

Evidence brochure



CONTIPLAN⁺

3-in-1 Continenace Care Cloths

Complete skin care regime to protect against IAD

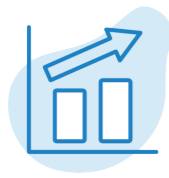
- ✓ Unique cream-based formulation
- ✓ Cleanses, moisturises and protects
- ✓ For skin affected by urinary, faecal or double incontinence

from the makers of
clinell[®]

A complete skin care regime for IAD

Clinical evidence shows IAD can be prevented and managed with a structured skin care regime^{1,2}.

Incontinence-associated dermatitis (IAD) is a specific form of moisture-associated damage (MASD) that affects patients suffering from incontinence¹. It is:



Prevalent

IAD is estimated to affect nearly **1 in 5 incontinent patients in acute healthcare** facilities³



Painful

Patients with IAD suffer with **uncomfortable symptoms, poor patient experience and reduced quality of life**¹



Preventable

Robust evidence shows that **correct care can prevent IAD and improve patients' symptoms**^{1,2}

Contiplan can be used to protect against IAD

For skin at risk of developing IAD



No redness and intact skin



For skin affected by the symptoms of IAD



Red but intact skin

Using Contiplan 3-in-1 Continence Cloths

Contiplan makes caring for patients with incontinence that much easier by building a complete skin care regime into a ready-to-use cloth.

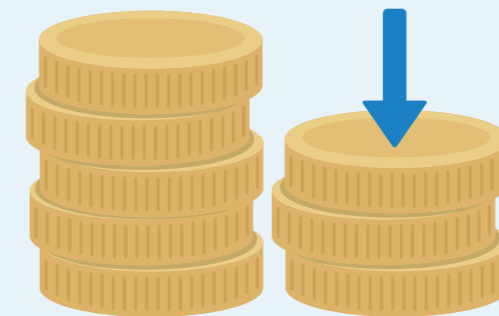
IAD management causes significant financial and practical burden⁴⁻⁵, **increasing nursing time by approximately 34 minutes – every day**⁶. This time adds to costs accumulated by **multiple consumable products** and secondary challenges, such as **pressure ulceration and infection**⁴⁻⁵.

Case study: Swapping traditional methods for Contiplan in large care homes⁸

↑ 55% Improvement in skin integrity, on average*

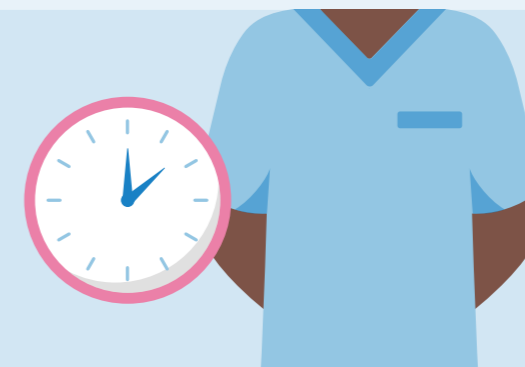


Generated cost savings up to



40%**

Saved time equivalent to



+1 full-time carer per home per year***

Overcoming traditional methods' challenges

Global guidelines champion the use of 3-step skin care regimes¹, however, they also suggest that traditional cleansing isn't suitable for preventing and managing IAD^{1,8}.

To prevent and manage IAD, a structured skin care regime should¹:

Cleanse

Remove the source of irritation such as urine and/or faeces

Moisturise

Application of moisturisers help restore the skin's natural barrier function

Protect

Use a skin barrier or protectant to help avoid/minimise exposure to urine and/or faeces

66.2%
of wash basins are contaminated with common hospital-acquired pathogens¹²

Traditional method using soap and water

- **Soap damages** skin's natural barrier^{9,10}
- **Time-consuming** for staff⁷
- **Laborious** multi-step process¹¹
- **High costs** associated with time and consumable products^{4-5,7}

Step 1 Cleanse



Wash basin
Soap/cleansing product
Dry wipes/
wash cloths
Towels

Step 2 Moisturise



Moisturisers

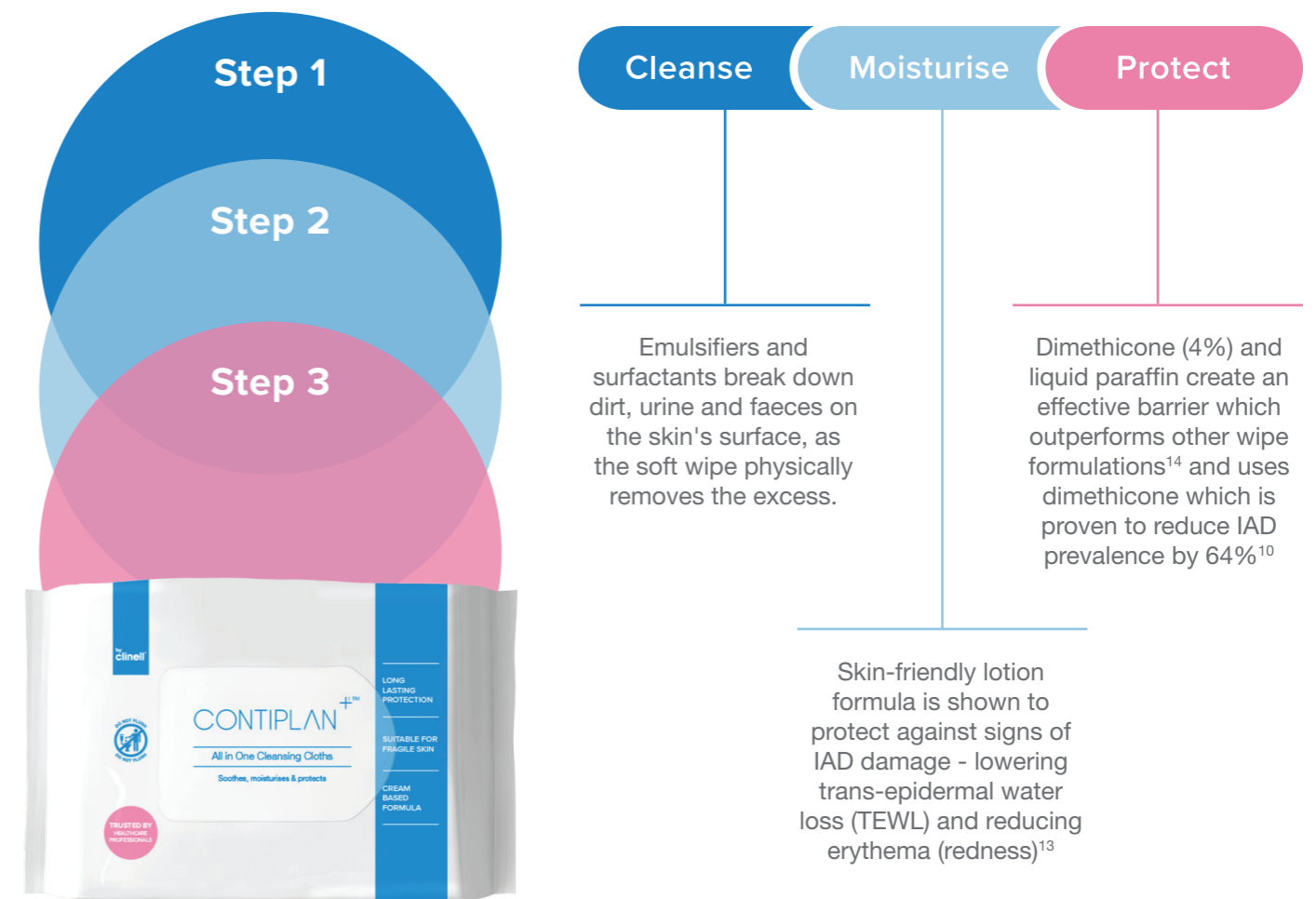
Step 3 Protect



Barrier creams

How Contiplan works

Contiplan combines all 3 skin care steps into 1 quick and simple solution. Each ultra-soft cloth provides maximum barrier protection and care to skin affected by incontinence.

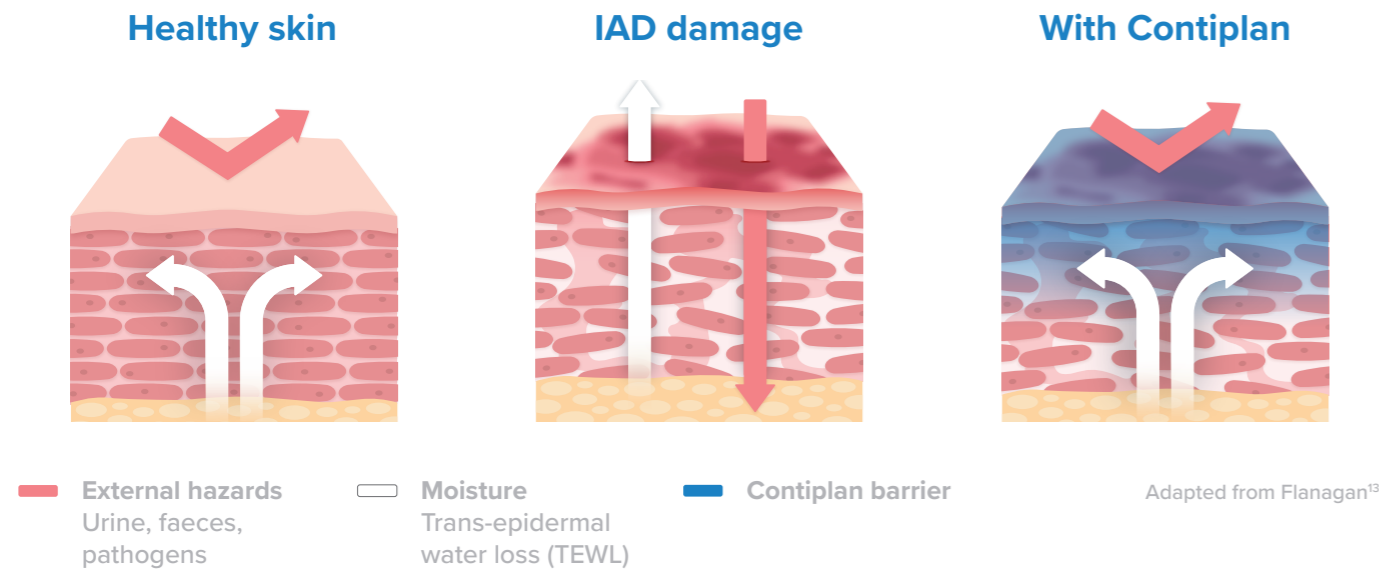


“The cloths are great and we get really good patient feedback. They are a lot kinder to patients' skin and staff find them so much easier to use. **The whole process is a lot quicker and more dignified.**”

Continence Team Lead, Nottingham University Hospitals

Maximum barrier protection

To minimise prolonged exposure to urine and faeces, Contiplan forms a strong yet invisible barrier on the skin.

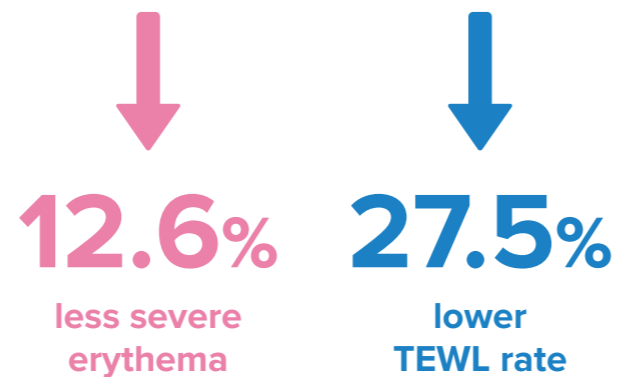


Skin study: barrier protection test¹³

This study compared Contiplan's ability to protect skin from external hazards against another widely-used continence wipe.

Each wipe was applied to volunteers' healthy skin followed by a chemical irritant to mimic effect of urine or faeces.

Contiplan was more successful in preventing signs of IAD including skin redness and moisture loss.



Protecting skin against IAD

Contiplan's protective barrier is proven to outperform and out-last other widely-used continence cloths¹⁴.

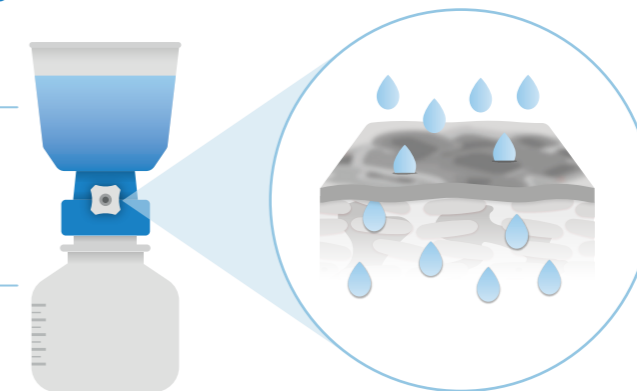
Laboratory report: testing barrier function of 7 continence cloths¹⁴

This experiment tested each cloth's ability to create a barrier against external hazards such as urine and/or faeces.

Experiment set-up

Upper beaker
Contains liquid to represent urine or faeces

Lower beaker
To collect liquid that passes through the skin model

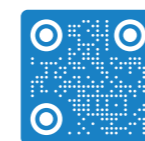
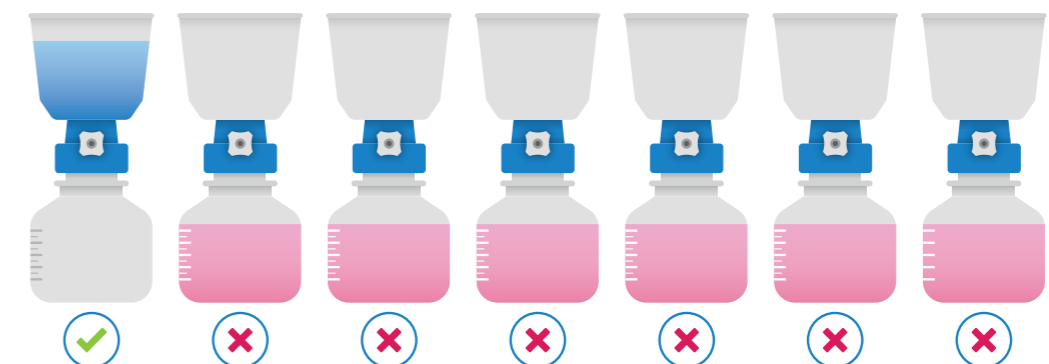


IAD model
A permeable membrane which behaves like skin damaged by IAD

Each continence cloth was wiped onto the IAD model before liquid was added to the upper beaker. The set-up was observed to see which continence cloth would form the most effective, long-lasting barrier.

After 5 hours:

Only Contiplan created an effective barrier capable of protecting against IAD.



See it in action at
www.contiplan.co.uk
or scan here

Ordering information

Product	Unit of issue	Code	NHSSC
Contiplan 8	Pack of 8 cloths	CON8	VJT520
Contiplan 25	Pack of 25 cloths	CON25	VJT188

About GAMA Healthcare

Contiplan is formulated and developed by GAMA Healthcare – infection prevention specialists and creators of Clinell Universal Wipes.

For more information or advice about how you could implement Contiplan in your organisation, speak to your local **GAMA Healthcare Area Manager**, or visit www.contiplan.co.uk

References

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*Percentage is based on a skin assessment score across 45 residents over 5 day-period using IAD Severity Evaluation Form. The total score before the intervention (day 0) was 110 and at the end of the intervention (day 5) was 50. Some elements of the skin assessment form were taken from Borchert et al¹⁵

**Based on a time and motion study completed by 18 residents using traditional continence methods vs Contiplan

***Based on a time and motion study completed by 18 residents using traditional continence methods vs Contiplan and assuming 10 incontinent residents per home.

Do not use Contiplan on broken or bleeding skin