



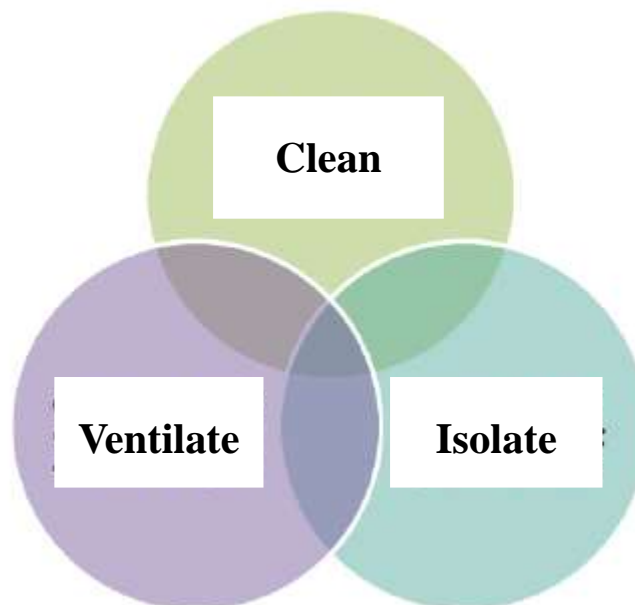
Health education Number : GER-120

Set date : 2017.08.30

Review date : 2020.10.17

Revise date : 2024.02.03

Prevention of the Incontinence-associated dermatitis



To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability



All information above has been reviewed by Gerontology specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

1. What is "Incontinence-associated dermatitis" (IAD)?

Also known as a red buttock, it is skin damage caused by exposure to urine or feces. It is frequent in people in critical condition, such as those long-term bedridden or incontinent, and the elderly.

Not only IAD brings pain and itching, but also it increases the risk of pressure injury or skin infections. That is why its prevention is vitally important.

2. What causes IAD?

(1) aged skin. 	(2) incontinence. 
(3) humid environment. 	(4) activity limitation. 
(5) decreased sensory perception. 	(6) friction (caused by absorbent pads or other materials). 

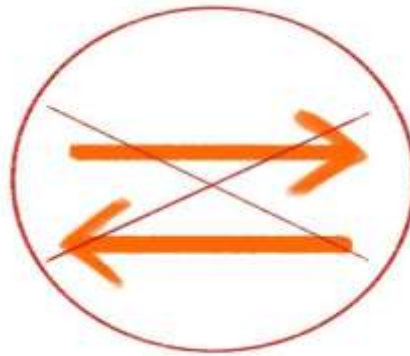
3. How to prevent IAD?

(1) Clean

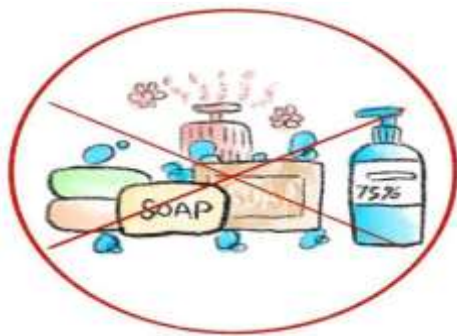
a. clean the skin by tapping.



b. avoid friction.



c. avoid cleansers that contain alcohol, essences, or basic soaps.



d. clean the skin before using skin protection products.



e. change the diaper as soon as possible after every excretion.



(2) Ventilate

a. Check the diaper and skin every two hours.



b. Choose water-absorption diapers and underpads.



c. Avoid excessive drying of the skin with hair dryers or oven lamps.



(3) Isolate

a. Use products such as cream and ointment to protect the skin.



b. Consult a dermatologist or certified wound care nurse if necessary.



4. Conclusion

Our skin can protect us from infections and improve our comfort.
So, comply with the guidance of healthcare workers and follow the rules of cleansing, ventilating, and isolating. Clean your skin with appropriate products to prevent future episodes of IAD.
An ounce of prevention is worth a pound of cure!

5. References

- 陳安婷、黃美華、陳秋臻、王怡婷、陳麗貞（2020）。運用團隊合作降低失禁性皮膚炎發生率。《護理雜誌》，67（1），89-97。
- 褚淑芸、徐淑芬、黃映綺、陳思佳（2021）。降低加護病房病人失禁性皮膚炎發生率。《馬偕護理雜誌》，15（1），12-22。

Let's take the test to make sure you understand.

- 1 Not only IAD brings pain and itching, but also it increases the risk of pressure injury or skin infections.
☐YES ☐NO ☐UNKNOWN
- 2 "Incontinence-associated dermatitis" is frequent in people in critical condition, such as those long-term bedridden or incontinent, and the elderly.
☐YES ☐NO ☐UNKNOWN
- 3 Use cleansers containing alcohol, fragrance, or alkaline soaps to clean your skin.
☐YES ☐NO ☐UNKNOWN
- 4 Use products such as cream and ointment to protect the skin.
☐YES ☐NO ☐UNKNOWN
- 5 Our skin can protect us from infections and improve our comfort.
☐YES ☐NO ☐UNKNOWN