Appendix N. Skin Care in the Incontinent Patient

An indwelling urinary catheter is *not* the answer for urinary incontinence.

* Good skin care technique will prevent skin breakdown.
  + Use perineal cleansing products as needed.
  + Avoid use of agents containing alcohol as they are too drying to the skin.
  + Use moisture barrier cream and/or a barrier wipe.
  + Turn patient every 2 hours.
  + Modify environment to be conducive to maintaining independence with continence (e.g., bedside commode or urinal within reach if appropriate).
* Minimize contact of urine to skin.
  + Use only one quilted cloth pad for incontinence.
  + Eliminate use of plastic-backed pads.
  + Promptly clean urine-soaked linens and gowns.
* Develop a toileting program.
  + Answer call lights promptly
  + Offer bed pan every 2 hours—no exceptions!

**You may want to include techniques and/or products that are in accordance with your facility’s wound care protocol.**