



# CONTIPLAN<sup>+</sup>

3-in-1 Continenence Care Cloths

## Complete skin care regime to cleanse, moisturise and protect skin affected by incontinence

- ✓ Improve skin integrity by an average of 55%\*
- ✓ Generate cost savings up to 40%\*\*
- ✓ Save time equivalent to 1 full-time staff member per home per year\*\*\*

from the makers of  
**clinell**<sup>®</sup>

## Incontinence-associated dermatitis (IAD)

Implementing a structured skin care regime is proven to protect against IAD<sup>2</sup>. Global guidance champions 3 steps: cleanse, moisturise and protect<sup>3</sup>.



### Prevalent

IAD is estimated to affect nearly **1 in 5 incontinent patients in acute healthcare** facilities<sup>4</sup>



### Painful

Patients with IAD suffer with **uncomfortable symptoms, poor patient experience** and **reduced quality of life**<sup>3</sup>



### Preventable

Robust evidence shows that **correct care can prevent IAD** and **improve patients' symptoms**<sup>3,5</sup>

### Traditional method using soap and water

#### Step 1 Cleanse



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

#### Step 2 Moisturise



Moisturisers

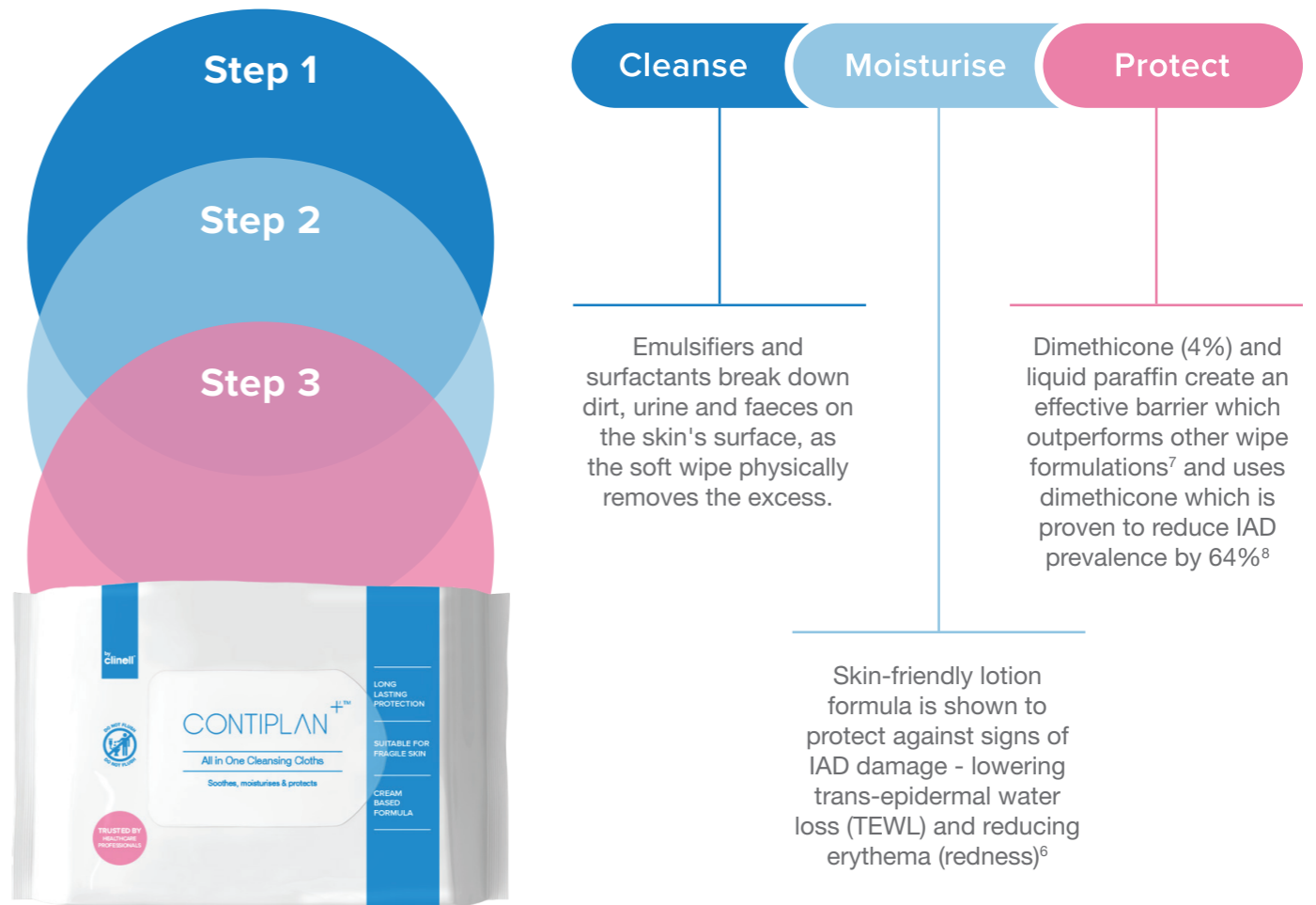
#### Step 3 Protect



Barrier creams

## 3-in-1 continence care with Contiplan

Each Contiplan ultra-soft cloth is soaked in a unique cream-based formula that provides maximum barrier protection to skin affected by incontinence.



### Use Contiplan 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



# Ordering

Product	Unit of issue	Code	NHSSC
<b>Contiplan 8</b> 	Pack of 8 wipes	CON8	VJT520
<b>Contiplan 25</b> 	Pack of 25 wipes	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](http://www.contiplan.co.uk)

## References

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2. Park KH, Kim KS. Effect of a Structured Skin Care Regimen on Patients With Fecal Incontinence. *Journal of Wound, Ostomy & Continence Nursing*. 2014;41(2):161-167. doi:10.1097/WON.0000000000000005
3. Beeckman D, Campbell J, Campbell K et al. Proceedings of the Global IAD Expert Panel. Incontinence associated dermatitis: moving prevention forward. *Wounds International 2015*. Available from: [www.woundsinternational.com](http://www.woundsinternational.com). Accessed on 19/04/2023
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7. Laboratory Report: The Efficacy of Incontinence Care Wipes as a Function of Barrier Protection. 2023. Data on file.
8. Beeckman D, Verhaeghe S, Defloor T, Schoonhoven L, Vanderwee K. A 3-in-1 Perineal Care Washcloth Impregnated With Dimethicone 3% Versus Water and pH Neutral Soap to Prevent and Treat Incontinence-Associated Dermatitis. *Journal of Wound, Ostomy & Continence Nursing*. 2011;38(6):627-634. doi:10.1097/WON.0b013e31822efe52
9. Borchert K, Bliss DZ, Savik K, Radosevich DM. The incontinence-associated dermatitis and its severity instrument: development and validation. *J Wound Ostomy Continence Nurs*. 2010;37(5):527-535. doi: 10.1097/WON.0b013e3181edac3e.

\* 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 al., 2010<sup>9</sup>.

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

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

**Do not use Contiplan on broken or bleeding skin**