in the prevention of PI's.*

- Keep the skin clean and appropriately hydrated
- Cleanse promptly after episodes of incontinence
- Avoid use of alkaline soaps and cleansers
- Protect the skin from moisture with a barrier product

# Skin Care

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## STEPS OF A BASIC SKIN CARE SYSTEM

CLEANSE

MOISTURIZE

PROTECT

TREAT



# Cleanse

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## Types of Cleansers

SOAPS	SURFACTANTS	PHOSPHOLIPIDS
<ul style="list-style-type: none"><li>▪ Oldest method</li><li>▪ May be alkaline and strip the acid mantle</li><li>▪ Use of bar soaps with traditional washcloths may cause skin damage by increasing the friction</li></ul>	<ul style="list-style-type: none"><li>▪ Reduce surface tension of debris on skin</li><li>▪ pH balanced to protect acid mantle</li><li>▪ Non-ionic surfactant is preferred</li></ul>	<ul style="list-style-type: none"><li>▪ Lipid based molecules</li><li>▪ Often derived from natural plant oils</li><li>▪ Cleansing and conditions skin without drying</li></ul>

# Cleansing Principles

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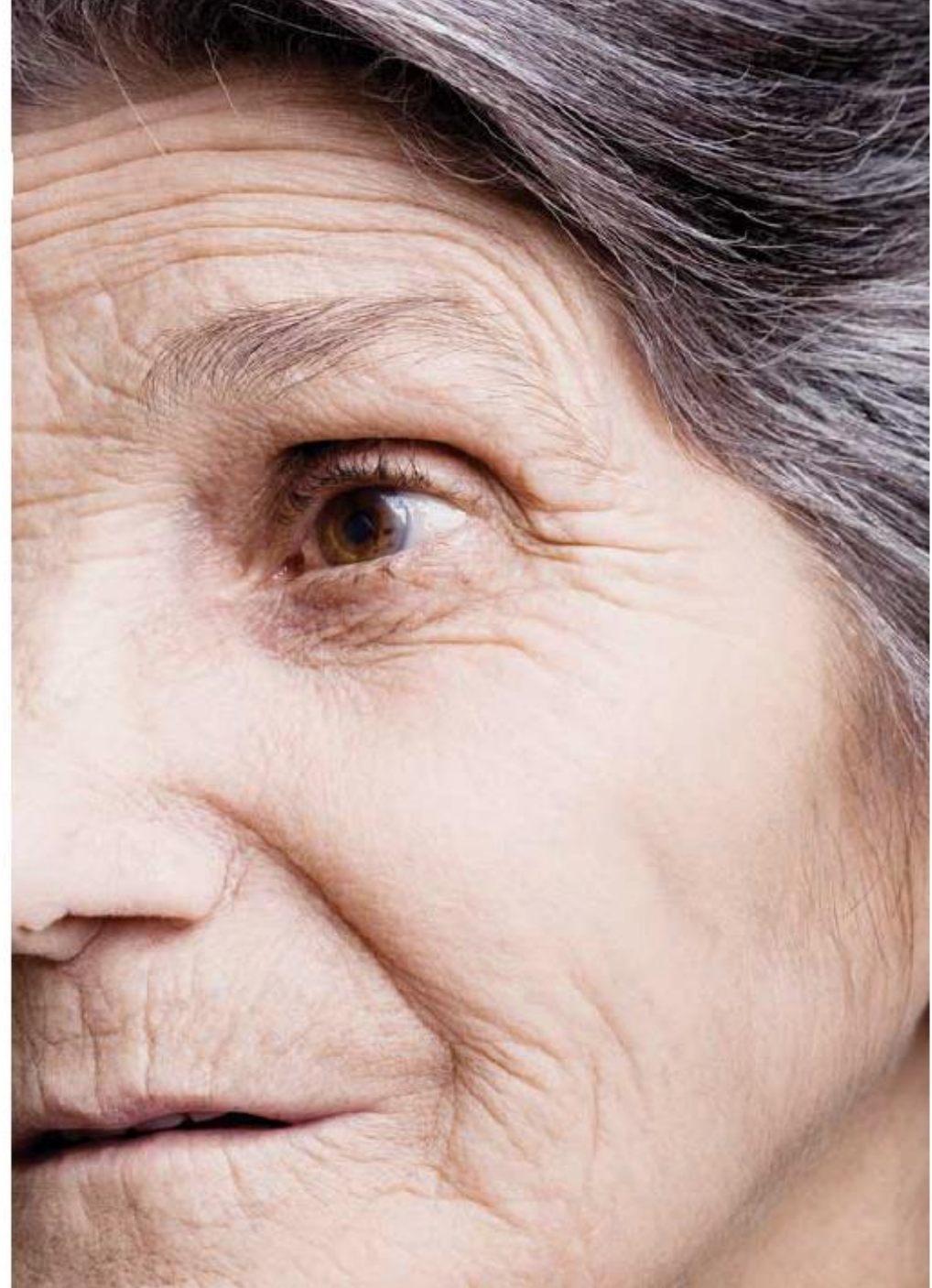
- pH Balanced, no rinse formulation
- Cleanse daily and after each incontinent episode
- Use gentle techniques with minimal rubbing
- Avoid alkaline soaps
- If possible, use a soft, disposable non woven cloth
- Gently dry skin if needed after cleansing

# Moisturize

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## Maintain TEWL (trans-epidermal water loss)

- Maintain adequate moisture level of the epidermis.
- Consider
  - Type of moisturizers
  - Lotions, creams, natural oils
  - Frequency of application
  - Environmental humidity



# Protect

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- Goal is to protect the skin from exposure to excessive moisture
- Products should be non-occlusive
- Improve skin integrity with nutrients, amino acids, vitamins, antioxidants
- Protect with protectants, ointments, and creams

# Barrier Products

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- Used for protection and management
- Remains in contact with skin even after repeated chemical assaults
- Barriers for both prevention and treatment
- Formulations include:
  - Zinc oxide –
  - Dimethicone/Silicones
  - White petrolatum

# Protect

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## Types of Protectants

PETROLATUM	DIMETHICONE/SILICONE	ZINC OXIDE
<ul style="list-style-type: none"><li>▪ Petroleum based</li><li>▪ Usually transparent</li><li>▪ Common base for ointments</li><li>▪ May be occlusive</li><li>▪ May affect performance of containment device</li></ul>	<ul style="list-style-type: none"><li>▪ Usually transparent and non occlusive</li><li>▪ Often used for intact skin</li><li>▪ May not stick well to wet skin</li><li>▪ Usually does not affect performance of containment device</li></ul>	<ul style="list-style-type: none"><li>▪ Common ingredient in pastes</li><li>▪ Opaque</li><li>▪ Can be difficult to remove</li></ul>

# Protection

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## Combination Products

**Goal is to minimize amount of individual products by combining “steps”**

- Combination cleansers
- Cleansing cloths/wipes

## Consider

- Amount of protection
- Cost effectiveness
- Patient population
- Assess need for additional barrier for select patients



# Protection

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## Liquid Skin Protectants

### Protect Against

- Adhesives
- Friction
- Exposure to moisture

### Manage

- Denuded/macerated skin
- Periwound skin
- Peristomal sites
- Skin tears

# Treat

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## Antifungals

### Consider

- Fungal rash – Common in areas of skin exposed to moisture or where moisture is trapped in skin folds
- Know the medication and formulation available
- Use for minimum of 14 days to eradicate fungus
- Lack of response may indicate something other than fungal rash

# Essential Skin Care

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## Summarizing the Components

- Cleanse and dry area thoroughly
- Apply moisturizer while skin is damp, when possible
- Apply moisturizer only to point where lotion/cream disappears
- Avoid massaging red, bruised, or discolored skin, or over a bony prominence
- Inspect skin for signs of breakdown especially over bony prominences, and under breasts, abdominal folds, axilla areas, heels, ankles
- Remove socks or support hose daily to inspect feet for signs of pressure or skin breakdown