

by  
**clinell**®

# CONTIPLAN<sup>+</sup>

## All in One Continence Care

“The cloths are great and we get really good patient feedback on them. 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.



### All in one, time saving solution

Replaces the need for cumbersome traditional methods of continence care such as preparing bowls of soap and water, dry wipes, cleansing foams and barrier creams.

### Barrier protection

With dimethicone to guard against unwanted moisture.

### Contains natural plant extracts

Includes witch hazel and camomile to help calm skin, soothe itching and aid skin healing.

### Patented formula

Designed to provide high level continence care with a unique all in one action.

### Skin friendly

Dermatologically tested with a skin neutral pH.

### Individual patient packs

Reduces the risk of cross-contamination.

### Quick and easy to use

Helps to increase patient and staff compliance.

# A one step continence care solution

Effective continence care can help reduce the incidence of incontinence-associated dermatitis and pressure ulcers.

## Incontinence-associated dermatitis (IAD)

**Skin pH level** is usually slightly acidic (5.0-5.9). This helps it to protect against bacteria, viruses and fungus.



**Continuous pressure** leads to reduced blood flow, reducing supply of oxygen and nutrients to tissues. This, coupled with increasing shear and friction forces, results in superficial and deep tissue damage.



**Urine** contains a substance called urea, which is broken down to ammonia when in contact with the skin. Ammonia raises the pH of the skin reducing the natural barrier and weakening the skin.



**Liquid stool** contains digestive enzymes that can damage the skin directly. Faecal bacteria penetrate weakened skin, causing secondary infection.



**Incontinence-associated dermatitis (IAD)** is 'an inflammation of the skin that occurs when urine or stool comes into contact with perineal or perigenital skin'<sup>1</sup>.

Individuals in any age group can experience IAD. Skin can be damaged by moisture and irritants that can arise from a variety of sources. One source is urinary and/or faecal incontinence. Urine and faeces contain a variety of chemical irritants as well as moisture, all of which can result in IAD<sup>2</sup>.

Reports estimate the prevalence of IAD in critical care settings may vary from 36% to 50% in patients who are not on a defined preventive skin care regime<sup>3,4</sup>.

IAD is a prevalent complication of incontinence that compromises skin integrity, predisposes to cutaneous infection and increases pressure ulcer risk<sup>1</sup>.

It is estimated that one in five hospital inpatients have a pressure ulcer – this represents at least 20,000 hospital patients in the UK at any time<sup>5</sup>. In the UK, around 400,000 individuals develop a new pressure ulcer annually<sup>6</sup>. The cost to the NHS is high, primarily because prolonged hospital treatment is needed in serious cases and those at risk must be protected. The annual cost is in the range of £1.8–2.6bn<sup>6</sup>.

**Prevention of IAD** is traditionally based on avoiding or minimising exposure to faeces or urine, combined with a structured skin-care regime of gentle cleansing, moisturising and the application of a skin protectant<sup>2,4,7-9</sup>.

Performing all of these steps is labour intensive, time consuming and often leads to poor compliance. Contiplan incorporates all these traditional steps into one wipe to provide healthcare professionals with a convenient all in one solution.

There is now an increasing amount of clinical evidence showing the importance of a defined skin care regime to both prevent and treat IAD, all studies support the use of a three step approach of gentle cleansing, application of moisturiser and the use of a skin barrier product<sup>2,4,7-9</sup>.

**Contiplan All in One  
Cleansing Cloths** allow  
you to implement this  
skin care regime in  
one easy step.

In 88 US hospitals 62.2% of bath basins were contaminated with commonly encountered hospital-acquired pathogens<sup>10</sup>.

7 in 1  
advantages

## Wash basins

### Safe solution

Contiplan removes the risk of microorganism transmission associated with wash bowl contamination and reduces the associated risk of lifting and carrying heavy bowls of water which reduces the risk of spills and potential falls<sup>10-12</sup>.

### Reduces transference

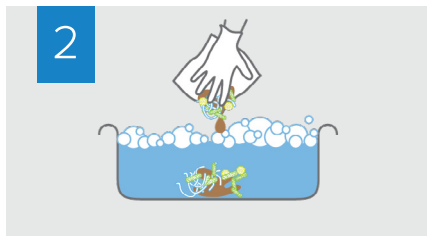
Improved patient cleanliness reduces the number of microorganisms available to transfer to healthcare workers, visitors and the environment.

### Quick and easy to use

Cloths replace the need for cumbersome traditional patient cleansing methods which include preparing bowls, wash cloths, soap, lotions and water. Cloths require no towel drying which decreases waste, increases staff compliance and saves money.



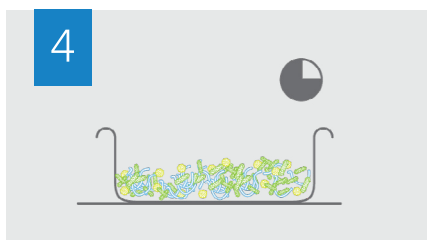
Wash basins can create spills which can lead to slips and accidents.



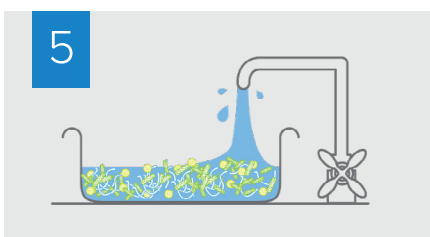
When a cloth is dipped back into the basin, organic matter and bacteria is introduced.



When the basin is emptied, microorganisms can be retained within the basin.



Microorganisms thrive in wet and warm conditions, multiplying exponentially over time.



When the basin is refilled for the next patient, the microorganisms are viable within the water.



The next patient is 'cleaned' with contaminated water.



### Barrier protection

The incorporated dimethicone barrier protects against prolonged exposure to faeces and urine to aid healing. This reduces sensitive skin handling and friction damage.



### Cleansing

Mild, soap-free cleansing formula cleans away faeces and urine effectively in one go, reducing the amount of skin handling. The cloths have a gentle scent to help with odours, allowing the patient to feel fresh & comfortable.



### Moisturising

Added moisturisers, from the cream based formula, help prevent the risk of dry skin associated with repeatedly washing with soap and water.



### Soothing

Extracts of camomile help to calm irritated skin and reduce the urge to itch.



### Long lasting

Barrier function provides long lasting protection against prolonged exposure to faeces and urine helping to aid skin healing.



### Skin friendly

Shown to lower TEWL rates and reduce erythema<sup>13</sup>.



### Natural plant extracts

Including witch hazel to help promote healthy skin.

A complete All in One Continence Care solution to cleanse, moisturise and protect, in one easy cloth.



## Introducing Contiplan

Contiplan All in One Cleansing Cloths are a one step continence care solution to **cleanse, moisturise & protect** in one easy cloth. Our ultra soft cloth is generously soaked with our unique cream formula - providing maximum barrier protection and comfort to sufferers.

- ✓ Formerly known as the NHS trusted Clinell Barrier Cloths.
- ✓ Unique one step cream formula.
- ✓ Available in a convenient 8 pack or 25 pack.

“I have seen rapid improvements when using Contiplan.”

SSKIN Nurse Practitioner, Wound management team – Southend Hospital.

## Further information

### REFERENCES

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PRODUCT	UNIT OF ISSUE	CODE	NHSSC
Contiplan 8	Pack of 8	CON8	VJT520
Contiplan 25	Pack of 25	CON25	VJT188

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“Contiplan Cleansing Cloths are a real help in treating IADs. The quality is exceptional, and they are kind to the patients sacrum.”

Registered General Nurse -  
Nottingham University Hospital.

Visit today:  
[contiplan.co.uk](http://contiplan.co.uk)

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healthcare

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